This is a prompt for the Holy Habit of Worship. Before I talk about worship, I’d like to share something that I’ve been thinking about.

When my children were babies, I used to be amazed at how they grew and developed before my very eyes. They gave me so much joy by just being. They didn’t have to do anything special. I used to just stare at them and be in so much wonder and feel so much love. I’ve loved all my pets, even if they didn’t always love me in return. I once had a cat who often hissed when I picked him up, and was good at scratching! In his later years, the vet told me he was riddled with arthritis, which made sense of his grumpy behaviour. I used to love stroking him and looking at his fur, which had a pattern like feathers in places. Like many people, I’m amazed when the snowdrops and crocuses peek through the winter earth. And it’s so wonderful to see the swallows coming back to us from Africa.

When my babies grew into children and gave me little notes of love, it was wonderful. Now my granddaughter does the same! These are lovely keepsakes. My current cat is a “pre-loved” rescue cat. He is very vocal, and I can often tell what he wants by the sound he makes. This mutual understanding pleases us both, as it usually involves food! Some plants were dug up from a flowerbed in order for a wall to be repaired. Imagine my delight when they’ve reappeared this spring!

So, just as my babies, pets and nature give me so much pleasure by “just being,” could it be that we also give God so much pleasure by “just being?” I’m sure it says somewhere in the Bible that we are made for God’s purpose and pleasure. (The nearest I’ve found is Psalm 149 v 4, which says … “The LORD takes delight in his people… “).

Well what has this got to do with the Holy Habit of Worship?? Parables were used in the Old Testament and by Jesus to parallel deep truths. In a similar way, I think the Holy Spirit often uses everyday life experiences to show me deep truths. In my examples above, how I felt about my babies, children, pets and nature made me wonder if God delights in me even if I don’t consciously worship him. And, just like my heart melted when I was given love tokens by my children or grandchildren, or had a “conversation” with my cat, does God delight in me when I speak to him in prayer, or sing, or read scripture, or take time out to listen in silence?? This makes me think that worship can be passive and active. If I say that I am a practising Christian, does this mean that just by “being” I am passively worshipping God??

The Bible is full of inspirational verses and promises. I personally find it hard to remember verses, but songs often come into my head at the right moment. Many of our worship songs, from Charles Wesley to Hillsong are based on scripture. I’ve found recently when I was ill and recovering, that I had the words from a couple of songs in my head. “Keeper” by Lucy Grimble, (especially the words: *The Lord is my keeper, my keeper, he is always watching over my life*), and “Every little thing” by Hillsong, (especially the words: *every little thing is gonna be alright, every little thing is gonna be just fine*). These words are based on scripture. It’s wonderful, that even though I didn’t have the energy to worship, I believe that the Holy Spirit reminded me of the scriptural truths stated in these songs, and this brought me comfort.

Now that our Churches are closed, I’ve been inspired by actively worshipping God digitally, and I’ve been comforted how this has enabled me to keep a virtual connection with other Christians. I’ve enjoyed listening to the Sunday service on Radio 4 at 8.15am, as this connects me to my Mother in law who is in isolation. I’ve enjoyed listening to the familiarity and routine of UCB1 digital radio before I go to work, which makes me feel connected to other Christians in the UK. I’ve felt really connected to Bents Green with the digital notices, order of services and letters from Tim. I’ve been inspired by Sally Coleman’s prayers on Facebook which has made me feel connected to Bents Green and our circuit, and have been really blessed by the “UK Blessing – Churches sing ‘The Blessing’ over the UK” which is on YouTube. Worship songs on YouTube in particular makes me feel virtually connected to the Worship Group at Bents Green!

I’d encourage you to go on YouTube and look at

1. UK Blessing – churches singing over the UK,
2. Keeper by Lucy Grimble and
3. Every Little Thing by Hillsong.

With many blessings to my brothers and sisters at Bents Green.

*Produced by Debs Barnett on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne and John Wilkins).  You can find more information on the Circuit Holy Habits Programme on the Sheffield Methodist Circuit website and also the Sheffield Methodist Circuit Facebook page.*