



Everyday Devotions

Welcome to Everyday Devotions. These daily Bible readings and Prayer Pathways are designed to help you go deeper with God each day in response to what you are hearing at the Everyday Church services and Life Group gatherings.

5 Habits - Worship #1

Monday 20th January

Welcome to this third week of Everyday Devotions. Over the past two weeks, we have looked at two healthy habits that promote spiritual growth in us – *Bible Meditation* and *Prayer Pathways*. This week, we are going to look at a third healthy habit – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

John 4:7-26

⁷ When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” ⁸ (His disciples had gone into the town to buy food.) ⁹ The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.) ¹⁰ Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.” ¹¹ “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water?” ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?” ¹³ Jesus answered, “Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give

them will become in them a spring of water welling up to eternal life.”¹⁵ The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”¹⁶ He told her, “Go, call your husband and come back.”¹⁷ “I have no husband,” she replied. Jesus said to her, “You are right when you say you have no husband.¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.”¹⁹ “Sir,” the woman said, “I can see that you are a prophet.²⁰ Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”²¹ “Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem.²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews.²³ Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks.²⁴ God is spirit, and his worshippers must worship in the Spirit and in truth.”²⁵ The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”²⁶ Then Jesus declared, “I, the one speaking to you—I am he.”

1) Jesus gives some of his clearest teaching about worship to an adulterous nonbeliever. How does that encourage you when you come to think about worshipping God? What does it tell you about how much God prizes your own worship?

2) What do you think Jesus means in verses 23-24 when he says that God is looking for people who “worship in the Spirit and in truth”? What does it look like to worship God ‘in the flesh’ and ‘in pretence’? How is it different to worshipping God ‘in the Spirit’ and ‘in truth’?

The worship leader Matt Redman comments on these verses that “Worship is a state of heart; musical sound is a state of art. Let’s not confuse them. The critical question is not ‘Do you have a voice?’ but ‘Do you have a song?’”

3) Do you ever use your lack of singing ability as a reason not to worship God in song when you are on your own? How does Matt Redman’s explanation of what Jesus said to the Samaritan woman encourage you to sing songs to God anyway?

Ephesians 5:19-20

¹⁹ Speak to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

4) Did you notice that the apostle Paul does not just tell the Ephesians who have good singing voices to sing worship songs to the Lord? He encourages them all to sing! How does this encourage you personally?

5) Did you also notice the activity of all three Persons of the Trinity in this call to worship God with singing? God the Holy Spirit helps you to sing songs in the name of God the Son to the glory of God the Father. It's like an invitation to join in with the dance that the Triune God is dancing. The three Persons of the Trinity are pouring out their love for one another, and they invite us to join in with them as well. Is this something that you would like to learn to do more and more?

Prayer Pathway

If you would, then spend some time praying **The Trinity Prayer**. Linger over the rich meaning of 2 Corinthians 13:14 – *“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.”*

THE LOVE OF GOD: Worship God the Father for his deep love towards you. Be as specific as you can about the ways in which you have witnessed his love towards you.

THE GRACE OF OUR LORD JESUS CHRIST: Worship Jesus the Son of God for his grace towards you. Praise him for dying on the cross to be your Saviour and for rising from the dead to be your Lord. Thank him for God's Riches At Christ's Expense.

THE FELLOWSHIP OF THE HOLY SPIRIT: Worship the Holy Spirit as your Senior Partner, who has come to dwell inside you so that you can worship God in the Spirit and in truth.

End with Worship

We are introducing a new element to these Everyday Devotions to put some of what God has said to you today into practice.

In order to help you to respond to God in sung worship, we have created two playlists for you on Spotify.

The [Everyday Devotions](#) playlist contains a handful of songs which are particularly relevant to our Everyday Devotions this week. This song list changes each week along with our devotions.

The [Everyday Church Song List](#) playlist contains most of the songs that we are singing right now across the venues of Everyday Church. This is a wider song list for you to play throughout the day to help you worship as you wash up, as you drive, as you shower, as you sit on the bus and as you go about your daily life in other ways.

