

7 Everyday Acts of Worship

A Devotional Journey Into the Sacred Ordinary

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What is worship? Really? Is it something we do only on Sundays--or something we live out on Mondays?

For our purposes, let's define worship as not only a place, a performance, a type of music selection--but as a posture. It's a loving response, a lived expression, a daily offering.

This guide is not intended as a checklist but as a heart shift. These seven acts are not about doing more. Most of us just cannot do MORE. But what we can do is see more of God in what we're already doing.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (Romans 12:1)

Please join me as we reframe our concept of worship in the light of God's Word and the Everyday.

Day One: Worship In The Repetitive

“Whatever you do, work at it with all your heart, as working for the Lord...” Colossians 3:23



The boss asked Mark to start the presentation with a joke. He shared his paycheck as the first slide.



Whether you have a job, are retired, or are going to school (in order to get a job!), receiving that paycheck, Social Security deposit, or baby sitting pay can be very satisfying. Having an end that justifies the means keeps a lot of people in jobs that no longer feel as fulfilling as they once did. True worship motivates us to do whatever work we're given to do, even the mundane and repetitive, “as working for the Lord.” In a life built on integrity, every action is an opportunity. Every opportunity is sacred.



Lord, help me see the sacred in my routines. May each task, chore, and responsibility become an offering of love.



Let's get real--there are tasks we have to do that we just don't like, whether at a job or at home. Write the words, draw the activities out (stick figures work just fine!), or find cut-outs from magazines or online to create a collage of these tasks. Place them on the altar, writing a prayer of surrender if you're willing to reframe them into acts of worship for the Lord.



Day Two: Worship Through Nourishment

“They broke bread in their homes and ate together with glad and sincere hearts.” Acts 2:46



Recipes are a lot like online dating sites--they never end up looking like their pictures.



In many cultures, traditional recipes, food preparation and meal organization go way beyond what ends up on the plate, representing family, community, fellowship. Cooking, when approached as worship connects the process, the ingredients, the preparer and the recipient with the Creator. When food is shared with people we love, we bind those connections closer. When we share food with strangers, we do what Jesus commanded us to do: feed the hungry as if we are feeding Him (Matthew 25:35-40) Cooking can be a celebration of God's provision, an act of service to those in need, and an act of co-creating with God.



Father, thank You for the gift of nourishment. May my kitchen be filled with Your presence.



Write your favorite recipe, draw a favorite meal, or illustrate a kitchen memory. Remember, you don't need to be an artist--just express what's on your heart. Use warm colors (yellows, oranges, reds) to symbolize God's provision).

Day Three: Worship Through Creativity

"He has filled them with the Spirit of God, with wisdom, understanding and knowledge in all kinds of crafts."

Exodus 35:31



You know you're an Artist...



when a "Night Out" includes a trip to the craft store and a 40% Off coupon.



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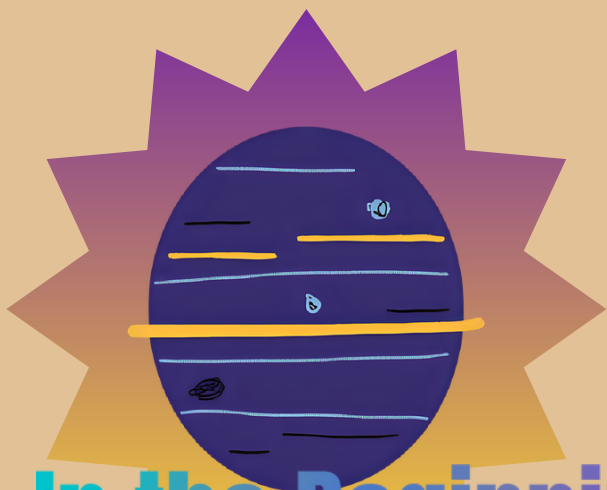
The number one purpose of Art and Soul Cafe is to encourage creativity through faith-based art. We focus primarily on art journaling and memory keeping, two tangible ways to express one's faith as worship. Our creative instincts come from a Creator who lives in us and never stops looking at life through a lens of artistic meaning. Does that mean you have to know how to draw? Not at all! Ours is a safe zone of nonjudgment and welcomed acceptance. Please join us at the Cafe. (artnsoulcafe.com)



Lord, thank You for making me creative. Let my art, in whatever way it is expressed, speak love back to You.



