

# WHY WE WORSHIP

*“Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of our lips that confess his name.”*

—*HEBREWS 13:15*

The idea of God requiring our worship may be troubling to some people for two main reasons. To a God of love, compassion and humility, it seems egotistical and completely alien to His character. It also suggests that there is something deficient in an all powerful, all sovereign God who requires our worship. But when we think this through, is it God who needs our worship or is it a requirement in us that needs to worship Him?

In C.S. Lewis’ book, “Reflections of the Psalms”, he writes that all enjoyment spontaneously overflows into praise. The world rings with praise: lovers praising their mistresses, readers their favourite poet, walkers praising the countryside, players praising their favourite game. There’s praise of weather, of wines, countries, historical personages, children, flowers, mountains, rare stamps, rare beetles, etc. Lewis says, “We delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment. It is its appointed consummation.”

The Christian life is driven by an appetite for the things of God, which is an internal work of the Holy Spirit. It is through the Holy Spirit God reveals Himself, and when we see Him for who He is, we are filled with such wonder, adoration and love that our hearts are emotionally and spiritually moved to worship. The delight we have in God is actually incomplete until it is expressed.

We worship God not because He demands it, or there is some deficiency in Him, but because it is the natural outflow of our hearts. It is to us that the value and benefit of worship is given. Love unexpressed is love unenjoyed, and our worship of God deepens and enriches our intimacy with Him. We become stronger and healthier in spirit. That is why we are called to be a worshipping people. To suppress our worship of God will not only stifle a necessary expression of our emotions and minds, but will deprive us of a vital part of our fellowship with God.

David writes, “Worship the LORD with gladness; come before him with joyful song” (Psalm 100:2). Scripture tells us our acts of worship go up to God like a sweet smelling fragrance, an offering. It comes full circle, from our hearts to His, and makes complete our love for God and our awe of God.

***PRAYER: With all my heart I want to worship You. You are everything to me, and I love You, Lord.***

***TO REFLECT UPON: Does my worship of God fill me with gladness and joy?***