If you are somewhere where you can sing loudly, why not use these two playlists to end your devotions by singing some songs of worship to the Lord? If you are on the bus or train, why not put on your headphones and sing in your heart to God instead?

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#2

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5 Habits - Worship #2

Tuesday 21st January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

Psalm 73:1-17

- ¹ Surely God is good to Israel, to those who are pure in heart.*
 - ² But as for me, my feet had almost slipped; I had nearly lost my foothold.*
 - ³ For I envied the arrogant when I saw the prosperity of the wicked.*
 - ⁴ They have no struggles; their bodies are healthy and strong.*
 - ⁵ They are free from common human burdens; they are not plagued by human ills.*
 - ⁶ Therefore pride is their necklace; they clothe themselves with violence.*
 - ⁷ From their callous hearts comes iniquity; their evil imaginations have no limits.*
 - ⁸ They scoff, and speak with malice; with arrogance they threaten oppression.*
 - ⁹ Their mouths lay claim to heaven, and their tongues take possession of the earth.*
 - ¹⁰ Therefore their people turn to them and drink up waters in abundance.*
 - ¹¹ They say, "How would God know? Does the Most High know anything?"*
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¹² This is what the wicked are like - always free of care, they go on amassing wealth.

¹³ Surely in vain I have kept my heart pure and have washed my hands in innocence.

¹⁴ All day long I have been afflicted, and every morning brings new punishments.

¹⁵ If I had spoken out like that, I would have betrayed your children.

¹⁶ When I tried to understand all this, it troubled me deeply

¹⁷ till I entered the sanctuary of God; then I understood their final destiny.

1) How do you think Asaph, the writer of this psalm, feels in verses 1-14? Why do you think he feels that way?

2) What changes for Asaph in verses 15-17? What does this teach us about the power of worshipping God?

The Scottish nationalist politician Andrew Fletcher famously said: *“Let me write the songs of a nation, and I care not who writes its laws.”* Andrew Fletcher believed that worship doesn’t just express what we believe. It also shapes what we believe.

The German reformer Martin Luther said something similar about Christian worship: *“Music is one of the most magnificent and delightful presents that God has given us. Satan is the inveterate enemy of music, for he knows that by its aid we drive away temptations and evil thoughts: he cannot make head against music ... Next to theology I give music the first place and highest honour.”*

3) How much has this been your own experience of sung worship? In what ways do you find that worshipping God changes your own heart towards God?

Psalm 108:1-5

¹ My heart, O God, is steadfast; I will sing and make music with all my soul.

² Awake, harp and lyre! I will awaken the dawn.

³ I will praise you, Lord, among the nations; I will sing of you among the peoples.

⁴ For great is your love, higher than the heavens; your faithfulness reaches to the skies.

⁵ Be exalted, O God, above the heavens; let your glory be over all the earth.

⁶ Save us and help us with your right hand, that those you love may be delivered.

4) It becomes clear in verse 6 that David is writing this psalm while under great pressure and distress. Nevertheless, he insists that his heart is “*steadfast*” – that is, that his heart will not be moved. Instead of letting his emotions master him, he is determined to use the power of singing worship songs to God as a means of mastering his emotions. How do you find this encouraging? How do you find it challenging? How can you do the same thing that David did today?

5) David is convinced, even in the darkest night of his soul, that if he sings worship songs to God then “*I will awaken the dawn.*” Which areas in your own life feel like ‘night’ to you right now? How can you sing over them, with a steadfast heart, and awaken a new spiritual ‘dawn’ in the same way that David did?

Prayer Pathway

Spend some time praying the same simple **Trinity Prayer** that you prayed yesterday. Linger over the rich meaning of 2 Corinthians 13:14 – “*May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.*”

THE LOVE OF GOD: Worship God the Father for his deep love towards you. Be as specific as you can about the ways in which you have witnessed his love towards you, like the bright light of day breaking through into the darkness.

THE GRACE OF OUR LORD JESUS CHRIST: Worship Jesus the Son of God for his grace towards you. Praise him for dying on the cross to be your Saviour and for rising from the dead to be your Lord. Thank him for God’s Riches At Christ’s Expense. Thank him that this love is ‘steadfast’ – it never changes with the ups-and-downs of our own hearts.

