



WORSHIP INTENTIONALLY!

By Elizabeth Koerner

When you are in relationship with Jesus Christ, and you choose to offer everything you have and everything you are to Him, than all your actions no matter how ordinary or spiritual become an act of worship. This choice provides a framework from which spiritual connection with God occurs.

Have you considered that every choice could be a choice of worship? What would change if you did? Do you want to worship?

Let's be real here, I don't always want to worship. I don't always even want to be pleasant. But God knows me, everything about me. My heart condition is not hidden from Him. The words, "draw near" mean come. Over and over in scripture you and I are invited to come to God. Hebrews 4: 15-16 says: For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet, without sin. Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Years ago I remember my mom sharing with me that not wanting to do the right thing was natural and to be expected, even as a Christian. What she went on to share was wonderful! I could ask God to help me WANT to do the right thing.

I can't tell you how many times I have had to ask God to help me want to do the right thing. Worship, offering everything I have (or need) and everything I am (or am not) to God, takes intention.

Why worship? Why ask God for help in desiring to worship? The truth is that not all of us are ready to worship at any given moment. This is why it is called a spiritual practice. Not all of us have surrendered ourselves and experienced the faithfulness of God. Paul Thigpen says, "We worship, above all else, because God is worthy. (Rev 4:11). Worship takes our eyes off ourselves and our problems so that we can focus instead on who God is and what He has done for us."

It is like going to the eye doctor and getting proper corrective lenses instead of struggling to interpret correctly what we think we see. Through the corrective lense of worship the realities of life

remain, but we see them with new clarity. We still have all the hardship, turmoil, or uncertainty, but now we can intentionally choose to see it all through the lense of the magnitude of God's worth and His sufficiency to guide us through whatever we face.

I encourage you to ask God to help you want to offer everything you have and everything you are to God today. And if you don't feel like it, would you choose to ask God for help to want to make this choice? Be intentional. Romans 12:1-2 says, "Offer yourself as a living sacrifice to God." Express the truth of where you are and who you are and invite God to change you. This is your spiritual practice of intentional worship.

Reflect & Respond:

- 1) Begin a personal thankfulness list that reflects some of the ways you have experienced God's grace and mercy.
- 2) Praise and thank God for what He has already done in you and for you. Be specific. You may want to look at your Thankfulness List.
- 3) Consider asking God to help you want to surrender yourself as a living sacrifice to Him (Romans 12:1-2) and to be transformed by Him. Remember that sometimes this is a moment by moment decision. Remember too that this decision is pleasing to God!



Elizabeth Koerner loves the Lord and loves to help women grow in their relationship with Christ. Elizabeth leads the Shared Journeys ministry team discipling and mentoring women. She has grown significantly through her own mentoring relationships. In her free time she has a habit of making her surroundings beautiful. She is an avid gardener, enjoys exercise and never wants to stop learning. As a wife and mother of two teens she is a homework helper, counselor and friend. She loves to laugh. Her college writing professor recommended that she drop out and go home because she was such a bad writer. She is living proof that God uses available individuals.