



WORSHIP

REMEMBER | WONDER | ADORE

FOCUS ON GOD

POSTURE: LOOK UP

Look Up

As humans, we have a tendency to look down—down at a screen, down at our feet, down at ourselves.

Worship is intentionally looking up, away from ourselves and our things, and toward the God who made us. It's remembering the great things he has done, wondering at his power and sovereignty, and adoring him for who he is.

Try It

Take a few moments to look up today. Look up at the sky and remember how amazing God's creation is, wonder at the beauty and intricacy of it, and adore him using simple phrases that start with "God, you are..."

