



Rhythm of Life

Developing healthy spiritual habits in order to draw closer to God.



Apr/ May Worship & Adoration

Challenge: Set an alarm to spend 5 mins a day in silence with God

What is Worship & Adoration?

“As the deer pants for streams of water, so my soul pants for you, my God.
My soul thirsts for the living God.” Psalm 42:1-2

Worshipping God is about marvelling at who He is and what He has done, and celebrating his loving kindness to all of creation, including us. When we spend time worshipping God, we begin to overflow with thankfulness, even if life is difficult and our worship is tinged with anger or disappointment. We become more aware of His Spirit within us, helping us to respond in praise and to go out and live the life He has called us to. The Bible teaches us that God loves our worship, because it's what we were made for; because He longs for a deeper relationship with us.

We can worship alongside others who encourage us to see what He has done. But we can also worship and adore God in the silence. Our souls crave intimacy with God. As St Augustine said, “Our souls are restless until they find their rest in thee.” When we focus on God's incredible power and love, we find that we can rest a while in His presence and the world will keep turning without us. Spending time in stillness and silence is not so easy for most of us, with our busy lives and many distractions, so this is the spiritual habit we're going to practise this month.

How can I learn to add silent worship into my day ?

Choose a time of day that works for you and see if you can develop it as a routine. Find a quiet spot: preferably the same place each time. There are many ways to explore silent prayer; this is just one. You can try others.

A Method of Silent Prayer: The Breath Prayer

The Breath Prayer is a way of sensing the Holy Spirit, alive and active within and around us, helping us to sense that God is near, especially when we find it hard to know what to pray.



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"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." Romans 8:26

It is not meant to replace other forms of praying, but to involve the heart as well as the head, as we allow ourselves to listen and be more in tune with the beat of God's heart.

1. Sit comfortably but upright in a favourite spot. Notice the speed of your breathing and slow it down.
2. Take some slow deep breaths and be conscious of any tension in your body. On each out-breath, release those tensions.
3. You might think or speak out loud a simple word or phrase that helps you to focus on God. For example, say "Jesus," on your in-breath, and "Saviour," on your out-breath. Or "Father," and "Protector," or "Spirit," and "Fill me."
4. You may find after a few tries that the words you need will come to you naturally.

Keep it real

Set yourself a target of how often you will do this and for how long. You can always extend and increase once you get in the rhythm!

Keep it focused

These spiritual habits are not an end in themselves, they are a means to an end. The goal is to love God more. So try not to do them as a duty you have to endure, but as something you gladly undertake. There are no prizes- save for the joy of knowing God better!

Keep it up

You're going to forget, or get distracted, or interrupted. Don't worry! Try again later, or make a fresh start tomorrow.

Ready for a Challenge Boost in May? After your silent time, continue your worship by listening to a favourite hymn or worship song.



Scan me for more info on Silence, Worship & Adoration and Rhythm of Life

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