THE FELLOWSHIP OF THE HOLY SPIRIT: Worship the Holy Spirit as your Senior Partner, who has come to dwell inside you to equip and empower you to worship God in the Spirit and in truth today.

End with Worship

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If you are somewhere where you can sing loudly, why not use these two playlists to end by singing some songs of worship to the Lord? If you are on the bus or train, why not put on your headphones and sing in your heart to God instead?

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#3

Everyday Devotions

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5 Habits - Worship #3

Wednesday 22nd January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

Psalm 119:9-18

⁹ How can a young person stay on the path of purity? By living according to your word.

¹⁰ I seek you with all my heart; do not let me stray from your commands.

¹¹ I have hidden your word in my heart that I might not sin against you.

¹² Praise be to you, Lord; teach me your decrees.

¹³ With my lips I recount all the laws that come from your mouth.

¹⁴ I rejoice in following your statutes as one rejoices in great riches.

¹⁵ I meditate on your precepts and consider your ways.

¹⁶ I delight in your decrees; I will not neglect your word.

¹⁷ Be good to your servant while I live, that I may obey your word.

¹⁸ Open my eyes that I may see wonderful things in your law.

1) It is easy to imagine that the psalmists found it much easier than we do to worship God. But what does this psalm show us? What did the psalmist find that he needed to do in order to stir his heart into singing worship songs to the Lord?

George Müller, one of the most influential Christians of the nineteenth century, shared his own experience of learning to live a life of worship to God. He told people to “*Seek above all things to have your souls truly happy in God Himself! Day by day seek to make this the most important business of your life.*” Then he told people his own method of doing so: “*The most important thing I had to do was to read the Word of God and to meditate on it. Thus my heart might be comforted, encouraged, warned, reproved, and instructed. Formerly, when I rose, I began to pray as soon as possible. But I often spent a quarter of an hour to an hour on my knees struggling to pray while my mind wandered. Now I rarely have this problem ... It often astonishes me that I did not see the importance of meditation upon Scripture earlier in my Christian life.*” George Müller told people that reading Scripture is like priming the pump for our worship. The more we see of God in Scripture, the easier it becomes for us to worship him.

So let's put this into practice by priming the pump of our worship by reading a few verses that describe Jesus...

Revelation 1:12-18

¹² I turned around to see the voice that was speaking to me. And when I turned I saw seven golden lampstands, ¹³ and among the lampstands was someone like a son of man, dressed in a robe reaching down to his feet and with a golden sash around his chest. ¹⁴ The hair on his head was white like wool, as white as snow, and his eyes were like blazing fire. ¹⁵ His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters. ¹⁶ In his right hand he held seven stars, and coming out of his mouth was a sharp, double-edged sword. His face was like the sun shining in all its brilliance. ¹⁷ When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last. ¹⁸ I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.

2) Read these verses slowly and note down everything that strikes you about the glory of Jesus Christ in these verses. If you struggle with this exercise, pray the words of Psalm 119:18 back to God: “*Open my eyes that I may see wonderful things in your law.*”

3) Now go back over your notes and spend time worshipping Jesus for every aspect of his glory that you see in Revelation 1:12-18. Let God's Word stir you to worship God's Son through the power of God's Spirit.

Prayer Pathway

If you are in a rush today, make Revelation 1:12-18 your prayer pathway. What matters isn't the length of our time of prayer, but the depth to which we actually engage with God (Matthew 6:7-8). If you have a little more time to pray today, then carry on past Matthew 6:7-8 and into Matthew 6:9-13. Pray **The Lord's Prayer** as a way of ordering your thoughts before God and engaging with him in the various areas where Jesus tells us that God loves for us to pray.

OUR FATHER: Joyful thanks to God that today you can run freely into his arms as your Dad.

IN HEAVEN: Faith-filled proclamation of the truth of Psalm 115:3 – *“God is in heaven; he does whatever pleases him.”*

HALLOWED BE YOUR NAME: Speaking God's Name back to him from the Scriptures, asking him to be true to his Name and to make all the world confess his Name is holy.

