



WORSHIP OR PEW-SITTING?

Be intentional about worship.

I have actually attended an hour-long worship service and never thought about God. I'm not proud of it. But my undisciplined mind can wander in dozens of directions even while I sing, give, sit quietly, and smile at other people. My thoughts may be on lunch, wardrobe choices, weather, ballgames, spinach in someone's teeth, or any number of other places, even when my seat is in the pew.

Your struggle may not be as difficult as mine, but I don't think I'm alone (Isaiah 29:13, Matthew 15:8).

How can we learn to focus on God?

How can we help our family members to worship?

- Reclaim Sunday. If you are up until after midnight, rushed about before church time, and cannot find our comfortable shoes, it will be harder to have a mindset of worship. Prepare for the day as much as possible, gathering everyone's clothes, planning meals and activities, going to bed on time, and quieting your heart in advance. Anticipate the time you will be together with others to worship and pray for those occasions.
- Listen purposefully. Open your Bible. Take notes. Jot down memorable lines from the worship songs. Pray. Be mentally and spiritually and even physically active in worship.
- Review afterward. Talk with your family over the dinner table or in the car about what you heard. Together, can you remember the points of the sermon? Choose an action step to follow up on together.
- Expand your worship definition. Worship is not limited to Sunday mornings. We worship in our work, in our creativity, in our relationships. All that we do should be an act of acknowledging the worthiness of God.
- Worship as a family. Whether you sit together in a church or your hike together up a trail or you serve together at a soup kitchen, join with each other to continue your worship.

Discuss worship together this afternoon. What one thing can you and your family do to make your worship more meaningful?