

The background features a series of overlapping, semi-transparent white hexagons of varying sizes, creating a layered geometric effect. The text 'worship JOURNAL' is centered within the largest hexagon. 'worship' is written in a black, elegant cursive script, while 'JOURNAL' is in a bold, black, uppercase sans-serif font.

worship
JOURNAL



Provided By:

ST. PETER'S UMC
20775 KINGSLAND BLVD
KATY, TX 77450
281-492-8031

what is this book about?

Simply put this journal is about worship.

The longer, more specific answer, is this journal is to help you find Holy Space in your life. Our lives today are filled with disruptive forces - busy schedules, changing priorities, and various demands placed on us - our modern understanding of worship has been disrupted as well. So we have begun to ask the question, how do we move beyond being a people who worship together, to becoming a people united in worship? How do we move beyond seeing worship as something we do once a week, to living worshipful lives in everything we do?

It is in the disruption of our lives that we believe God is at work preparing something greater than we can imagine; at work broadening our understanding of what participation with God looks like and where Holy Space can materialize. We believe worship happens throughout the week in every aspect of our lives. The purpose of this journal is to focus our attention on both ourselves as worshipers and the movement of God. This happens in the one hour a week we share together on Sunday mornings, *and* in the remaining 167 disrupted hours.

Use this journal to reflect on how you approach, engage, and leave Holy Space. **Our hope is that this journal will serve as a partner; a companion to help reveal disruptions that distract you from worship, help you develop practices to experience the fullness of encountering God in Holy Space, and attune you to the movement of God every day of the week.**

Like any new effort it takes diligence and commitment. Reflection is rarely easy work. But it is good work. We hope you will join us in opening ourselves to the invitation of the Spirit as God invites us to reflect on our participation in this thing we call worship.

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What makes worship,

worship?

THREE MOVEMENTS

As we draw upon scripture and our tradition, there are reoccurring movements that help guide us as we worship, and help us as we reflect on ways we can minimize disruptions. The three movements are how we approach, engage, & leave Holy Space.

FOUR MARKS

These movements are further broken down into four clear marks of the Church found in Acts 2:42, "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." These marks of the church are part of the core of what makes the church, church. And they are at the core of worship.

These Three Movements and Four Marks are helpful guides as we reflect on our own interaction with worship & Holy Space.



mark 1. **teaching/scripture**

This is the time in church when we engage with God's Word and open ourselves up to the transformational work of the Holy Spirit.

mark 2. **fellowship**

There are opportunities before, during, and after church that members are encouraged to connect and engage in community with one another.



mark 3. **communion**

At this time in church, we center ourselves around the Lord's table, taking part in Christ's death and resurrection as an act of remembrance and redemption.



mark 4. **prayers/praise**

In church each week, we devote time to responding to God's faithfulness by lifting our voices to him in song together as one body, and praying together.



three movements

APPROACH with *Intention*

In Exodus 3:1-6, as Moses was approaching a burning bush that was not being consumed; he was told to take off his sandals because he stood on Holy Ground. Moses engaged in an activity to help him have a proper frame of mind as he approached God. Worship should be approached with **intention**.

ENGAGE with *Discipline*

In Acts 2:42, we see the early church engage God as they devoted themselves to the apostles' teachings, fellowship, breaking of bread, and the prayers. These were new habits and behaviors for them, and they needed to learn together as a community. We have often grown passive in each of these areas, but we want to engage these four marks with the discipline to be active in our faith. Worship should be engaged with **discipline**.

LEAVE with *Expectation*

In Matthew 28:16-20, Jesus sends out his followers with the Great Commission. Jesus sent them out into the world to be part of spreading the good news to the ends of the earth. Those followers left that day with the expectation that the news they had would change the world. Worship should be left with **expectation**.

APPROACH with *intention*

We want to change our approach to the marks of the church from inadvertant to intentional. Each week we want to choose one mark of the church and approach it in a new way.

