

The Formative Path

Week Nine: Worship

Spiritual practice: Worship

What do you think of when you hear the word “worship”? Church gatherings, songs, or sermons. While these are aspects of worship, worship encompasses more. Worship is lifting our heart to God, acknowledging his supremacy, and expressing our love, gratitude, and adoration. This can occur anytime and anywhere.

Worship as a spiritual practice reminds us to keep our eyes focused on him. In the busyness of life, we become distracted, feeling alone. By making worship a regular practice, in addition to a weekly event, we realign our perspective and priority, recognizing that God is with us.

Worship tunes our hearts to God’s presence in the everydayness of life. This week, as you go about your days, pause, lift up your heart, and worship.

Each day this week, reflect and answer these questions:

- Where did God show up?

Group Questions:

- How did my practice go last week?
- What do I hope to do this week?



“It is in the process of being worshipped that God communicates His presence to men” – C. S. Lewis

Questions for the Journey

- ✓ What does worship mean to you personally, beyond traditional religious practices?
- ✓ Can you recall a moment when you experienced a profound sense of worship? What made it special?
- ✓ How does worship impact your daily life?
- ✓ What gets in the way or distracts you in your worship practice? What do you want to do about that?
- ✓ What is your desire regarding worship?

“The time of business does not with me differ from the time of prayer, and in the noise and clatter of my kitchen... I possess God in as great tranquility as if I were upon my knees at the blessed sacrament.” – *Brother Lawrence*



Scriptures for Reflection

Read these scriptures multiple times

- Mark 4:1-9 – Sermon Scripture
- John 4 – Worship in Spirit and Truth
- Psalm 95 – Let us Sing!
- Psalm 150 – Praise the Lord



ACTION ITEMS

1. Prepare your heart for worship.
2. Read this week’s blog for more information:
<https://bit.ly/path-week9>
3. Memorize / Meditate on the passages above.
4. More at <https://davidmullens.com>