

orship for to 4**S**...

(Nords of Norship

Use the words of song lyrics, Psalms and other scriptures to speak out your praise to God, or as a springboard for your own words of worship.

laylists

Create a worship playlist and either sing along or soak, allowing God to meet and speak to you.

iturgy

Liturgy - existing or your own - can bring structure and give you words when you don't have them.

reath & Fody

Writing tories

What has God done in your life - past or present, big or small? What has He been showing you about Himself? Take 10 minutes to write about it.

Let slow, deep breaths help you to focus on God and turn your heart towards Him. Engage your body as you worship by standing, kneeling, placing a hand on your chest, walking, stretching, and moving freely.

otice...

God in creation, in others, in yourself, throughout your day - and thank Him.

he Way You're Wired

Take a walk in nature, get painting, bake a cake - whatever helps you to engage with and worship God, do that!