

## WORSHIP Give Thanks



We were created for worship. When we cultivate a rhythm of daily worship through gratitude and praise to God, we experience the fullness of God's grace and flourish in the Christian life. Try these simple worship practices each day this week.

### When you awaken...

#### Psalm 100

Shout for joy to the LORD, all the earth.  
Worship the LORD with gladness;  
come before him with joyful songs.  
Know that the LORD is God.  
It is he who made us, and we are his;  
we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.  
For the LORD is good and his love endures forever;  
his faithfulness continues through all generations.

Before you begin your day, read Psalm 100, and offer this simple prayer:

*"Lord, thank you for everything. Help me to be aware of your presence and recognize the blessings that I might take for granted."*

As you go through your day, pay attention and note the moments when you see God's grace and blessing. When you become aware of these instances, pause to briefly tell God "thank-you."

### Before meals...

Pause before each meal to pray, thanking God for your food and the many blessings in your life. Your meal-time prayer can be as simple as:

*"For this food I am about to eat and for the hands that prepared and provided it, I give you thanks, O Lord."*

### As you end your day...

Each night, before you go to bed, reflect upon your day and identify three distinct things for which you are grateful. You might start a Gratitude Journal in which you express your gratitude.

Memorize and recite to yourself Psalm 118:1: *"Give thanks to the Lord, for he is good; his love endures forever."*

## "A Living Hallelujah"

March 1, 2020

*Lent is the time set apart to help us close the \_\_\_\_\_ between our spiritual lives as they really are, and our spiritual lives as we hope them to be.*

Father, Son, and Holy Spirit invite us to \_\_\_\_\_ with them. But how?

**Worship:** Worship is not something we \_\_\_\_\_ or \_\_\_\_\_.

Worship is something we \_\_\_\_\_. Romans 12:1-2

Christians are to live as belonging to \_\_\_\_\_, not this present world.

People who are actively engaged in churches have better physical and mental \_\_\_\_\_ and live longer.

Worship connects us with \_\_\_\_\_ and connects us with \_\_\_\_\_. 12:3-8

Our souls, like our phones, need \_\_\_\_\_. 12:9-18

One day in \_\_\_\_\_ begin your week with God's people to sing God's praises, pray, fellowship, receive grace at the table, and offer your gifts to God. (Rhythm) Romans 12:21

*"Your soul needs worship. You were created for worship."*

— Rev. Adam Hamilton

God's creation is a reflection of God's \_\_\_\_\_.

**Prayer:** 1 Thessalonians 5:16-18

The most essential dimension of prayer is, "\_\_\_\_\_."

The most common prayer is, "\_\_\_\_\_"

*"It is not happiness that makes us grateful.*

*It's gratefulness that makes us happy." — Brother David Steindl-Rast.*

People who write down \_\_\_\_\_ things they are grateful for each week scored \_\_\_\_\_ percent higher in happiness than those who didn't.

ACTS: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Hand Prayer: Thumb for those \_\_\_\_\_ to us.

Pointer for those next \_\_\_\_\_ to us.

Middle (tallest) for those in \_\_\_\_\_ above us.

Ring for the \_\_\_\_\_ among us and in the world.

Pinky for \_\_\_\_\_.

**Action Steps:** Write down one thing you are \_\_\_\_\_ for each day.

Pray \_\_\_\_\_ times each day: waking, meals, and bedtime.

Worship with others every \_\_\_\_\_ days.