



# the core

the **central truths** of the faith

## Romans 12.1-2

A number of years ago, Matt Redman penned the following words to what has become a well-known and much beloved worship song:

When the music fades,  
All is stripped away,  
And I simply come. . .

So begins a song in which the cry is to come back to the heart of worship, worship that is about God and not self. I resonate with the song, with Matt's soul-craving so evident in it. So much of the time what I call worship is anything but God focused. It can be a self-serving pandering to my own wants and desires. I truly appreciate the message of the song, for in it God has used Matt to bring a healthy corrective to what we call worship. As I have sung this song most recently, I have begun to long for something more, for one more verse, a verse that speaks to the bigger picture.

As it is, the song speaks of the comings and goings of what we typically call "worship." I am becoming more and more convinced that what we call "worship" is actually only a small piece of a much bigger picture. Let me put it another way. I am beginning to understand that worship is more than what happens on Sunday. When I focus my attention on the Sunday events and view that as my worship, then in reality I am not actually worshipping. Not really.

What!?! How can I say such things? The Sunday event is the most meaningful part of the week for so many people. Yet, I can honestly say that if that is our "worship" then we are not worshipping. Not really. When we search Scripture, we find that worship breaks down into two categories, religious activity and a lifestyle of obedience. Both are equated with worship. Guess which one Scripture focuses on more? They are both important, but without the latter, the former is worthless. I suppose that is why Paul encourages us first to offer our bodies in worship to God. What God really wants is our comings and goings, not just our songs and prayers. If He doesn't have our comings and goings, then can we even give God true praise and adoration on Sunday? I don't think so. In fact, I am beginning to see how I can actually use Sunday to avoid worshiping God altogether. I have given Him some songs, a few prayers, my attention. I don't have to give Him my life. Somehow in the Divine economy, that just doesn't compute. God wants all of me first. He wants my coming and goings. That is worship.

A fellow traveler,

Blake  
Spiritual Formation Pastor

## My Next Step

We encourage you to consider doing the following as a way of handing off faith to your family. . .

- **Memorize and meditate on Scripture:** Paul states that the first step we are to take in offering our bodies in worship is the step of renewing our mind. He says this because behaviors are actually rooted in our thoughts. We do what we think. To act differently we have to think differently. Perhaps the best way to begin to think differently is to memorize and meditate upon Scripture. This can easily be done with children and worked into the routine of a family. You can start by having a verse of the week that you learn as a family and say at dinner time. You can also say Scripture together with young children as part of the bedtime routine. Whatever you do, make it fun and not a chore. Be part of the exercise as a parent, learning with your children. Think about the Scriptures you are memorizing. Dwell on them and you will find that over time, God uses His word to change your thoughts, and with your thoughts, your actions.

We encourage you to consider taking the following next step on your faith journey. . .

- **Offer your body to God:** Worship is a bodily experience, not a weekly experience. God wants all of us, not just our songs and our prayers. Most of us have never thought of this much less offered God our body. This week consider setting aside at least thirty minutes to offer God your body. Lay on the floor with your arms and your legs extended. With your eyes closed, start at the top of your head and work your way down to your toes slowly praying over every part of your body. Offer each part of your body to God in worship. For instance, you might offer Him your hands to heal and hold. You might offer Him your mouth to smile, your tongue to speak words of encouragement to others. When you have finished, lay before God as an entire being. Allow the gravity of your bodily offering to sink in. Conclude by thanking God and rise to go about your day using your body to worship Him.