

## How Is Your Worship?

Many are so busy creating, attending, and depending on emotionally-charged, party-like religious activities to create a "spiritual high" that they do not feel any real benefit from participation in the activities of the local churches where they attend. For the most part the activities of the local church are "quiet times" for Christians to *"be still, and know that I am God"* (Psalm 46:10) by joining their voices and hearts together in worshiping, studying, meditating, and reflecting on the awesomeness of the God they serve, the power of His word, and the benefits they receive through His Son.

These activities may not generate the arm waving, foot stomping, giddy, joyful highs that these folks are looking for and are trying to produce in their quest for God, but they do produce a deep melody in one's heart and a deep joy and contentment making them feel at one with their God and *"the peace ... which passeth all understand-ing"* (Philippians 4:7) -- if they have attuned their hearts to receive it. Because of this, someone can genuinely say, *"For a day in thy courts is better than a thousand. I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness"* (Psalm 84:10). It is not the emotion talking -- it is true, legitimate desire.

If one finds that he is not "getting anything out of" the church's activities, he might want to perform a good self-examination of his heart as he prepares to meet with the saints this coming Lord's day. Can you say, *"I was glad when they said unto me, Let us go into the house of the Lord"* (Psalm 122:1)? Cultivate the deep, real love instead of a temporary "spiritual high."

Adapted From Edward O. Bragwell, Sr.