

Daily Spiritual Practice for a Soul Reset: Week 5 – March 29-April 4

Worship is more than simply a one-hour experience, one day a week. Worship is a lifestyle. Worship is acknowledging that God is God and you are not. We worship because God is holy. We worship because God's faithfulness demands a response. We worship because spending time with God makes us whole. Worship can mean everything from lament to adoration, and we can be sure that God can handle however we come to worship.

Day 1: Before you get to worship this week, spend time considering the practice of lament. Lament is a biblical and holy practice of grieving before God, telling God exactly how we feel about what is happening in our lives, and then pleading with God to come near. The Psalms show us this pattern over and over. Psalmists write in their despair, naming their true feelings to God but always circling back to a word of worship or invitation for God to come near. Read Psalm 22, and note the words of lament and the words of worship. Rewrite the psalm in your own words. What in your own life or in the world right now causes you to lament?

Day 2: Reflect on your feelings about lament. Are you free to bring all your thoughts and feelings to God, no matter what they are? Do you trust that God loves you, regardless of your raw emotions? Write a psalm of lament over a source of grief or despair in your own life. Trust that God can handle your deepest feelings.

Day 3: Choose a worship song or hymn that will be your theme for the day. Listen to the song over and over throughout the day, lifting your heart to God in worship each time you hear it. Reflect on the ways in which having an attitude of worship affects your day.

Day 4: Adore God today. Look for God's majesty all around you, in creation and in others. Speak your praises to God audibly or in your heart as they rise up within you. Thank God for all that God has brought you through. At the end of the day, review all the ways you noticed God, and give thanks.

Day 5: What do you love to do—like, really, really love to do? Play an instrument? Sing? Play a sport? Balance spreadsheets? Paint or take photos? Give thanks to God for that passion, and spend some time with God as you practice or perform your hobby. Let a spirit of worship rise up within you as you do the thing you love to do and give glory to God.

Day 6: Practice corporate worship. Be intentional as you prepare for church this week. Walk in to worship with an attitude of expectation to encounter the living God. Let your praises rise to God, and expect that God's Spirit will inhabit the praises of God's people.

Day 7: Subscribe to a worship podcast—your favorite Christian author, pastor, singer, or a podcast of a liturgy. Make a point to listen to the podcast on one of your car trips during the day, and let worship be part of your everyday activity.

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