YOUR KINGDOM COME, YOUR WILL BE DONE: Pray specific prayers for the will of God to be done in your own life, in the lives of your family and friends, in the lives of your nonbelieving friends, in your workplace or college, and in your nation.

GIVE US TODAY OUR DAILY BREAD: Be specific with God in your answer to his question: *“What do you want me to do for you?”* Bring focused, specific and faith-filled requests that he will provide for all your daily needs.

FORGIVE US, AS WE FORGIVE OTHERS: Confess your specific sins to God, including the sin of withholding forgiveness from others.

LEAD US NOT INTO TEMPTATION: Ask God to grant you strength to resist sin, the flesh and the Devil. Ask him to help you grow in holiness, living as the new creation that you now are in Jesus.

FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY FOREVER: End with a time of praising God for his greatness and that he has heard your prayers.

AMEN: Before you stop praying, connect your prayers to the rest of what you have planned for today. Receive a commissioning from God to get up off your knees and to become the answer to many of your prayers.

End with Worship

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#4

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5 Habits - Worship #4

Thursday 23rd January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

Psalm 100:1-2

¹ Shout for joy to the Lord, all the earth.

² Worship the Lord with gladness; come before him with joyful songs.

Psalm 92:1-4

¹ It is good to praise the Lord and make music to your name, O Most High,

² proclaiming your love in the morning and your faithfulness at night,

³ to the music of the ten-stringed lyre and the melody of the harp.

⁴ For you make me glad by your deeds, Lord; I sing for joy at what your hands have done.

1) How important do you think it is to worship God joyfully each day? Why do you think that the writers of both these psalms particularly emphasise the importance of *'joyful songs'* and of *'singing for joy'*?

2) What does this mean for us on days when we don't feel very joyful? We will look tomorrow at how to worship God in the midst of grief and trouble, but today try to articulate what you think. How can we sing for joy when we don't feel very joyful?

The eighteenth century preacher Jonathan Edwards argued that *"God is glorified not only by His glory's being seen, but by its being rejoiced in. When those that see it delight in it, God is more glorified than if they only see it. His glory is then received by the whole soul, both by the understanding and by the heart ... He that testifies his idea of God's glory [doesn't] glorify God so much as he that testifies also his ... delight in it."*

John Piper agrees with him, arguing that *"God is most glorified in us when we are most satisfied in Him ... The essence of worship is delight in God, which displays His all-satisfying value."* He adds that *"It is necessary to define worship not simply as a way of reflecting back to God the radiance of His worth, but, more precisely, as a way of doing it gladly. In all forms of worship, it is important to fight against the tendency to relegate it to a simple duty, and to pray that God would grant the deepest sense of delight. A fundamental aspect of private worship is the delighting of oneself in the Lord: 'Delight yourself in the Lord, and he will give you the desires of your heart' (Psalm 37:4). Fight for joy in God, that your worship may be complete."*

3) Do you agree with Jonathan Edwards and John Piper? Rather than simply nodding or shaking your head, take the time to write down clearly why you agree or disagree. What do you think God is trying to say to you today?

Philippians 4:4

"Rejoice in the Lord always. I will say it again: Rejoice!"

Isaiah 61:10

"I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels."

Psalms 90:14

"Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."

4) How can the apostle Paul command us to be joyful in God *always*? Isn't this unreasonable?

5) What was it that Isaiah saw that enabled him to rejoice in the Lord, even in the toughest of times?

6) How is the prayer of Moses, who wrote Psalm 90, helpful to us today? What did he pray when he felt dissatisfied with life and dejected in his heart?

Prayer Pathway

So let's use **The Moses Prayer** that we learned together last week as our prayer pathway today. Use each of the items that Moses passed on his way into the Holy of Holies in the Tabernacle as a fuel to rejoice in God's love for us:

COURTYARD WALLS Begin by confessing God's greatness and total otherness. Worship him in his holiness, then rejoice that he still invites you to come near.

BRONZE ALTAR Confess your specific sins to God, thanking him that you are declared totally righteous by grace through the once-for-all blood sacrifice of Jesus.

