# The discipline of worship

The discipline of worship is a very important one and leads to forever changed spiritual and physical life! This chapter was full of some great points, and some interesting one, before I get into that I want to talk about the chapter itself. The chapter was written differently than others, often when Foster writes he will write a couple dramatic statements then continue to explain his reasoning. This chapter however was written more like a poem than a “instruction”. The whole dynamic of the paragraphs felt different, this might have been intended but I am not sure. What I believe he is trying to proclaim is the poetry that is the life of worship.

For my life, worship consists not only of Sunday/Wednesday service, but also my day to day life. The way I approach people, the way I complete a task, the way I start or develop conversation. I believe that worship is anything that exalts God, this could go from picking up a gum wrapper to preaching to thousands. Each discipline can fall into worship, the way you study God’s word is worship, the way you forgive others is worship. In fact, I would go as far to say that every single thing you do is worship, the question is what you are worshiping.

If your focus is on others perception of you, you are worshiping yourself and often your other actions will reflect that. We as sinners continually worship different things, whether we want to admit it or not, my prayer is that I worship God with my actions more than anything else, it all comes from our selfish desires for the flesh.

In this case I agree with foster that worship needs to be continually for the Lord, by seeing him in people around us, by hearing His voice in the birds, everyone worships, the question is what do we worship?

Thanks!  
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