

PARENTING MATTERS:  
SPIRITUAL MILESTONES

# WORSHIP

LIFE LOOKS A LITTLE LIKE...

...busy-ness. All. The. Time. Running from one thing to the next with no pause, no rest. Surviving school drop offs, managing your teenager's freedom, or just trying to keep your toddler out of every cabinet in the house. Worship is usually viewed as those few songs that are sang in church on Sunday, but a worshipful life means so much more. This milestone goes beyond humming gospel music to a lifestyle that weaves God's glory into the fabric of your family.



# WHAT YOU NEED TO KNOW ABOUT WORSHIP

## WHAT IS WORSHIP?

Worship is expressing who God is to him and to others. It's a posture and attitude of honoring God for all that he is and all that he does. During worship, you take time to truly see God, to focus on him, and to respond to all that he is. There are many ways to worship, all of which are intentional and participatory ways to acknowledge who God is and all that he does.

## WHAT DOES THE BIBLE SAY ABOUT IT?

Worship, in various forms, is woven all throughout scripture. There is musical worship found throughout the Psalms (Psalm 147:7, Psalm 47:6, Psalm 75:9) and is mentioned as both a corporate experience (Romans 15:8-10) and a private practice (Psalm 40:3). This style of worship can be planned or spontaneous and it centers around praising and petitioning to God through song or music. Nature or creation worship is geared more towards discovering God's invisible qualities (Romans 1:20) and praising him for his creation (Psalm 104:24-25). Another style seen in scripture is worship through prayer. Jesus teaches his disciples to begin their prayers with praise (Matthew 6:9), as a way of offering praise and adoration to God before bringing petitions to him. Prayerful worship is done often by Paul in his letters to the churches (Ephesians 1:3, Philippians 1:9-11, Colossians 1:3-14) as he encourages and leads them through ministry.

## WHY IS IT SIGNIFICANT TO US?

God should always be at the top of your priorities. God exclusively deserves the worship of your heart, soul, mind and strength. When worship and praise are placed prominently in your life, you are showing God honor for all that he is. Worshipping God helps you tune into the small moments that he creates for you and reveal the big picture of all he is orchestrating.

## ENGAGE YOUR FAITH BY...

### GETTING OUTSIDE

- Take time for a family walk or hike around the neighborhood or local park
- Set a timer and spend time listening to nature, for younger kids, have them identify what they hear
- Notice everything. Look at how many leaves, rocks, clouds, and animals you come across. Encourage your little kids to point things out and your older ones discuss why things are the way they are or what it would be like if there was no variety in nature.
- Reflect on the things that you have seen, heard, and felt. Talk about what each of these things reveals about God.
- Before you go back inside, say a prayer together praising God for orchestrating nature to be so beautiful and for allowing you to experience it all.

### ENGINEERING A PSALM

- Summarize how God is working in the lives of each of your family members.
- Praise God for something he has done, such as an answered prayer or a moment when he revealed himself.
- Acknowledge different characteristics of God that you have seen lately

Get creative with your psalm! Make up a song to go with it or paint a picture as you work. Write or type it out and put it somewhere that you will see it regularly, repeat it together as a family. Challenge your older kids to write their own, to journal about the one you wrote together, or to read a few from the Bible.

### INCORPORATING WORSHIP INTO FAMILY TIME

- Take time at meals, at bed time, or in the car to talk about ways that you are thankful for God. These can be practical things (thankful for family, pets, food) and can also be characteristics of God (he is loving, he created us, he has a plan).
- Listen to worship music together. Play it at home and in the car, ask your kids what their favorite worship songs are, and discover new music together.
- Include worship in your language. Instead of saying, "I'm so excited for vacation", say, "I'm so thankful that God gave us what we need to take this time together". Focus on giving God glory even in small moments.

## SCRIPTURE

*Psalm 86:12*

I will praise you, Lord my God,  
with all my heart; I will glorify  
your name forever.

## PRAYER FOR PARENTS

Dear Lord, help me be a believer who focuses on worship in every aspect of my life. Thank you for being worthy of every praise and every song. Help me meditate on you and stop long enough to wonder at your amazing work and deeds. Help me think about the glorious riches of your grace, love and mercy. Help me remember you when life gets busy and there are a million things to do. Give me the space to center myself on you and give you glory. Amen.

## RESOURCES

Psalms for Young Children

by Marie-Helene Delval

Psalms in Color: Cards to Color and Share

by Christian Art Gifts

Psalms for Prayer

by He Reads Truth

Go Tell It on the Mountain: Stories of Early American Hymns

by She Reads Truth

Albums and Artists:

Crazy Noise by Hillsong Kids Jr.

Youth Revival by Hillsong Young & Free

Reckless Love by Cory Asbury



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