BRONZE LAVER Ask God to wash you and change you, filling you with the water of his Holy Spirit and yielding the fruit of the Spirit in your heart – the character described in Galatians 5:22-24.

TABLE AND LAMPSTAND Thank God for his Word and for his Spirit. Pledge that you will live by both of them today, obeying God's Word even when you disagree with it and following the Spirit's promptings even when you are scared by them.

ALTAR OF INCENSE Spend time worshipping God and bringing specific prayer requests to him for your friends, for your family, for your church and for your nation. Make big requests that are worthy of such a great God.

THE ARK OF GOD'S PRESENCE End by enjoying the presence of God. Don't rush away. Ask God to fill you with his Holy Spirit and spend time resting in his presence before you carry on with the rest of your day.

End with Worship

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5 Habits - Worship #5

Friday 24th January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

Psalm 102:1-20

A prayer of an afflicted person who has grown weak and pours out a lament before the Lord.

¹ Hear my prayer, Lord; let my cry for help come to you.

² Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.

³ For my days vanish like smoke; my bones burn like glowing embers.

⁴ My heart is blighted and withered like grass; I forget to eat my food.

⁵ In my distress I groan aloud and am reduced to skin and bones.

⁶ I am like a desert owl, like an owl among the ruins.

⁷ I lie awake; I have become like a bird alone on a roof.

⁸ All day long my enemies taunt me; those who rail against me use my name as a curse.

⁹ For I eat ashes as my food and mingle my drink with tears

¹⁰ because of your great wrath, for you have taken me up and thrown me aside.

*11 My days are like the evening shadow; I wither away like grass.
12 But you, Lord, sit enthroned forever; your renown endures through all generations.
13 You will arise and have compassion on Zion, for it is time to show favour to her; the appointed time has come.
14 For her stones are dear to your servants; her very dust moves them to pity.
15 The nations will fear the name of the Lord, all the kings of the earth will revere your glory.
16 For the Lord will rebuild Zion and appear in his glory.
17 He will respond to the prayer of the destitute; he will not despise their plea.
18 Let this be written for a future generation, that a people not yet created may praise the Lord:
19 "The Lord looked down from his sanctuary on high, from heaven he viewed the earth,
20 to hear the groans of the prisoners and release those condemned to death."*

1) Yesterday we looked at the importance of rejoicing in the Lord and of singing joyful songs to him. How does that square with the title of this psalm, which tells us that its writer was so afflicted that he sang a 'lament' to God instead?

2) Looking at verses 1-11, what clues are there that the psalmist was afflicted by the destruction of Jerusalem and by the fact that God's people had been taken into exile?

3) Do you think it is appropriate for us to sing laments about the decline of the church in Europe and about the decimation of many congregations? How should we express this to the Lord?

4) How is the psalmist's heart changed, in verses 12-20, through singing a worship song of lament to the Lord? How could this guide your prayers for your own spiritual state and for the spiritual state of the church in your nation?

John 4:23-24

23 Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. 24 God is spirit, and his worshipers must worship in the Spirit and in truth."

5) How does what we read a few days ago in John 4 tie in with this? Why is it important that we express to God how we are feeling, even when we feel a lot more like singing songs of lament than we do joyful songs?

6) Thomas Merton advises us that *"If you want to ascend to God, you have to descend into your own reality. God is too real to be found anywhere else but in reality."* He encourages us that *"Worship at its best is bringing our real selves before the real God."*

7) How much does this type of real, gritty prayer and worship feature in our times of corporate worship as a church? Do you think we need to sing more songs of lament alongside our many happy songs?

8) How much does this type of real, gritty prayer and worship feature in your own walk with God? Continue reading, because you've got a chance to pray some real, gritty prayers right now.

Prayer Pathway

Let's use **The Examen Prayer** that we learned together last week as our prayer pathway today. This prayer pathway was invented by Ignatius of Loyola in the sixteenth century as a way for Christians to check in with God in prayer throughout the day. We have modernised the words he used to make these **4Rs** as easy as possible for you to use today.

