

Why is it important to worship God daily?

by Kaye Johns

The simple answer is that Jesus taught His disciples to get alone with God every day (Matthew 6:6, 12), and when we do, to begin our prayers “our Father,” acknowledging our special relationship with Him (John 1:12). He then said we’re to hallow our Father’s name—to worship Him before we ask for anything (Matthew 6:9-11).

With this teaching we understand that worship doesn’t happen only at church with the choir; it’s to be an expression of our hearts every day. We don’t have to spend a lot of time in worship, but it does need to be heart-felt and sincere, given to God when He has our full attention.

The simplest expression of worship can be honoring to Him. First, acknowledge Him as Father and thank Him that you can come as His child. Then focus your mind on Him—who He is, why He is worthy of worship—and put those thoughts into your own words: *Father, I worship You as the Creator of everyone and everything, and I praise You for giving me life.*

What are some of the other names of God that you might hallow in your prayers? God is your—

Comforter (2 Corinthians 1:3)

Defender (Proverbs 23:11)

Helper (Deuteronomy 33:29)

Protector (Psalm 32:7)

Provider (Genesis 22:14)

Redeemer (Isaiah 47:4)

Strength (Psalm 59:9)

Begin to collect your own favorite names and attributes (character traits) of God; you’ll want to use them often in prayer.