

What Can I Do To Experience God's Presence During Sunday Morning Worship?

- 1. Prepare:** You are coming to meet with God together with other believers so take some time out early that morning to mentally and spiritually prepare to experience God. Read Bible, Pray, Worship music, Acknowledge God.
- 2. Focus.** As you enter the service you will need to make a conscious effort to enter into worship. The Psalmist often spoke to himself to encourage himself to worship God: "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." (Psalm 42:5) See also: Psalm 103:1-2; 116:7; 146:1-2. Then acknowledge who God is: Praise the Lord, my soul. Lord my God, you are very great; you are clothed with splendor and majesty. (Psalm 104:1).
- 3. Deal with Sin.** Confess sins and choose to turn back to God else you will spend the whole time feeling guilty and ashamed. Start thanking and praising God for his forgiveness and mercy.
- 4. Eliminate Distractions.** There are many things around you that can easily distract you from experiencing God's presence during worship: Other people; Friends; Phone; Band/Music. Keep pulling yourself back to worship when you feel your mind is wandering.
- 5. Enter In.** Turn things said by the worship leader or the words of songs into prayers that you can speak to God. Don't just sing mindlessly – Turn words into prayers to God.
- 6. Picture.** Use your mind to create mental images to help you worship God. God is Great, Mighty, Exalted, Holy. "I love you Lord."
- 7. Use Actions.** Using your hands or your whole body can be really helpful to you experiencing God: Raise your hands, Dance or Jump, Wave flags or Kneel.

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