

## **A Worship Minute...**

(from a blog post entitled "4 Ways to Bring New Life Into Church Worship" by Phil Haydn, Director of Music and Art at Living Water FMC)

**1. Pre-Game:** The Bible says to enter God's gates with thanksgiving and His courts with praise. This means you might have to do some pre-game worship before you even enter into a corporate worship setting. (This could be listening to some worship music on your way to church or arriving early, opening up your bible, and meditating on God's Word)

**2. Don't Be A Spectator:** We are so inclined to wait...before we join in. This is not just with worship. We wait and talk about ideas and concepts until we feel safe to execute them or until someone has blazed the trail first. Let's walk into a worship service (contemporary or traditional - whatever style) and start engaging in what God has for us. Begin to pray for the day, share a word of encouragement with someone, write down something you are thankful for, sing, clap, dance, meditate, and maybe even smile.

**3. Be Loud:** While I don't believe that music at church must always be loud, there is Scriptural support for the idea that it often should be. Here is why: [Psalm 33:3](#) , [Psalm 150:3-6](#), [Ex. 15:19-21](#), [Acts 16:25](#), [Rev. 19:1-3](#). We gather together to celebrate and proclaim our salvation through the work of Jesus Christ. This is good reason to celebrate! Far too often our church services feel like a funeral or a place of death than a place of hope and new life. After all, He is alive!

**4. Posture:** Our non-verbals say a lot about our worship. For example, in a time of war when an army is defeated, they would raise a white flag of surrender or throw up their hands to say, "I give up!" We do the same in our worship settings. We say to God, "I Surrender!" But unlike my war example, God offers freedom instead of defeat. When you are at a big game and an amazing play happens, you stand to your feet with joy and excitement applauding your team. I know, sometimes our churches are not 10,000+ people at an arena, but are we excited about what God is doing in our lives? There are many postures in worship...here are just three examples for you to try next time you enter into a corporate worship setting:

1. **Bowing** - *Psalm 95:6 says, "Come let us bow down in worship, let us kneel before the Lord our Maker."*

2. **Standing** - *Psalm 119:120 says, "My flesh trembles in fear of you; I stand in awe of your laws."*

3. **Dancing** - *Psalm 149:3 says, "Let them praise his name with dancing and make music to him with tambourine and harp."*