

SACRED RHYTHMS | fellowship

preparing to worship with others

Materials: None

Brief Description:

Fellowship is “Engaging with other disciples in the common activities of worship, study, prayer, celebration, and service, which sustain our life together and enlarge our capacity to experience more of God.”

Richard J. Foster & Julia L. Roller, *A Year With God*

This practice helps to prepare yourself to enter into communal worship, as part of the practice of fellowship. It is from Richard J. Foster’s book *Celebration of Discipline*.

Doing the Practice:

- Enter the worship space ten minutes early.
- Reflect on the way you have seen God at work in your life this past week, how he has shown His faithfulness, His love, and His mercy toward you. Consider how you have heard from God this week, and expect that since you’ve heard from him throughout the week, you will hear from Him this morning.
- Lift your heart in adoration to God as the King of Glory. Contemplate his majesty, glory, and tenderness as revealed in Jesus Christ. Picture the marvelous vision that Isaiah had of the Lord “high and lifted up” or the magnificent revelation that John had of Christ with eyes “like a flame of fire” and voice “like the sound of many waters” (Isaiah 6, Revelation 1). Invite this real, holy, and magnificent Presence to be present.
- Next, lift the pastor and other worship leaders into that image in your mind. Picture the beauty of God’s radiance surrounding them. Inwardly pray that they would be released to speak the truth boldly in the power of the Lord.
- When people begin to enter the room, glance around until you see someone who might need your silent prayer. Perhaps their shoulders are dropped, or they seem a bit sad. Lift them into the glorious, refreshing light of His Presence. See the burden tumbling from their shoulders. Hold them up to God throughout the service as you think of them.
- After the service, reflect on how this practice affected your engagement with the service that day. Ask God if there’s anything He wants you to recognize about this experience.