REJOICE Look back on the past few hours since you spent time in focused prayer to God. What has happened that is good and that you need to say thank you to God for? Make sure you check in with grateful rejoicing for what he has done for you.

REPENT Look back on the past few hours and say sorry to God for anything that you have done that you know was sinful or displeasing to him. Lament where lamenting is appropriate. Then move forward in faith. God is eager to forgive you.

RENOUNCE Look back on the past few hours and reflect on the ways in which you have seen a clash between the way God wants you to live and the way that the world around you is living. These are the battlefields on which your daily fight for holiness is being fought right now. Renounce wrong ways of thinking, declaring that you are siding with God and with his Word in each of those areas, no matter what price is to pay.

REBOOT Look forward to the next few hours before your next check-in of focused prayer to God. What challenges and opportunities lie ahead of you? What discouragements and failures are you likely to drag with you into those next few hours unless you leave them here with God? Deal with those things now and let God reboot your life for the next few hours. Go into them empty of baggage and full of expectation. Let God commission you to serve him joyfully for the next few hours until you return to check in through these **4Rs** again.

Be encouraged by Daniel 6:13 – “*Then they said to the king, ‘Daniel, who is one of the exiles from Judah, pays no attention to you, Your Majesty, or to the decree you put in writing. He still prays three times a day.’*” Come back later to pray these **4Rs** when you wake up in the morning, when you take a break for lunch and in the evening before you go to bed.

End with Worship

In order to help you to respond to God in sung worship, we have created two playlists for you on Spotify:

The [Everyday Devotions](#) playlist contains a handful of songs which are particularly relevant to our Everyday Devotions this week. This song list changes each week along with our devotions.

The [Everyday Church Song List](#) playlist contains most of the songs that we are singing right now across the venues of Everyday Church. This is a wider song list for you to play throughout the day to help you worship as you wash up, as you drive, as you shower, as you sit on the bus and as you go about your daily life in other ways.

If you are somewhere where you can sing loudly, why not use these two playlists to end by singing some songs of worship to the Lord? If you are on the bus or train, why not put on your headphones and sing in your heart to God instead?

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#6

Everyday Devotions

Welcome to Everyday Devotions. These daily Bible readings and Prayer Pathways are designed to help you go deeper with God each day in response to what you are hearing at the Everyday Church services and Life Group gatherings.

5 Habits - Worship #6

Saturday 25th January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God.

Bible Meditation

1 Corinthians 10:31

³¹ So whether you eat or drink or whatever you do, do it all for the glory of God.

Colossians 3:23-24

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

1) Throughout this week, we have been looking at the importance of worshipping God through singing worship songs to him every day. What additional perspective does the apostle Paul give us in these verses about what it really means to live a life of worship to God?

2) If we are able to worship God through even our eating and drinking, then what does that mean for the areas of our lives which we tend to view as 'secular'? Are there any areas of our lives where we cannot worship God?

3) In the movie *'Chariots of Fire'*, the British athlete Eric Liddell explains why he is not sinning against God by delaying his missionary work in order to run in the upcoming Olympic Games. "You have to understand," he says. "I believe God made me for a purpose – for China, but He also made me fast, and when I run I feel His pleasure." What has God called you to do today? How can you turn it into an act of worship to him? How can you feel his pleasure in all you do today?

Romans 12:1-2

¹Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

4) This is clearly a big theme throughout the apostle Paul's writings. How much are we aware of this in the Western Church today? Have we turned 'worship' into something that is all about singing, rather than a lifestyle of praise to God?

5) What would it mean, in very practical ways, for you to 'offer your body as a living sacrifice' to God today? Write down the specifics so that you can pray them back to God in just a moment.

Prayer Pathway

Let's use **The Lord's Prayer** as our prayer pathway today. Use the following headings to structure your prayers and to bring the whole of your life to God as a living sacrifice of worship.

OUR FATHER: Joyful thanks to God that today you can run freely into his arms as your Dad.

IN HEAVEN: Faith-filled proclamation of the truth of Psalm 115:3 – "God is in heaven; he does whatever pleases him."

HALLOWED BE YOUR NAME: Speaking God's Name back to him from the Scriptures, asking him to be true to his Name and to make all the world confess his Name is holy.

