



DAY 01 - WORSHIP

LIVE THE FLOURISHING LIFE: FLOURISHING FAITH

In every time and place throughout history, worship has been a core part of the human experience. Today, people all around the world with all different beliefs and backgrounds engage in worship. Many do so intentionally, through ritualised worship to a specific god or gods, or through practices to connect with a higher power. Some even worship without realising it, living for love, success, power, or whatever they consider most valuable.

The word 'worship' comes from the Old English 'worthscipe', which means to honour.[1] To worship something is to ascribe worth to it and treat it as highly valuable. We all value and focus our lives on certain things, but sometimes we live in a way that's inconsistent with what we truly believe and value. Maybe you would say that God is the most important thing to you, but in the hustle and bustle of everyday life you devote yourself to leisure and material things. Living inconsistently with your beliefs and values leads to discontentment and a lack of fulfilment in your spiritual life. If you believe in a god, you might also sense that failing to worship and centre your life on that god is dishonouring to them and destructive to yourself. That's why intentional worship is so important—it breaks through all the distractions of life and reorients us to what we believe is truly worth living for.

Worship is our response, both personal and corporate, to God for who He is, and what He has done; expressed in and by the things we say and the way we live.

Louie Giglio [2]

If you're part of a faith community, you probably already have ways that you worship. Religions such as Christianity and Islam emphasise worship as the primary purpose of our existence—it's more about honouring God than your personal experience. For others, worship might simply be about experiencing and connecting with something greater than themselves. While the details and motivations differ greatly, worship in most major religions involves a

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variety of practices such as music, prayer, rituals, reading scriptures and acts of service. If you don't yet have any practices of worship, why not try one of these? You could listen to a spiritual song or read a spiritual book and reflect on what it tells you about God. You could take in some nature or art and contemplate the god who created a world of beauty. However you worship, the goal should be to take your eyes off yourself and give honour to God.

When we worship like this, we orient our thoughts and actions on God. By looking outside of ourselves to what is worthy and awe-inspiring, we gain humility and perspective. We remember what we believe about God and are able to live consistently. Feeling connected to god through worship can be a great source of peace, comfort and joy. So whatever your faith, try worshipping god today—it'll be incredibly valuable for your spiritual life.

[1] Fergusson, David (2008), 'The Theology of Worship: A Reformed Perspective'. In Forrester, Duncan B.; Gay, Doug (eds.). *Worship and Liturgy in Context: Studies and Case Studies in Theology and Practice*. Norwich: Hymns Ancient and Modern Ltd. p. 71.

[2] <https://www.thegospelcoalition.org/article/what-is-worship/>