However you feel like responding (use pencil, pen, colored pencils, markers, stamps and inks, collage), complete the following:



**In the Beginning
God Created**

Day Four: Worship In The Hidden

“Do all things without grumbling--that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world.” Philippians 2:14-15



“Cleanliness is not next to godliness. It isn’t even in the same neighborhood. No one has ever gotten a religious experience out of removing burned-on cheese from the grill of the toaster oven.” – Erma Bombeck



One day as Mother Teresa was working in the slums of India dressing the wounds of a dying leper, an American tourist asked permission to take a photograph. The tourist, observing the tenderness with which Mother Teresa dressed the leper’s wounds, said, “Sister, I wouldn’t do what you are doing for ten million dollars!” And Mother Teresa replied, “Neither would I, my friend.” We don’t have to be a Mother Teresa. Nor do we need to dress a leper’s wounds. But what small acts of service can be done for someone else--cleaning a toilet, washing a car, putting groceries away without being asked--acts of love when no one is watching, when nothing personal can be gained. Those are acts of Worship.



God, meet me in these moments of hidden work. Let me do them with gladness, not for applause but for You.



Fill in as many soap bubbles as you can by writing in “hidden” acts of service you can do and for whom. Then, with colored pencils or markers, color in the remaining bubbles in blues and whites.

Day Five: Worship in the Word

"Your word is a lamp to my feet and a light to my path."

Psalms 119:105

Scripture is often taken out of context by those who want it to say what they want it to say. Here are some examples of how little children "misheard" Christian songs, See if you can come up with the right lyric or song: "I've got peas in my liver," "though mango with me, still I will follow," "the God of angel zombies," "trust an old maid," "all we black sheep have gone astray," "magic tree, worship his magic tree," "Gladly the cross-eyed bear."

My mother had a Child Evangelism background and taught Sunday School at our church for as long as I can remember. Those were the days of flannel graph, and one of my favorites was the Roman soldier with all his armor (Ephesians 6:10-18). Mom would place the equipment on the flannel board, and as she moved through the verses describing how God's Word protects us against the devil, the soldier would become fully dressed for battle. Reading God's Word as an act of worship involves much more than just gaining information. Through an intimate connection of listening to Him speak and then responding in faith and adoration, we experience the spiritual transformation God intends. As an added bonus, we come away fully equipped to deal with life's toughest battles.

Lord, I'm listening. Help me receive Your Word with a soft and open heart.



Write out a verse that speaks to you--now or has been one you've depended on during your life. Highlight it with color, doodles, emojis, or a frame to make it visually stand out.

Day Six: Worship Through Compassion

"He comforts us...so that we can comfort others..."

2 Corinthians 1:4



Fam-i-ly [fam-uh-lee] (noun) 1. Those you love the most; 2. Those who drive you nuts.

Maybe this definition isn't true of your family, but it certainly takes me back to raising a teenager. When I think of worshiping through compassion, my mind goes to volunteering at a nursing home, or helping at the church's food bank--something that doesn't require every stinking ounce of grace I had in me to deal with a recalcitrant teenager or now an adult son who barely replies, if at all, to my texts. Remind me again, dear Lord, how You deal with me. Time and time again I test Your patience. I act in willful rebellion, seeking my own way. Yet You never leave me nor forsake me. You never stop pursuing me, asking me to come sit with You. Abide with You. Find time just to be with You. Continue to teach me how to love like You love. How to show compassion as You show to me on a daily basis. How to worship You through showing grace, patience, and love to the ones closest to me.



Lord, make me aware of those in my own circle of family and friends who are hurting. Help me bring them comfort that points to You.



Write the names of people closest to you that need compassion on the inside of the heart; on the outside, write words of compassion you can share with them.



Day Seven: Worship In Silence

“Be still and know that I am God.” Psalm 46:10



“In the End, we will remember not the words of our enemies but the silence of our friends.” Martin Luther King Jr.



Where is your “silent” place? Your retreat from the noise of the world? Some people like to go to the ocean and walk the beaches. The sound of the waves, the smell of salt water, the regular in-and-out rhythm of the tide, all contribute to calm. Some people love the mountains for silent reflection--feeling closer to God in His creation. But what about the Everyday? When we don’t have the luxury of actually living near these special places or traveling to them on a moment’s notice? By creating a dedicated area, whether a room or a spot set aside for reflection, our worship practice will significantly improve. In the movie, “War Room,” the main character repurposes her walk-in closet as a place of prayer. What I liked about that location was the quiet isolation it provided. Whether a room, closet, or designated area, create an easily accessible sanctuary away from the everyday, a place that enables peace, calm, focus, and ushers in God’s presence. Silence just isn’t the absence of noise--it is the space where we become aware of God as our Everything.



Quiet my thoughts, Lord. Let me be content to just *be* with You.



How do you express the beauty of stillness? Do you contrast open space with the “noise” (scribbles) of life? Use your imagination to design it below.

God is not waiting for perfection--for the perfect time and place for your worship. He is present now. Your faithfulness in the quiet, messy, creative, ordinary corners of life is precious to Him.

Let this guide be the beginning.

Let's begin to worship in the Everyday.

Want a way to discover deeper worship?

Coming soon: a course designed to help you turn your creativity into the sacred. *Faith Art Journaling for the Creatively Insecure* is for anyone who wants to worship with words and color. Stay tuned!

