

Development Phase Selected: Growing

You selected the statement "I attend worship regularly and set aside time daily for personal worship."

Congratulations! You have made great strides in deepening your connection with God. You are well on your way to developing a lifestyle of honoring God. You have discovered that there is something powerful about joining God's people for a time of praise for how God has been at work in their lives, learning the ways of God, and offering themselves to God.

In addition, you have developed the practices of personal worship: prayer and praise, the reading of Scripture, and the study of devotional literature. All of these practices are tools that help you develop an awareness of the presence of God.

It is likely that you are already experiencing a new way of looking at life. You are becoming aware of a new standard for your relationships, a more Christ-like character, and a deeper sense of the needs of those around you.

What's Next?

The spiritual practices you have engaged for a personal time of daily worship are tools to draw you into the presence of God. They also transcend the moment and begin to form the ways in which you engage your world.

One of the most helpful spiritual disciplines in developing a life of worship is the practice of the Sabbath. This, of course, is one of the Ten Commandments (see Exodus 20:8-11). The Sabbath is designed for us to enjoy time with God and to renew our bodies and minds.

Ruth Haley Barton, in her book *Sacred Rhythms*, describes her Sabbath this way:

On this day we disconnect from work and work-related technology; we rest, exercise, cook special food, and enjoy each other and friends, choosing activities that are worshipful and also pleasurable.

Many people find that some Sabbath time with God each day is helpful in gaining perspective and ordering the day ahead. Others find that scheduling an entire day each month to be alone with God is a great way to nurture the relationship and get a perspective on what God wants for you during the month ahead.

Allow the sense of honoring God in all that you do begin to apply to your everyday life. For example:

- When you do your work, do it as though you were working for God.
- When you sit down to dinner with your spouse or friends, engage them as if you were dining with Jesus.
- When you meet someone on the street that has a need, don't turn away; see how you can help - treat them as if they were Jesus.

Enjoy the journey! You have developed a growing relationship with God through Jesus Christ. This is a great place to be.

Suggested Resources

If you enjoy reading and study for personal development, you might find the following resources helpful:

Celebration of Discipline, by Richard Foster

Sacred Rhythms, by Ruth Haley Barton