

Praising God, Not just on Sunday

Heather Kindrel created a fantastic blog that inspired this resource and thoughts. It is easy to recognize worship when we are singing praises at church or bowing our heads in prayer. But what about the rest of the time? How do we worship God amid mundane chores and daily activities?

1. Give your best in whatever you're doing.

Doing our best is an act of worship. Paul urges us in [Colossians 3:23-24](#) to work for the Lord, not human masters. When we see our work as working for Him, it causes us to want to give our best.

2. Take care of yourself.

Brushing our teeth, taking showers, exercising, and eating healthy does not come to mind as areas we worship in. God says offering our bodies to Him as living sacrifices, though, are true acts of worship ([Romans 12:1-2](#)). Taking care of our bodies has a higher purpose than looking good or meeting fitness goals. It's a way to honor God.

3. Put Him first in your mind.

It is easy to let our thoughts run away with us, can't it? You may be talking to someone or see a post on social media, and you start comparing yourself with them. Money, sex, food, or a relationship may be consuming your thoughts. The Bible teaches us to take every thought captive and make it obedient to Jesus ([2 Corinthians 10:5](#)). If we pay attention to our thoughts, we can redirect them in worship to Jesus by saying His name.

4. Serve someone else.

Jesus was the ultimate servant. As we look for opportunities to serve each other, we are acting as His hands and feet. God sees us take the dog out without a reminder or cook a meal for someone without waiting for a Meal Train. It pleases God when we take time to help a co-worker with a project or volunteer for the task no one else wants.

5. Say it.

Have you ever had a nice thought about someone that you kept to yourself and didn't share? The next time a thought like that crosses our mind, let's say it. So often, we let the bad out while keeping the good in when it comes to our speech. [Hebrews 3:13](#) teaches us to encourage each other every day. By saying those pleasant thoughts instead of thinking them, we are worshiping God.

6. Don't say it.

A water filter catches impurities in the water before we drink them. In the same way, we can filter out unkind or unproductive words before others hear them. If we think we are religious, yet do not keep a close eye on what we say, we are kidding ourselves ([James 1:10](#)). Worship is as much about what we choose not to say as it is about what we do say.

7. Be thankful.

Let's face it, we all know the things that are easy to be thankful for, and the things that are much harder. Thanking God for everything, even the difficult, positions our heart in a state of worship ([1 Thessalonians 5:16-18](#)).

God wants to bring the spiritual into the physical world He chose to place us in. The most ordinary tasks can become places of extraordinary worship if we invite Him to join us.