

# Worshipping in Spirit – Daily Exercises

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

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## Day 1

Think back to a time in your life where you felt you were really worshipping God and connecting with Him. What did it feel like? What were the circumstances around it? How was it different from other times you have worshiped God? Was there a longing to be closer to Him and stay there? Spend some time writing down thoughts about your worship experience and what made it so special.

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## Day 2

Read this verse and answer the questions below:

**1 CORINTHIANS 14:15 (NIV)**

So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind.

What is the personal instruction Paul is giving here regarding singing and worshipping God?

What is singing with your spirit, as opposed to just singing with your mind?

One form of worshipping in the Spirit is speaking in tongues. The previous verse here speaks to that and that is primarily what Paul is talking about here. If you haven't pursued speaking in other tongues, I encourage you to seek that, as it will add a new depth to your worship life.

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## Day 3

Memorize

**JOHN 4:23 (NIV)**

Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.

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## Day 4

Worshipping with your spirit is like connecting with God, like there is a spiritual umbilical cord where He is pumping His glory and grace and love into you, and you are expressing adoration and gratitude towards Him. I encourage you to spend time worshipping God alone, by either playing worship music and singing along, or by making up your own songs, or singing songs you know. One way I have found in particular that has really brought about some precious times of worship, is to turn on a worship song and to just start worshipping Him silently while it is playing. Sometimes worship can become so intense that it is better not to speak. When we restrict worship to just singing with others in church, we really limit the levels of glory we can reach with Christ, "changed into the same image from glory to glory." **2 CORINTHIANS 3:18 (NIV)**

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## Day 5

The Bible talks about how we will worship Him one day in His throne room with the angels and saints. It also speaks about when Jesus made a way for us, He gave us access to the Most Holy Place where we can approach His throne now with our requests. Close your eyes and spend some time imagining yourself going into the throne room of God and just worshipping Him for who He is, and thanking Him for making a way for you to worship with the angels.