

What does worship mean?

Worship is not just about singing songs or going to church.

[The verse below starts with a “therefore”. To fully understand the passage please read Romans chapters 1 -11 to see what the Apostle Paul is concluding on.]

Romans 12:1-2

Therefore, I urge you, brothers, in view of God's mercy, to **offer** your **bodies** as **living sacrifices**, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

- 1. Offer:** A willing act. God even though he has the right to demand has given us the choice to love and follow him.
- 2. Bodies:** A practical instruction. Where your body is you are. Let every action your body does honour and bring glory to God.
- 3. Living sacrifices:** A constant state. Not dead but living. The action of living totally to please God. Something we do daily.

Do not conform any longer to the pattern of this world: We need to realise that the world's methods of doing things are not God's. Often we forget this and get caught up in the world's understanding of how to achieve happiness or solve problems...
Do not let the world press you into its mould...

be transformed by the renewing of your mind. : You renew your mind by meditating on the things of God. e.g. read/study God's word and keep thinking on it. Often what God's word says about something is 180 degrees different from the world's view. If we do not meditate on God's answers we risk being slowly pressed into the world's mould. (If the world's solution's worked, we wouldn't see the suffering we see all around us.)