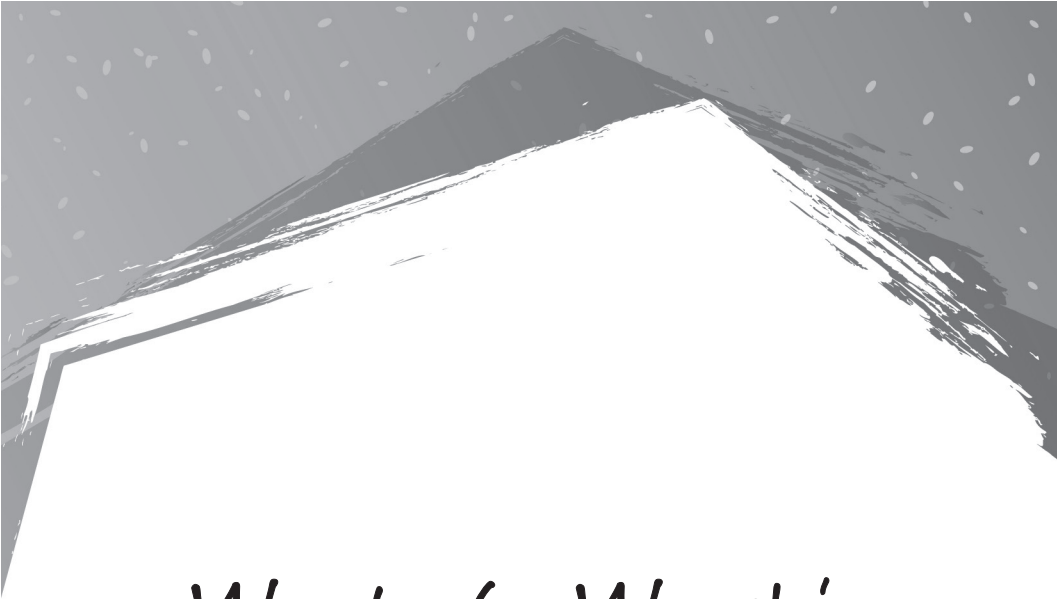




KEEPING PACE

SETTING YOUR
SPIRITUAL STRIDE

A 6-Week Spiritual Tracker Journal
Christ United Methodist Church



Week 6: Worship

“To worship is to quicken
the conscience
by the holiness of God,
to feed the mind with the
truth of God,
to purge the imagination by the
beauty of God, to pe the heat to
the love of God,
to devote the will
to the purpose of God.”
-William Temple



Reflect

Worship | Week 6

*"The true worshipers will worship
the Father in Spirit and truth." (Jn 4:23)*

The discipline of worship is about relationship, intimacy, and glorifying God and is our response to the creator, redeemer, and giver of grace. This discipline becomes our central reality and practice that we can return to utilizing in a variety of ways. That is because the forms of worship are not worship, but the means by how we are led into worship.

*"Worship is not a song that you sing,
but a lifestyle that we live."*

The first commandment of Jesus is to

*"Love the Lord your God with all your heart, and
with all your soul, and with all your strength." (Mk 12:30)*

Worship as a discipline sets our hearts, minds, and bodies towards intimacy with God and to know the direction he is heading.

*"And if we long to go where God is going and do
what God is doing, we will move into deeper, more
authentic worship." (Foster pg.161)*

The discipline and practice of worship involves our emotions and invites us to "bless" God by our postures.

Sunday Message Notes

Monday

But the hour is **coming**, and is now here, when the **true worshipers** will worship the Father in spirit and truth, for the Father seeks such as these to **worship him.**

- John 4:23

Stretching

What are the areas of growth I need to walk into today?

Hurdles

What are the obstacles that keep me from walking into this discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Tuesday

Jesus said to him, "Away with you, Satan!
for it is written, 'Worship the Lord your God,
and serve only him.'"

Then the devil left him, and suddenly
angels came
and waited on him. - Matthew 4:10-11

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Wednesday

I am the Lord your God,
who brought you out
of the land of Egypt, out of the
house of slavery; you
shall have no other
gods before me. -Exodus 20:2

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Thursday

O Lord, you are my God;

I will exalt you, I will praise

your name; for you have done

wonderful things, plans formed

of old, faithful and sure.

- Isaiah 25:1

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Friday

Bless the Lord, O my soul,
and all that is within me,
bless his holy name.

- Psalm 103:1

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Saturday

Sing to God, sing praises to his name;
lift up a song to him who rides upon the clouds—
his name is the Lord—
be exultant before him.

- Psalm 68:4

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.
