

What is worship? It's not confined within the walls of the church building. Worship isn't just singing songs to God. Worship must not be contained only in prayer, bible study, fellowship with others and fasting. Then, what is this "worship" we talk about? It's important for us to look at what God's Word has to say about how, where, when and in what manner we should worship our Lord.

Paul tells us that our lives should be offered as a living sacrifice to God (Rom 12:1). Since we are *always* living, we should be *always* worshiping! This redefines what worship is. Worship is not a mere moment when we are in awe of God, singing praises to our Creator, reading a passage or praying to God. Life itself should be worship! While every believer should be disciplining themselves in aforementioned acts, we need to wonder whether they are the least bit more pleasing to Him than any other daily activity. Jesus was in a constant state of worship to His Father, whether performing one of the disciplines or just hanging with some tax collector.

We can worship God at the breakfast table, during a morning walk, at our workplace – anytime, anywhere! It's not what we *do* that is worshipful; rather it is who we *are* that pleases God. We are made holy and perfect through Christ (Hebrews 10:14), and so our living of a holy, righteous life is an act of worship in itself. This worship is daily and continuous, every moment of the day. By following in Christ's footsteps, turning away from sin and picking up our cross daily (Matthew 10:38), we are bringing that "sacrifice of praise and worship" to our Lord God (Hebrews 13:15).

We are all unique, so we will each have our own distinct relationship with God. Our individual gifts and personalities allow each of us to bring something different to Him in worship. Embrace the life that God has given to us-- give it to Him daily!