YOUR KINGDOM COME, YOUR WILL BE DONE: Pray specific prayers for the will of God to be done in your own life, in the lives of your family and friends, in the lives of your nonbelieving friends, in your workplace or college, and in your nation.

GIVE US TODAY OUR DAILY BREAD: Be specific with God in your answer to his question: "*What do you want me to do for you?*" Bring focused, specific and faith-filled requests that he will provide for all your daily needs.

FORGIVE US, AS WE FORGIVE OTHERS: Confess your specific sins to God, including the sin of withholding forgiveness from others.

LEAD US NOT INTO TEMPTATION: Ask God to grant you strength to resist sin, the flesh and the Devil. Ask him to help you grow in holiness, living as the new creation that you now are in Jesus.

FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY FOREVER: End with a time of praising God for his greatness and that he has heard your prayers.

AMEN: Before you stop praying, connect your prayers to the rest of what you have planned for today. Receive a commissioning from God to get up off your knees and to become the answer to many of your prayers.

End with Worship

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If you are somewhere where you can sing loudly, why not use these two playlists to end by singing

some songs of worship to the Lord? If you are on the bus or train, why not put on your headphones and sing in your heart to God instead?

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#7

Everyday Devotions

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5 Habits - Worship #7

Sunday 26th January

In this week's Everyday Devotions, we are looking at the third habit of a healthy Christian – spending time worshipping God on our own and embracing singing as a means of deepening our friendship with God. Today is the day of the week when we get to worship together as a church, so let's end our week of Everyday Devotions by preparing our hearts to worship.

Bible Meditation

Ephesians 5:18-20

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

1) The apostle Paul appears to think that the two great places where people are likely to sing with joyful exuberance are at the pub after a few beers or a bottle of wine, or at church after being filled with the Holy Spirit! How does the scene that Paul pictures here instruct and challenge us about what our corporate worship ought to be like as a church today?

2) Paul wants our worship today to come 'from the heart' and to be full of 'giving thanks'. If you compare our corporate worship times to singing at the pub or to the chanting of a football crowd, which seems more heartfelt and more excited? Does this explain why Paul encourages us that true

worship is only made possible when it comes 'from the Spirit'?

3) What do you think it means for us to worship God 'from the heart' and 'from the Spirit'? How can you prepare yourself to sing such worship songs with your brothers and sisters in Christ today?

Colossians 3:15-17

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

4) Why do you think it is significant that in both of these passages the apostle Paul sees sung worship as something that we 'speak to one another' and not just to God? How do you think we 'teach and admonish one another' through our corporate worship as a church?

5) The US President Calvin Coolidge argued that *"It is only when men begin to worship that they begin to grow."* Why do you think corporate worship is such an essential factor in our growth as Christians and as a church together?

6) What difference do you think it would make to our church if we all arrived a little earlier than the start of the service and if we all prepared our hearts for worship before the worship leader ever struck their first chord?

7) Why do you think it is significant that the apostle Paul broadens his definition of worship to include the way we act towards one another as a church (v15) and the way we serve within the church (v17)? How can you worship God in all three of these ways today – through your loving, through your singing and through your serving?

Prayer Pathway

Prepare your heart for worshipping with your Christian brothers and sisters today by praying **The Trinity Prayer**. Linger over the rich meaning of 2 Corinthians 13:14 – *"May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all."*

THE LOVE OF GOD: Worship God the Father for his deep love towards you. Be as specific as you can about the ways in which you have witnessed his love towards you. Be as specific as you can

about why it makes you want to worship him.

THE GRACE OF OUR LORD JESUS CHRIST: Worship Jesus the Son of God for his grace towards you. Praise him for dying on the cross to be your Saviour and for rising from the dead to be your Lord. Thank him for God's Riches At Christ's Expense.

THE FELLOWSHIP OF THE HOLY SPIRIT: Worship the Holy Spirit as your Senior Partner, who has come to dwell inside you so that you can worship God in the Spirit and in truth. Ask him to help you to worship 'from the Spirit' throughout today.

End with Worship

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