

Weekly Meditation, August 19, 2009  
By Rev. Teri Lubbers

### **Worship Comes in Many Forms**

*Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship – a different kind of “sacrifice” – that take place in kitchen and workplace and on the streets. - Hebrews 13:16 (The Message)*

Worship is a daily occurrence and not just an hour on Sunday. I love the suggestions above for what worship might look like:

- 1) Don't take things for granted
- 2) Work for the common good without complacency
- 3) Share what you have with others

The antidote of taking things for granted is gratitude, and gratitude is at the heart of worship. When you start thinking of things you are grateful for, a shift in perspective happens. You shift from a model of lack and scarcity to one of fulfillment and peace. Gratitude can be simple, for simple things. A good night's sleep and this bed I slept in. Hot water to shower in. Having a choice about what to eat for breakfast. Sunshine, for the singing bird outside, the scent of flowers. Gratitude for the people in my life – at home, at work, at church, for the stranger I pass on the street.

My personal well-being is not separate from the well-being of others. Ultimately the level of the common good impacts the level of each person's individual good. We are connected to one another and to everything around us. And we can work for the common good at every scale, from my neighbor next door to my neighbor on the other side of the globe. Every choice makes an impact.

Sharing what we have with others includes material things but it goes beyond that. It is also about sharing feelings, hopes, joys, creativity and inspiration. It is widening the circle of our lives to include others who may feel like outsiders, encouraging others, acknowledging their gifts and contributions.

Worship comes in many forms....

**Prayer:** *God, thank you for my life. Thank you for the opportunities this day brings for you to manifest your light and love in the world in and through me. Guide and lead me today that I may add to the good of all. Amen.*