

Take-Home Reflections

Quick Reminders About Worship

Thoughts or Feelings	Way You Can React
When feeling blah or sad	Don't pretend to be upbeat when you're not. Worship isn't a pep rally. It's being your authentic self in the presence of God. As the psalms show us, sometimes that means crying out in despair (not laughing, smiling, and jumping around).
When wondering if you're doing it "right"	First, there's no single "right" way to worship. Second, God is gracious and knows your heart. When you make a genuine effort to worship God you are worshipping God. Desiring to love God is loving God.
When you can't sense God's presence	Pray something like this: "God, you promise in your Word that you are always with me. That doesn't feel true right now, but I choose to trust what you say, rather than what I sense. Thank you for being right here."
When you feel dry or stuck	It's okay to have bad days: Don't be hard on yourself. Every worshiper experiences this. People go up and down depending on the amount of sleep or good food or how healthy they are or how much stress they are under.
When you don't feel like singing—maybe due to being tone deaf or having hearing problems or over-sensitive ears	Focus on the lyrics, or be encouraged in your heart by watching others love God through song.

Life Application

An important part of discipleship is learning how to apply God's truths to your life. Below are just a few ways you can start thinking about what you've learned and apply it to your daily life.

1. Memorize our memory verse, 1 Corinthians 10:31.

"So whether you eat or drink or whatever you do, do it all for the glory of God."

2. Ponder the chart "Worship Myths and Truths" on the next page.
3. Wrestle with one or two of these questions:

► In what new way could you worship God this week?

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