

## Abide Practices - Worship

Here is a selection of practices (with some introductory principles) that you may find helpful as you seek to learn to abide through worship. These are just examples, invitations to 'have a go'. Some may resonate more with you, others may not. Adapt them to suit your needs. The key is to find what works for you; a form of worship that helps you commune deeply with Jesus.

<b>HELPFUL PRINCIPLES FOR WORSHIP</b>	
1	<p><b>Prepare</b></p> <p>Whether you're coming to worship in a gathered setting with other people or on your own, it is important to take a moment to prepare your heart and mind. The invitation to boldly approach the throne of grace is not an invitation to approach casually, flippantly, half-heartedly, or distractedly. We are coming to worship the King. He is worthy of our full devotion and attention.</p>
2.	<p><b>Declare</b></p> <p>Reflect upon God's character and works and declare these truths, ideally aloud. Ascribe to Him the glory that He is due, and in doing so, remind your heart of why He is worthy to be praised.</p>
3	<p><b>Gaze</b></p> <p>Give yourself enough time to gaze upon God's beauty or move through your day at a slow enough pace not to miss his blessings and goodness. God invites us to 'seek his face' but He doesn't always reveal Himself immediately - He wants us to press in and come close.</p>
4	<p><b>Centre on the gospel</b></p> <p>1 Peter 1:4-6 says: <sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup>to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, <sup>5</sup>who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. <sup>6</sup><b>In this you rejoice</b></p> <p>Make the glorious new of the gospel and all its facets and riches be central in your worship.</p>
5	<p><b>Be thankful</b></p> <p>Psalm 103:2 says, 'Bless the Lord, O my soul, and forget not all his benefits.' Let thanksgiving be the foundation of your praise. Learn to 'give thanks in all circumstances' (1 Thess. 5:18) for both the big and the small.</p>
6	<p><b>Overflow</b></p> <p>Psalm 9:1 says, 'I will recount all of your wonderful deeds,' and Psalm 145:4 says, 'One generation shall commend your works to another, and shall declare your mighty acts.' Seek to become a gossip of God's goodness to others, allowing the thanksgiving and praise of the worship 'moment' to overflow into the rest of your life and conversations with others.</p>

<b>PRACTICE 1 - THANKSGIVING JOURNAL</b>	
	<p>Take some time at the end of every day, or the start of the next, to write down all the things that you are thankful to God for and all the ways, big and small, that you have seen His blessing, goodness, provision etc. Write down times when you particularly felt his presence, help, strength, comfort etc. At the end of the week read back over all you've written down and allow your heart to be stirred by how much God has been at work in your life.</p> <p>Share these blessings with a close friend, your small group or discipleship group.</p>

## PRACTICE 2 - SING!

The Psalms repeatedly call upon God's people to express their praise, adoration and thanksgiving to God through song. There is something about singing that engages our hearts with God in a way that speaking doesn't. That's why we spend a big chunk of our Sunday gatherings singing. But how much singing do we do the rest of the week?

Many people don't find singing easy or enjoy it or don't feel like they have a good voice. But God is not interested in the quality of our voice, but in the desire of our hearts. Psalm 40:3 says, 'He put a new song in my mouth, a song of praise to our God.' Notice, who put the song there? It was God! The fruit of revelation is often praise expressed through song.

Have you allowed the enemy to muzzle your song? God wants to set your lips free to praise! There are few ways suggested below to help you grow in this.

### 1 **Fill your life with worship music**

Our hearts and minds are formed and shaped by what we watch and listen to. Take steps to introduce worship music more into both the foreground and background of your day. For example:

- Sit and listen to a worship song when you wake up in the morning, rather than reaching for your phone to check the news or social media
- Put on worship music when you are doing housework or in the car
- Listen or sing along to a worship song at the start or end of your devotional time.
- Have worship music playing quietly in the background when you're around the dinner table as a family
- Listen to a quiet worship song before you go to bed

### 2 **Make a regular practice of singing**

There is such a rich wealth of worship songs available on Spotify or YouTube, that making worship through song a regular practice is easy, even if you're not musical. Below is a brief selection of songs you could use if you're not sure where to start.

#### **Older hymns:**

Crown Him with many crowns  
When I survey the wondrous cross  
Love divine, all love excelling  
All to Jesus, I surrender  
How Great Thou Art  
And can it be

#### **Modern songs:**

Living hope (Phil Wickham)  
Yet not, but through Christ in me (City Alight)  
10,000 reasons (Matt Redman)  
The Goodness of God (Bethel)  
O Praise the Name (Hillsong)  
Hallowed be Your Name (Simon Brading)

### 3 **Sing through the psalms**

The Psalms are the hymn book of the scriptures, giving us a template for praise in all circumstances. Praying through the Psalms is a great way to worship but you can also sing through them!

Start with the Praise Psalms (145-150), put on some lyric free music that has a simple rhythm (or play an a simple chord progression on a instrument if you can) and as the music plays, sing through the psalm. If particular verses or phrases catch your attention, stir your heart, spend some time repeating the phrase.

## PRACTICE 3 - WATCH

Sometimes visual things can help us to worship. You may find the following videos stir your heart to worship:

'That's my King' - <https://www.youtube.com/watch?v=yzqTFNfeDnE>

A stirring description of the person and work of Jesus

'Lifehouse Everything 'Skit' - <https://www.youtube.com/watch?v=uFRYdGihOI4>

A moving drama on the power of the cross to set us free and make us whole