Today:
We are meditating on worship. Remember what Dr. Bekker said: Increasing your understanding and practice of worship is essentially deepening your relationship with God. Remember the following practical steps:

- Regain the practice of awe and wonder—see God in the small things in life
- Center worship from the heart—not in music or certain physical actions
- Be willing to be gathered into communal worship—thus expressing humility
- Practice worship—take actual, practical steps to do it
- Learn to celebrate—every chance you get, even small details
- Journal and journey in thanksgiving—realize everything that happens in life teaches us to worship God more
- Discover the joy of abandonment to Divine providence—let God take care of tomorrow

Ask God which one or more of these He wants to focus on in your life right now. You may want to pray and meditate upon one of the Psalms from 145-150.

Weekly Activity:
Get together with one or more friends this week for the sheer purpose of enjoying yourself and each other. Cook a meal together, watch a funny movie, play games together. Take this time to celebrate the friendships God has blessed you with.

Share some of your thoughts and observations in the reaction space provided on this site.