

# Heart of Worship

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. Isaiah 40:28

**Draw a large heart in the centre of your piece of paper. Slowly and mindfully fill it with your choice of colours (use crayons, pens or paint). Perhaps leave some white spaces for words.**

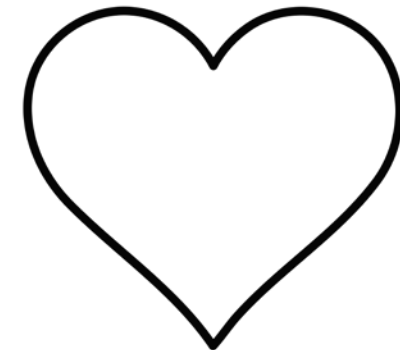
## Suggestions

Represent with colour you own heart of worship - what do the colours mean?

Meditate on one of the verses from Romans or Isaiah as you colour

Write words in the spaces and around the heart, perhaps

- words that come to you as you draw near to God and listen
- your own words of worship to God
- areas of your life/mind that you are asking God to transform
- words that describe God's character that you want to thank him for



Perhaps stick up your heart somewhere you can see it through the week