



Worship *Throughout* the Rhythms of Your **Day**

JONI EARECKSON TADA

“God is spirit, and his worshipers must worship in the Spirit and in truth.”

JOHN 4:24



It is what we were created, what we were designed to do: worship God. We are hardwired to praise our great Creator and Savior, Jesus, not only on Sunday mornings or at worship events, but all throughout the day and, yes, even during those night hours when we cannot sleep. John Piper writes, *“True worship is a valuing or a treasuring of God above all things.”*

Jesus says in John 4:24, “God is spirit, and his worshipers must worship in the Spirit and in truth.” The place does not matter. All that matters is the heart and the motive. Below is a list of ways you can ingrain a spirit of worship in your daily routines and rhythms. And don’t forget, always ask the Holy Spirit to enliven your worship and help you to treasure God throughout your day – and worship helps your heart when it’s voiced aloud.

- After morning coffee, ask the Lord Jesus to prepare your heart for the day and make you aware of opportunities to offer him praise.
- Singing in the shower? Make it your favorite worship song.
- Look in the mirror. See that face? Take a moment to thank God for giving you a smile for the day. Bless him for the unique way he has created you.
- Memorize the stanzas of a doctrine-rich hymn and, in between projects, modify the words as an offering to God. Here’s an example: *“Jesus, I am resting, resting, in the joy of who you are, I am finding out the greatness of your loving heart. You have bid me gaze upon you, and your beauty fills my soul: for by your transforming power, you have made me whole.”*
- During lunch break, walk around your office building or down a street of neighbors and claim the territory for Christ’s work; praise him for the way he tirelessly and forcefully advances his kingdom in ways you cannot see.

- Sitting at a medical appointment? Open your Bible app and “read back to God” some of his phrases in Psalms.
- Notice any flowers by a curbside, in a roundabout, or at the market? Examine one closely and let it inspire specific praise for God’s creative genius.
- Planning work in the garden? Open your Bible app to John 15, and read a few verses for the listening pleasure of your Vinedresser.
- Watering the lawn? Recite to God all the many ways the Living Water refreshes your soul.
- Completing a task? Bless God for the grace given; then, bless him for the provision of grace he will give for your next task.
- Pause during the day. Close your eyes. Listen to your breathing. Say to God, *“I give everyone and everything to you, Lord. Restore my union with you.”* Match these words with your breathing.
- When you finish calling or texting a friend, worship the Lord for that loved one, for his or her salvation, their gifts, their contributions to the body of Christ, and more.
- Making sandwiches? As you prepare the bread, speak to Jesus as your Bread of Life – oh, what nourishment for the soul he is!
- Is there wind in the trees? Beyond your office window or backyard porch? Tell God how you are looking forward to that glorious Day described in Isaiah 55:12 when “all the trees of the field shall clap their hands.”
- Helping your children with homework? Have them join you in a moment of praise before embarking on their studies.
- If you spot a letter in the mail from a friend, delight in the gift of that friendship, and thank the Lord that he chose such a one to be your pal.
- Watch for the sunset, find a window seat, quiet your heart, and praise God for taking you through the day.
- Should you lie awake through the watches of the night, make Psalm 119:148 your focus: “My eyes are awake before the watches of the night, that I may meditate on your promise.”

