

Week 4: Developing Habits that Keep Worship Central Year-Round

Speaker: Cheryl Smith

Worship When Life Changes.

- Life will change. Our focus does not have to.
- Develop habits and rhythms that continually direct our hearts toward God.

Be Intentional.

- Do not depend on how you feel.
- A tree is strong because it is continually connected to its source. (Psalm 1:1-3)
- We cannot live spiritually from occasional events. We need rhythms.

Practical Method: Anchor Habits.

- Example:
 - Morning Anchor - Before checking social media, spend ten minutes with God.
 - Commute Anchor – Listen to Scripture or worship music while driving.
 - Meal Anchor – Pause and intentionally thank God before meals.
 - Evening Anchor – Spend five minutes reviewing the day and praying.
- The goal is to create consistent points of connection with God.

Build Worship into Your Daily Routine.

- Deuteronomy 6:6-7
- Worship should be part of everyday life.

Do Not Wait Until You Feel Like It.

- Do not allow feelings to determine whether God receives our attention.
- Psalm 34:1
- Feelings change. Circumstances change. Our commitment to God can remain.

Make Church a Rhythm.

- Make church and gathering with God's people a priority.
- Hebrews 10:24-25
- Church is more than attendance. It provides encouragement, fellowship, accountability, opportunity to serve, spiritual strength...

Create a “Spiritual Reset.”

- Psalm 139:23-24
- Ask yourself:
 - How is my prayer life?
 - How is my Bible reading?
 - How is my church involvement?
 - How is my worship?
 - How is my serving?
 - What has become a distraction?
 - What needs to change?
- The goal is not perfection. – It is direction!

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One or Two Changes I will Make This Week:

- One habit I will start:
- One distraction I may need to reduce:
- One way I can make worship part of my normal routine:
- Someone who can help hold me accountable:

NOTES:

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