

20250316 Living a Life of Worship – Ps Bijoy

Psalms 146:1-2 “My soul, praise the Lord. I will praise the Lord all my life; I will sing to my God as long as I live.”

A couple of weeks ago, we meditated on “Surrendered Life”, to give ourselves as an offering of worship. Worship in the Bible is a way to be, a state of mind, a posture of our heart. Throughout Scripture, we can find countless examples of worship. Often, people worship in response to a happy event or joyous news. But sometimes, the worship happened in the midst of crushing sadness.

Worship isn't limited to any particular space, time of day, or emotion. No, true worship is a response, a response flowing from a sense of awe, in awe of God and His goodness. Ultimately, we worship because we were created that way. The Bible shows us that God created us as deeply spiritual beings, made to experience God's love with awe and wonder. When we honour God with expressions of gratitude, we're walking in our purpose. Worship is an expression of the life we were created to live. Let's have a look at some of the ways we can worship our God.

Honouring God Through Praise

So often, we equate worship with music. But it isn't the same thing you can worship without music. However, music is an avenue of worship that can direct your heart to the Lord.

I believe the Lord created music just for this purpose. Job 38:7 says that the “morning stars [the angelic host] sang together” at the creation. Before God created the Earth and all that is in it, including humanity, he created the angels to worship with song. The Psalms include more than 100 references to singing and music. Obviously, music is important to the Lord.

Sing a new song to the Lord; let the whole earth sing to the Lord. Psalm 96:1

Drawing Near to God in Prayer (Worship through Prayer)

You can worship the Lord in prayer no matter where you are. God delights to hear our prayers Psalm 66:19-20 says, “but God has surely listened and has heard my prayer. Praise be to God, who has not rejected my prayer or withheld his love from me!”

He delights in answering them. He delights in blessing His children. Even when, or maybe especially when, it is hard to pray - pray. When praying is a sacrifice, it is both worship and prayer.

While God delights to hear your prayers no matter what words you use, however, there is something special about praying Scripture. Praying the Scriptures back to the Author is a powerful way to worship. If you don't know how to start praying Scripture, turn to the book of Psalms. The Psalms were the worship book and prayer book for Israel, so it's a perfect place to start.

"May my prayer be set before you as incense, the raising of my hands as the evening offering." Psalm 141:2

Worship through Praise and Thanksgiving

There are more than 250 verses in Scripture that speak of praise, and the majority of it is in Psalms alone. Praise means simply telling God how great He is, praising Him for His love, His forgiveness, His patience, His creation, and His gifts, for anything and everything.

Thanksgiving is similar. Instead of praising Him for who He is, you express your gratitude for what He has done for you personally. Got two eyes to see? Thank Him. A roof over your head? Thank Him. Food on the table? Thank Him. Thank Him in everything (1 Thessalonians 5:18).

Psalm 146:1-2 "My soul, praise the Lord. I will praise the Lord all my life; I will sing to my God as long as I live."

Worshiping Through God's Word/Scripture

Spending time in the Word every day is another way to worship the Lord. God has given you the Bible and wants you to read it, study it, live by it, and love it (Psalm 119:97). Psalm 119 is a beautiful tribute to the Word. If you want to fall in love with the Word, spend a few hours there.

Psalm 19:7, 10

"The law of the Lord is perfect, restoring the soul; The testimony of the Lord is sure, making wise the simple. They are more desirable than gold, yea, than much fine gold; Sweeter also than honey and the drippings of the honeycomb."

Worship the Lord in Silence

Music, prayer, praise, thanksgiving, and confession are ways you can speak to God. But God also wants to talk to you and me.

The two most common ways for the Lord to speak are through His Word and in silence.

Being silent before the Lord is also important. Silence is almost a lost art in our culture. Even while going for a walk, many people have earbuds in and listen to a podcast or music. I'm guilty of this as well. But the truth is, God speaks in the still, quiet parts of your day and life.

Learning to "be still" (Psalm 46:10) takes effort and intention. But the rewards are worth it. Offer 10 minutes of silence to the Lord as a moment of worship. Then, listen for what He wants you to know. However, what God says to you in silence will never contradict what He has already said in His Word.

Giving as an Act of Worship

When you worship the Lord through giving, you are saying to God, "All I have is Yours." God wants your heart. He does not need your time or talent, but He invites you to partner with Him in sharing the gospel.

Giving is worship because it is a privilege and an act born out of love, not from a command. The Lord does not need anything from His creation – but He blesses us with the opportunity to participate in the Kingdom of God by giving back a portion of what He has first given. One important reason believers should worship through giving is because of the example of Jesus: He gave "His life as a ransom for many" (Mark 10:45).

Luke 6:38

"Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure, it will be measured to you in return."

Worship through Serving

Serve others, serve at the church, serve your family. Serve because Jesus came as a Servant Matthew 20:28

"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

Galatians 5:13

"For you were called to be free, brothers and sisters; only don't use this freedom as an opportunity for the flesh but serve one another through love. "

God calls us to worship Him by serving one another.

Glorifying God in Creation

I love worshipping God by admiring God's creation (whether it's the beaches, bushes or mountains). Worship the Father by spending time in His creation. Nature testifies to the spectacular, amazing creative powers of the Lord and His greatness and glory (Psalm 19:1-6).

As you walk through a park, praise God for the oxygen you breathe, take a look at nature and thank Him for its beauty. Think about the last time you felt a sense of awe. Maybe you felt it as you looked out over a scenic view, tree-lined mountains or the endless horizon of an ocean. In each of those moments, you likely had a response to that feeling of awe. You may have gasped or been unable to find any words. Maybe you spoke out loud. Or, perhaps, overwhelmed with gratitude, you thanked God. Let nature do its job in helping you turn your eyes to the Lord.

Psalm 19:1

"The heavens declare the glory of God and the expanse proclaims the work of his hands."

Worship in Everyday Moments

God does not despise the small offerings we give Him. So, in the daily-ness of life, worship the Lord by being faithful in the small jobs He has given you.

Luke 16:10

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

The dailiness of life is different for everyone. It may include laundry, dishes, working at a job you just barely tolerate or one you love, raising children, and paying bills. Faithfulness in small things results in larger opportunities. Thank God for a healthy family while fixing meals. Listen to God speak to you in the quiet of your commute as you turn off all outside noises. Sing worship songs to Him in your car. Spend time in prayer for those less fortunate than you after you finish paying bills or giving a tithe/offering to the church. Let us offer our life as worship to our God.