



## **Experience 11: Praise and Worship**

Monday, January 25, 2021

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Romans 8:38-39

*I am absolutely sure that not even death or life can separate us from God's love. Not even angels or demons, the present or the future, or any powers can separate us. Not even the highest places or the lowest, or anything else in all creation can separate us. Nothing at all can ever separate us from God's love. That's because of what Christ Jesus our Lord has done.*

God makes a great fair-weather friend, doesn't He? It's a nice idea to think that Jesus loves me when life is good. These are the times I know God is with me (#sarcasm).

But what about when life gets me down? What happens when, say, a global pandemic rocks my world? Maybe my financial position is in the pits, or maybe my health or the health of a loved one is grim—who is God to me at these times? Who is God to you at such times?

Do difficult circumstances pull you away from God? Or maybe difficulties send you running to God. Maybe when things get hard you cry out to God. But then, what do you say? Is your response simply asking God to remove your burdens?

These responses to God are not wrong, but they can't be our whole relationship with our Father. Yes, God wants us to sing His praises and thank Him for the many blessings He

bestows upon us. And yes, God wants us to come to Him with our burdens and when we are facing adversity. But there is another less natural response to God in these times.

God expects us to worship Him—like we would in the good times—when things are not so good.

This may seem contrived or forced at times, but that's okay. Do athletes exercise because they are fit? Or are they fit because they exercise? Or, in our context, do we worship God because we are close to Him, or do we become close to

God because we worship Him? Sometimes we have to engage in the activity first and let the rest of our being catch up.

Ultimately nothing can come between us and God, and He will never abandon us. So even when things *feel* hopeless, remember to stop and worship God for who He is and what He does. Even if you don't feel like it, worship Him anyway and let the act of worship begin to change you.

## Actions to take

- Contemplate your current season. Is it a good one or a hard one? When was the last time it was the opposite from where it is now?
- Read Romans 8.
- Wherever you listen to music find the song, "Yes I Will" by Vertical Worship, or find it here: <https://www.youtube.com/watch?v=NrTv39-IG4M>
- As you listen to this song- let your heart and mind dwell on the lyrics and what it means for you to worship God in the midst of your current season.

### If you need to, listen again.

- Write down in your journal if it's easy for you to worship God right now or if it is hard for you. What would it look like for you to engage in the act of worship and let this action impact your spirit?