



31 | Mon – Worship defined | Read [John 4:23-24](#)

What is worship? Scholar Donald Williams describes it as “expressing joyful delight in the presence of God.” The next question is “how do you do that?” There is much debate in the church world today on that very issue. Jesus was very direct. No matter what style you prefer, real worship comes from your spirit and the relationship you have with God. The more you know what he is like, the more easily worship will flow out of you. How can you get to know God better?

01 | Tue – Worship described | Read [Psalm 100:1-5](#)

Notice at all the verbs in this psalm - *shout, serve, come, know, enter, thank, bless*. What causes such exuberance? Maybe you don't think you have much to praise God for but think again. No matter what your circumstances, you can count on these truths: *God made you; you belong to HIM; you are HIS child; the Lord is good; his love endures; his faithfulness never wavers...rock-solid truth to believe in and act on. That is worth getting excited about!*

02 | Wed – A look at history | Read [1 Chronicles 16:4-36](#)

After David became king, he brought the ark of the covenant back to Jerusalem and appointed worship leaders (Levites), giving them instructions on how to give praise to the Lord (v. 7). These words can be a model for helping you worship in your personal time with God. Look at your own history. How God has led, provided, protected and blessed you?

03 | Thu – Second chances | Read [Nehemiah 9:5-6](#)

The Jews returned to their homeland after 70 years in exile. Their suffering and slavery were a result of leaving God to follow their own selfish ways. Now God was giving them a second chance. Their gratefulness is reflected in the prayer they prayed in Nehemiah 9. And it is an honest prayer, acknowledging their sinful ways, but filled with praise for God's faithfulness. When has God blessed you with a second chance?

04 | Fri – Don't fake it | Read [Isaiah 29:13](#)

These are sobering words and probably apply to all of us at one time or another. Are there times in worship when your mouth might be saying or singing good things to God but your heart is completely disconnected? The Lord knows when we try to fake it. It is freeing to realize that you can be *completely* honest with God, *especially* in the times when you don't feel like praising him. That is when your worship becomes real.

05 | Sat – Where do you start? | Read [Psalm 100:4-5](#)

When coming into the presence of a king, there was a progression. A person first had to go through the gates of the palace and then into the courts/throne room to meet with the king. This example shows us how to come into worship. Opening the gates starts with being verbally thankful for all that God has *done*. Then you move into God's presence through praise, by reminding yourself who God *is*. When you are at a loss for words, go the Psalms. This book is a wonderful resource to help you grow in true and honest worship.