

Sacred Rhythms: Worship

Deuteronomy 31:19; Romans 12:1; Colossians 3:17; Hebrews 13:16; Exodus 20:5; Colossians 3:23; Psalm 51:17; 1 Corinthians 10:31

Sacred rhythms are not just religious routines. They are invitations to remember, recenter, and realign our hearts with God's. There are key rhythms of a Christian life that serve practical and spiritual purposes: salvation, communion, baptism, sabbath, service, prayer, anointing and worship.

Music:

When you think about worship, music is typically the first thing that comes to mind. Music is an expression of worship. Music affects your mind, emotions, and even your body. It softens the heart, focuses attention, and stirs affection toward God.

Music is memorable!! And God knows it. The Israelites used to use music to remember the Exodus, to teach the next generation about God's faithfulness, to recite God's covenant, and to celebrate deliverance. It was about remembering God's commandments and his faithfulness. Read Deuteronomy 31:19. It then goes on to teach Israel a song about what happens when you are disobedient lol.

But music is only one expression of worship. Worship is so much bigger than a song. Worship is a lifestyle—a posture of the heart that goes with us into every part of our daily lives. God never intended worship to be something we switch on for only 20 minutes on a Sunday. Worship is how we live, how we love, how we respond to God every day.

Worship Begins With Surrender:

The first Hebrew word for worship of the day is *Shachah*. *Shachah* means to worship, prostrate oneself, bow down, or surrender. Notice that music isn't in the definition of worship...

Why do people bow to others? It takes away your offensive position. You are surrendering to the will of the other person and allowing them to have their way.

Read Romans 12:1. Paul doesn't say true worship is singing the right songs. He says it's offering our whole selves to God in surrender. Worship is simply this: living a life that says "God, I belong to You." Your body. Your time. Your relationships. Your thoughts. Your decisions. Worship starts when you wake up and say, "Lord, my life is Yours today."

Worship Is Reflected in How We Live:

Read Colossians 3:17. Whatever you do—not just church stuff. Your job can be worship. The way you treat your spouse can be worship. Your patience with your kids, your honesty in difficult situations, your integrity when no one is watching—all of that is worship. When you choose kindness over anger, generosity over selfishness, obedience over convenience—you are worshipping.

I hear people asking all the time, what is God's purpose for me? Sometimes they mean 'what does God want me to do for Him', AKA, be on the worship team, run media, open doors

and be a greeter, help with kids' lessons, etc. Other times they mean 'what does God want me to do vocationally... What path, or career should I choose?' And while I think that God does lead you and guide you into what you are doing, or will do one day, none of it is your purpose on earth!

Your purpose is to worship, honor, and glorify God. Worship is not about the task. It's the heart behind it. Too many times I see people get lost in purpose and the meaning of life, instead of just surrendering and worshiping God. See Psalms 40:8.

Worship Shows in How We Treat Others:

Jesus said the second greatest commandment is to love your neighbor (Matthew 22:39). How we love people reflects how we love God.

Read Hebrews 13:16. When you help someone in need, God calls it a sacrifice. When you forgive someone who doesn't deserve it, that's worship. When you encourage someone who's discouraged, that's worship.

You can sing loud on Sunday, but the way you treat people on Monday reveals the true state of your worship.

Worship Happens Even in Our Work:

There is a second Hebrew word for worship, but it isn't used as much as *Shachah*. The word is *Abad*. *Abad* actually means to work, to serve, or to labor for. Here is what is interesting about this word. The word is used about 300 times in the Old Testament, but it only gets translated to worship about 15 times. It takes on religious overtones only when it refers to doing labor or ritual in service to a deity. Every other time it generally just means to work hard for one another.

We can see both of these Hebrew words used in Exodus 20:5. It says, "You shall not bow down(*Shachah*) to them or worship(*Abad*) them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me."

When you are working hard for one another it is *Abad*, but when you do your work for the Lord, your *Abad* becomes worship. In this context your job isn't just a job. It's an offering. When you work with excellence, when you show integrity, when you honor God in difficult environments—you are worshiping Him.

Read Colossians 3:23. Even mundane tasks matter. Even thankless work is seen by God. Even small acts of faithfulness bring Him glory.

Worship Requires Alignment, Not Perfection:

You don't have to be perfect to worship. You just have to be willing. Worship is saying: "God, even in my weakness, I choose You." "Even with my doubts, I trust You." "Even when life is heavy, I will honor You."

Read Psalm 51:17. Sometimes the most powerful worship is when you come to God with nothing but honesty.

A Call to Live a Life of Worship:

Worship doesn't end when the music stops. It begins when the church doors open and you step back into your everyday life.

So let your worship look like this:

- Loving people well
- Choosing righteousness
- Serving with joy
- Working with integrity
- Speaking with grace
- Being generous
- Staying faithful
- Living surrendered

Let your life sing louder than any song ever could.

Reflection Questions:

- Has your view of worship changed? How?
- Consider various areas of your life. How do your actions show worship to God? Are there areas that might need some adjustment?
 - At work?
 - At home?
 - At church?
 - In relationships?
 - In hobbies?
 - On Social Media?
 - etc...
- Worship can be more than just what we do. It can also relate to what we take in. 1 Corinthians 10:31 says, "So whether you eat or drink or whatever you do, do it all for the glory of God."
 - How does your physical nourishment show worship to your Creator?
 - How does what you watch, listen to, read, etc show worship?