Here are some helpful starting places for you to begin with:

practical applications

TEACHING/SCRIPTURE

- Have your Bible
(if you don't have one, we would love to give you one! Contact the church office.)
- Pre-read the day's scripture
- Put your phone in airplane mode to minimize distractions
- Bring a journal for taking notes

FELLOWSHIP

- Say hi in the chat online or arrive early to greet others
- Commit to introducing yourself to someone new

COMMUNION

- Have your communion elements ready
- Reflect on Christ's presence in your life in the past week

PRAYERS/PRAISE

- Listen to praise music in the time before worship
- Pray for the pastor
- Pray for the Holy Spirit to be present in the space

ENGAGE with *discipline*

We want to change our engagement with the marks of the church from passive to active. Each week we want to choose one mark of the church and engage with it in a new way.

Here are some helpful starting places for you to begin with:

practical applications

TEACHING/SCRIPTURE

- Read along in your Bible when the scripture is read
- Take sermon notes
- Make the scripture a memory verse for the week

FELLOWSHIP

- Say hi in the chat online
- Reach out to someone (text or call)

COMMUNION

- Have your communion elements ready
- If worshipping with others, serve them the elements
- Center yourself on Christ's presence in your life as you participate at the table
- Confess to God the sin in your life

PRAYERS/PRAISE

- Say the Lord's Prayer aloud
- Sing a worship song aloud
- Experiment with different postures of praise
- During service, pray for specific people to encounter the Holy Spirit

LEAVE with *expectation*

We want to change our attitude with the marks of the church from indifferent to expectant. Each week we want to choose one mark of the church and go into the week expectantly.

Here are some helpful starting places for you to begin with:

practical applications

TEACHING/SCRIPTURE

- Make the scripture a memory verse for the week
- Consider practical applications from the sermon
- Share a key takeaway with someone

FELLOWSHIP

- Prioritize attending a LifeGroup meeting each week
- Reach out to someone during the week
- Be a blessing to your neighbors this week

COMMUNION

- Extend the communion table by inviting someone to lunch after church
- Take communion to someone who is homebound

PRAYERS/PRAISE

- Listen to familiar praise songs throughout the week
- Choose a specific prayer to pray for yourself throughout the week
- Keep a prayer journal that you write in each day
- Add someone to your prayer list to be praying for each week

How to use this journal.

Consider this journal as part of your Holy Space; an extension of your worship time. This journal provides a space for you to process and reflect on your personal habits when approaching, engaging, and leaving Holy Space.

Each week, before you attend a worship service (whether online or in-person), fill out the top portion of the weekly worksheet and complete the three sentences. Think back on your previous week's worship experience and consider habits that may be keeping you from approaching with intention, engaging with discipline, and leaving with expectation. Then, before the next worship service, fill out the "weekly reflection" portion of the previous week, along with the upcoming Sunday's weekly worksheet. During the worship service, you can use the "Notes" page to write down sermon notes, and anything else that God is putting on your heart.

The ultimate hope of this journal is that it will help you be intentional with all three movements as you worship, and that your worship will go beyond our one hour together on Sunday mornings.

example 

This week, I will approach Holy Space with intention by...

Turning off my phone so I can limit distractions.

This week, I will engage Holy Space with discipline by...

(Center your commitments around the 4 Marks of the Church: Teaching, Fellowship, Communion, Prayer/ Praise)

Taking notes during the sermon and singing out loud during worship.


This week, I will leave Holy Space with expectation by...

Reading/reciting the scripture from the sermon text daily.

Weekly reflection:

By turning off my phone during worship, I wasn't tempted to check it and was able to take notes during the sermon! It helped me retain more of what I learned and helped me connect more with the scripture.

After a week of reading the scripture from Sunday, I am able to recite it from memory! I've noticed that it comes to mind randomly throughout the day, and the thought tends to be centering for me.



"Worship is humble and glad, worship forgets itself in remembering God; worship celebrates the truth as God's truth, not its own." - N.T. Wright