



BECOMING BETTER

4 Habits - Worship

Use the following Psalms to worship God:

- **Psalm 8, 23, 34, 42, 92, 95, 100, 148**

Worship is giving God thanks and praise.

- What can you give God thanks for today?
- Write your own psalm of thanks and praise.
- Keep a thanksgiving journal through the end of the year as a way to give God thanks and praise.

Worship involves humility and submission.

- When has humility and submission helped you become a better person?
- Find one new habit or practice that will help you keep your focus on God's purpose and plan.
- Ask someone to hold you accountable to continue in this habit or practice.

Worship is more powerful when we come together.

- Commit to being in worship each Sunday you are able.
- Ask God to use you as an encouragement and witness to others in worship.

3 RELATIONSHIPS CONNECTOR

the rhythm of *Passion*

Use times of worship to keep Jesus at the center of your life.

the rhythm of *Prayer*

Make daily times of prayer a habit and practice. Continue to use the Psalms as daily prayers of adoration, confession and thanksgiving.

Find out more information about the 3 Relationships and their rhythms at bellefontefait.com/3R