

Worshiping in Truth – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Have you ever had a time during a worship service where your mind was somewhere totally different than worshipping God? How often do you find yourself in church simply following the ritual, and your heart is not in it? How much do you think about what you are saying when you are worshipping God? There is also a difference between true worship and getting emotionally charged up. Emotions are good when it comes to worship, but they can also hinder us when we are seeking an emotional experience for ourselves instead of expressing love for God and focusing on Him. It is important to be speaking truth when worshipping. Write down in your own words the difference between worshipping God in truth and worshipping Him without truth, or falsely, and what that has looked like in your life. If you are in a worship service and you don't feel you can honestly sing the lyrics, make up your own words.

Day 2

One of the challenges when singing a worship song someone else has written, is that we don't always relate to what someone else has gone through, or their thoughts about God. It is easy to zone out when singing something written by someone else about God. In six different Psalms, David speaks of singing a new song to God. Read these and when you are reading them, think of why he would want them to sing a new song instead of just singing an old song that had already been written.

[PSALM 33:3](#), [PSALM 40:3](#), [PSALM 96:1](#), [PSALM 98:1](#), [PSALM 144:9](#),
[PSALM 149:1](#)

One way to know you are worshipping in truth is to sing right from your heart, making the words up as you go. They don't have to rhyme, but they are the real reasons you want to worship God. Take some time to sing a new song to God, a song you make up as you go, a worship song expressing your love for Him.

Day 3

Memorize [**ISAIAH 29:13**](#)

The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men."

Day 4

Spend some time writing about why you worship God, what you have to worship Him for. First, write about the things He has done for you in your life. Then write about the character qualities He has demonstrated in your life. Then spend some time thinking about how powerful and great He is and the love He has shown you.

Day 5

Worshipping in truth is something that requires a genuine love for God. When our hearts are truly in love with Him, we want to tell Him how wonderful He is. If you do not feel you love God yet, that is okay too. Speak the truth to Him, and He respects and appreciates that. If all you can say is you like Him right now, but you don't know if you love Him yet, you are speaking truth and worshipping in truth. God doesn't respect those who say things they don't mean to Him. Spend some time asking God to give you a heart that truly loves Him more than you do right now.