

# Worship connects us to the Ultimate Physician

Excerpts from *week 7* of the **Biblical Prescriptions for Life™** small group study curriculum.

*“Come to me, all who labor and are heavy laden, and I will give you rest.”*  
Matthew 11:28

So, how does one worship? The answer is very personal.

- Some worship best in church.
- Some worship during Bible study.
- Some talk directly to God in prayer.
- Some head out into nature, feeling close to God by observing His creation. Adam and Eve enjoyed this type of communion with their Creator.
- Some serve others. I remind myself of this in the hospital when I have to be on duty over the weekend and can't attend formal services.
- Some worship by the mentoring of spiritual leaders.
- Some worship by thanking and praising God.
- The lesson you're reading right now could be a form of worship.
- Being obedient to God's word is a beautiful act of worship.

The important message is to come to God. Ask Him to lead you into whatever type of worship fits your personality and needs the most. Then, when you're there, listen to His instruction and feel His love and closeness. Carefully examine how He's leading your life. You'll probably be surprised to see just how involved He is. Our goal should be to remain in a constant state of worship so that, when the stones of life fly, we'll be calm and always have our eyes fixed on Jesus. Worship leads to rest and rest enables worship to be more effective. Both change our physiology in profound and sustainable ways. Choose your steps to a more perfect, restful worship and enjoy the benefits.

I commit to	Biblical Prescriptions for Life	Day 1	2	3	4	5	6	7
	<b>Read aloud 5x each day. Practice, memorize &amp; recite:</b>							
	2 Timothy 1:7 <i>For God has not given us a spirit of fear, but of power and of love and of a sound mind.</i>							
	1 John 4:18 <i>There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.</i>							
	1 John 4:8 <i>Anyone who does not love does not know God, because God is love... 18 There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.</i>							
	Make a list of thankfulness you can express to God and begin your prayer time each day with specific words of gratitude.							
	Find a way to serve someone in your small group this week and do it. See how many you can serve this week.							
	Find music that helps you express love and thankfulness toward God and enjoy it each day this week.							
	Plan special ways to rest this week. Maybe a sunrise worship walk with a friend or inviting them to join you at your house of worship.							