

*“What is the chief end of man? Man’s chief end is to glorify God, and to enjoy him forever.”*

This is the first question in the Westminster Shorter Catechism. The basis of the entire human existence is that we were beings created to bring glory to God. God, who is the creator of all of the heavens and the earth, specifically designed us to continually learn more about His character and the many intricacies of Him. How do we do this? How do we learn about God? How do we behold Him? How do we sit in His presence? What does it even mean to Follow Christ? The answer is resoundingly simple. worship. Worship God. What does it mean to worship? Tim Keller puts it this way -

*“You don't get to decide to worship. Everyone worships something. The only choice you get is what to worship.”*

In daily life, in the monotony of the mundane, you and I are always worshipping something. Whether it be academics, hobbies, relationships, food, social media, body image, attention, or God. We are innately designed to put something at the head of our life decisions, big or small. My heart for you in reading this and the heart that God desires us all to have is to choose every day that the thing we worship is Him. Worship in practice looks many different ways. I, being a Christian who has grown up in the 21st century in the American Church, immediately default to conflating worship and music. Music has become the main thing that the general population of people, Christ follower or not, understand worship to be. Music is a wonderful outlet of praising God. He even gave us a whole book of beautiful songs to sing to God. It's a book called Psalms.

But, if there is one thing I can help you to understand, it is that worship is not an action. It is not a song, or a thing to get you warmed up for the sermon. It is not a commodity to be bought and sold.

*Worship is a posture. It is a way of life.*

Worshipping God can be done in every second of your day. Worship is being mindful towards the spirit and how He is moving. Worship is entering any life circumstance and admitting your own powerlessness to then take on the power of Christ. Worship is crying out to God in song. Worship is praying to God and allowing space to listen to Him speak to you. Worship is beautiful. Worship is the flame that comes from the spark of prayer hitting the wood of God's word.

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This resource was entirely written and created by Jacob McLendon, a musician based in Birmingham, AL. He has led worship all over the world and, in many ways, represents the heartbeat of worship at Redeemer.

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