



We were created for worship. When we cultivate a rhythm of daily worship through gratitude and praise to God, we experience the fullness of God's grace and flourish in the Christian life. Try these simple worship practices each day this week.

## When you awaken...

### Psalm 100

Shout for joy to the LORD, all the earth.

Worship the LORD with gladness;  
come before him with joyful songs.

Know that the LORD is God.

It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

For the LORD is good and his love endures forever;  
his faithfulness continues through all generations.

Before you begin your day, read Psalm 100, and offer this simple prayer:

*"Lord, thank you for everything. Help me to be aware of your presence and recognize the blessings that I might take for granted."*

As you go through your day, pay attention and note the moments when you see God's grace and blessing. When you become aware of these instances, pause to briefly tell God "thank-you."

## Before meals...

Pause before each meal to pray, thanking God for your food and the many blessings in your life. Your meal-time prayer can be as simple as:

*"For this food I am about to eat and for the hands that prepared and provided it, I give you thanks, O Lord."*

## As you end your day...

Each night, before you go to bed, reflect upon your day and identify three distinct things for which you are grateful. You might start a Gratitude Journal in which you express your gratitude.

Memorize and recite to yourself Psalm 118:1: *"Give thanks to the Lord, for he is good; his love endures forever."*