

A Path Worth Walking: Worship and Devotion

Romans 12:1-8; Matthew 22:34-37

Practicing the Way for Families:

Morning/Before School Prayer

At Breakfast, in the car, or at the door, pray one sentence together:

"God, help us love you with all we are today, and use us to bless others. Amen"

A Family Moment as Worship

Choose one daily moment to offer as worship:

- A meal
- A drive
- Bedtime

Say, "We're going to do this as worship by listening well, giving thanks, and being kind."

Week Verse

Pick one verse for the week:

- "Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature."
- "He replied, "You must love the Lord your God with all your heart, with all your being, and with all your mind."

Say it together once a day (at dinner or bedtime).

Ask: "What do you think this means for us today?"

At End-of-Day "Where Was God?"

Once a day, ask each other:

- "What was a 'high' today?"
- "What was a 'low'?"
- "Where do you think God was with you today?"

Close with: "Thank you, God, for being with us. Help us love you and our neighbors tomorrow. Amen"

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Practicing the Way for Individuals:

Morning Offering - "Living Sacrifice"

Each morning, before you check your phone, pray:

"Holy God, today I offer my body - my mind, my words, my work, and my relationships - as a living sacrifice to you. Use me as you will. Amen"

Name one place you'll be today (work, school, errands) where you especially want to be attentive to God.

One Daily Act as Worship

Choose one ordinary activity today and consciously offer it as worship:

- Before a meeting or class: "Jesus, help me see each person here as you see them."
- While doing chores or commuting: "Lord, I do this with you and for you."

Three Minute Scripture and Breath

Once a day:

- Inhale: "Lord, I love you with all my heart."
- Exhale: "Teach me to love my neighbor."

Evening Check-In

Before bed, ask:

- "Where today did I love God and love my neighbor?"
- "Where did I miss the mark?"

Thank God for one moment of worship in daily life and ask grace for tomorrow.

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