

March 27, 2020 Devotion "Worship and Praise"

Good afternoon and welcome to St. Andrew's daily devotion. Our scripture for today is from Romans 12:1. I am reading from the New International Version.

"Therefore, I urge you brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship."

Over the last few weeks, I have used the word "busy" on several occasions. When we think about our lives, many of us could easily say this word perfectly describes every single day for us. No matter what age we are, most of us can say that our lives are filled with work, family, school, church activities, sports, we could go on and on! Do you know where your Bible is right now? I bet our younger generations and our tech savvy golden oldies are holding up their phones, having a Bible app installed! When was the last time you opened your Bible, or your Bible app? When was the last time you talked with God?

The good news is, God doesn't forget US! We haven't been able to gather physically for worship in weeks. Through technology, we have tried to stay in touch and to have times of worship. Worship opens our hearts and it isn't just on Sunday morning. Authentic worship is a way of life that begins anew each time we intentionally humble ourselves before God. This is an act of worship that can happen on any day, at anytime, anywhere. We are living in difficult times and on top of this, life goes on, and what may have seemed ordinary becomes extraordinary. Acts of intentional worship become avenues of transformation of our minds and hearts. Years ago, I heard someone speak about prayer. She told us the story of a lady who just couldn't find time to pray. Together they developed a type of practice similar to "breath prayers". A breath prayer is a very old practice of Christian prayer that helps focus us and is linked to the rhythms of breathing. Perhaps as we go through this time of Lent and this time of health concern, we might learn to renew or strengthen our time in worship outside of Sunday morning. As you wash your hands, say a prayer for those who are ill; while doing some form of exercise, say a prayer for healthcare workers and those on the front line of this COVID- 19 concern; find a time to sit quietly and talk with God, making it a priority on your calendar each day. Open your Bible and let God speak to you!

Let us pray,

Almighty God, we thirst for communion with You. Forgive us when we fail to worship You because we become distracted by the "stuff" in our lives. Keep us attentive and responsive to Your presence throughout each day. Amen

Thank you for joining us today. God bless you!

Pastor Linda