

PREPARING FOR WORSHIP

Psalm 139



March 2019 | GREG & JENNA LOUMAGNE

As you prepare for a genuine, humble exchange that happens with God's truth, the Holy Spirit and your spirit in worship, consider these helps:

1. SELF-EXAMINATION

Spend some time reading Psalm 139, mainly verses 23-24. Ask the Lord to search your heart. Ask the Lord to help you be aware of what is happening in your heart.

If you're like me, you come into Sunday with the whole week pent up. I have usually all kinds of things going on internally. I'm thinking of everything coming up and how I'm feeling/my emotions with it all. I'm carrying that around with me as I come into church. I don't always take a moment before; sometimes it's during worship. I'll notice something's "off" during worship. Maybe I don't want to be here right now. Sometimes, I notice it during the sermon. It doesn't have to be ritualistic. It helps me be intentional. I can ask God to show me what's going on in my heart. - Greg

2. INTERACTION

Be open to sharing with the Lord how you're really doing. Be willing to be honest with Him about what you're truly thinking and feeling.

Worship is one place where God stops us in our routine, pulls us aside and asks, "How are you?" In that moment, are we self-aware enough to respond to him in truth? Are we able to meet him, open to Him and worship Him in the mess of what's happening within our hearts and souls? And understand that He hears us, sees us and wants to be with us in that moment? This, what I'm describing, of unveiling yourself and allowing God to reveal our hearts and mess and the good and the bad, is in itself worship. - Jenna

3. INVITATION

Ask the Lord to show you what's going on from His perspective. Invite Him to speak truth to your heart. Ask Him to point out what He wants you to know.

The idea is to invite God into everything that's going on. This is just a first step . . . it's not about surrendering yet. It first needs to be about our own awareness and inviting God into the reality of our lives. Each of us has a powerful ability to do life on our own, to ignore and shove aside different parts of ourselves.

Jesus has to point out to the Samaritan woman what's really going on. That's what we want to ask him to do that for us as well. Often we can't see it (or don't have courage to see it?). We can ask God to point that out to us. Some of us may already be keenly aware of what's happening, and the beauty of bringing this before God is to allow His love to transform our hearts and to experience what it means to be His beloved. - Greg & Jenna