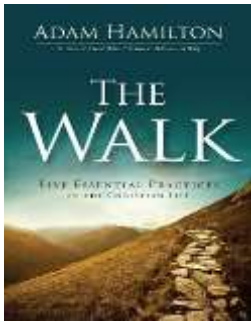


Worship Engagement and Devotion for week of January 10, 2021

PSALM 95:1-7, 1 THESSALONIANS 5:16-18, GENESIS 3:8-9

The Walk: Five Essential Practice – Worship and Prayer



"How do we walk with Christ—daily follow him, grow in him, and faithfully serve him? In the Gospels, Jesus modeled for us the Christian spiritual life. The apostles taught it in their writings. And the Church has, through the last 2,000 years, sought to pursue this Christian spiritual life. In *The Walk*, Adam Hamilton focuses on five essential spiritual practices that are rooted in Jesus' own walk with God and taught throughout the New Testament. Each of these practices is intended as part of our daily walk with Christ while also being an essential part of growing together in the church. Each week we will explore one of these practices, its New Testament foundation, and what it looks like to pursue this practice daily in our personal life and together in the life of the church. Deepen your walk with Christ as we explore the five essential practices of worship, study, serving, giving, and bearing witness to our faith."

Worship and Prayer

"Worship and prayer is the first of the five spiritual practices essential to growing and maturing in our Christian walk. It was practiced throughout scripture, lived by Jesus, and has been a foundation of the spiritual life for God's people across the millennia. God is worthy of and desires your worship. Your soul needs worship. You were created for worship." – Adam Hamilton

We worship in community with others on Sunday morning. We participate in community whether we worship in person or online. We worship in private when we pray and praise God throughout the day and week on our own. When we worship, we acknowledge God's glory, majesty, greatness, power and goodness. We honor God as God and recognize that we are children of God. Adam Hamilton reminds us that, *"Our praise is not merely in words, but from the heart and with every part of our being. We are meant to be a living hallelujah. In seeking to give thanks, to praise God not only with our words but also with our lives, rendering our worship to God, we find communion with God and the grace, strength, and love to live as his people."*

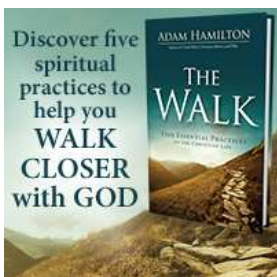
Questions for Reflection:

- Reflect on your walk with Jesus up to now. Give thanks for your journey so far.
- What do we learn about worship and prayer in this week's scripture readings? What stands out for you as you read these scriptures?
- Why is it important to worship in community? Why is it important to worship individually, in private prayer?
- What does being a living hallelujah look like for you?



Practice the spiritual discipline of worship and prayer by praying 5 times each day: once in the morning, once at each meal, and once at night. Even a simple prayer such as God, thank you for _____ may help you to renew or refocus your commitment to prayer and help to deepen your walk with Christ.

Spiritual Practice: Worship and Prayer



Try one or more of the following prayer methods to enrich the ways you worship and pray during the week. More details and additional suggestions can be found on Faith United's Spiritual Practices 101 webpage - <https://www.myfaithunited.org/spiritual-practices/>.

Five-Finger Prayer: This prayer practice uses each finger as something to pray for.

The thumb is for those closest to us (family, friends, etc).

*The index finger for those who teach, instruct and heal us (pastors, teachers, doctors, etc).

*The middle finger, our tallest, is for our leaders (leaders of our community, church, nation, etc).

*The ring finger, our weakest, for those who are weak (those who are sick or hurting, etc).

*The pinky is for ourselves.

A.C.T.S. Prayer: This prayer model uses the acronym ACTS as a guide for prayer.

* **A - Adoration:** Tell God how wonderful God is; worship and praise God.

* **C - Confession:** Tell God about the things you are sorry for, ask for forgiveness.

* **T - Thanksgiving:** Thank God for all God has done in your life and for the things you notice in your life and the world.

* **S - Supplication:** Pray for yourself and pray for others.

Breath Prayer: First, choose a word or brief phrase to repeat in one breath. If it is a phrase, say one part on the inhale and one part on the exhale. For example, think in your mind or whisper to yourself Psalm 56:3. Next, on the inhale, think or say “When I am afraid.” Then, on the exhale, think or say “I will trust you.” Another way to form a breath prayer is think about your favorite name for God. One of my favorites happens to be Abba, which means daddy. For 2nd part of the breath prayer think about what you need from God. Sometimes that might just simply be his love and his peace. Abba – Fill me with your peace. Repeating breath prayers is a meditative practice that can be done with almost any age. Other breath prayer suggestions include: *Show me your way, O Lord*, Psalm 46:10, Psalm 23:1, Luke 23:46, Psalm 31:5, 1 Samuel 3:10, Luke 1:38, Psalm 136:1, Matthew 6:9

Scripture Prayer: Choose a Bible verse and use it as a prayer to begin and end each day. Try Psalm 100, John 3:18, Psalm 46:1 or Romans 15:13. Post it by your bed or on your bathroom mirror as a daily reminder. Think about a word or phrase that sticks out to you as you read. Pray about the word that stands out for you and what God might be saying to you.

The Lord’s Prayer: Pray the Lord’s prayer. Think about the meaning of each section of the prayer. Create a visual Lord’s Prayer by drawing pictures of each part of the prayer. Try rewriting The Lord’s Prayer using your own words.

Gratitude Journal: Create a gratitude journal to help you be more mindful of all that God has done for you. Responding with your prayers of thankfulness is one way to worship God in your daily life.

Sing your Praise to God: Make a list of your favorite hymns and praise songs. You may want to include hymns and songs about “Walking with God” on your list. Read or sing the lyrics to one song each day as a prayer and praise to God.



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A United Methodist Church