



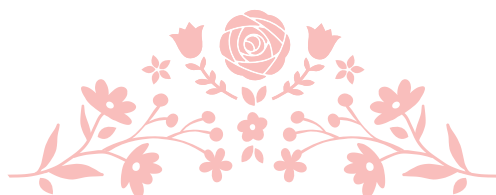
WRITE  
*the*  
WORD

Cultivate WORSHIP

PRAISE HIM ABOVE ALL

YOUR WORD IS A LAMP FOR MY FEET,  
A LIGHT ON MY PATH.

psalm 119:105



# WRITE *the* WORD

Cultivate WORSHIP



A 21-DAY STUDY ON WORSHIP  
WITH CULTIVATE WHAT MATTERS  
AND PROVERBS 31 ONLINE BIBLE STUDIES

## #WRITETHEWORD

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## HI OBS FRIENDS!

We realize this journal does not look like our typical OBS. *That's because it's not!*

We prayed about what our next study would be and decided that something simple was what we were craving. **SIMPLE, YET MEANINGFUL.** Focused on worshipping and not worrying.

What if we connected with God and His Word each day, inviting Him to meet us right where we are?

**THIS WRITE THE WORD JOURNAL IS THE ANSWER TO OUR PRAYERS!** Proverbs 31 Ministries and Cultivate What Matters are so excited to partner together to bring you a simple study focused on worship!

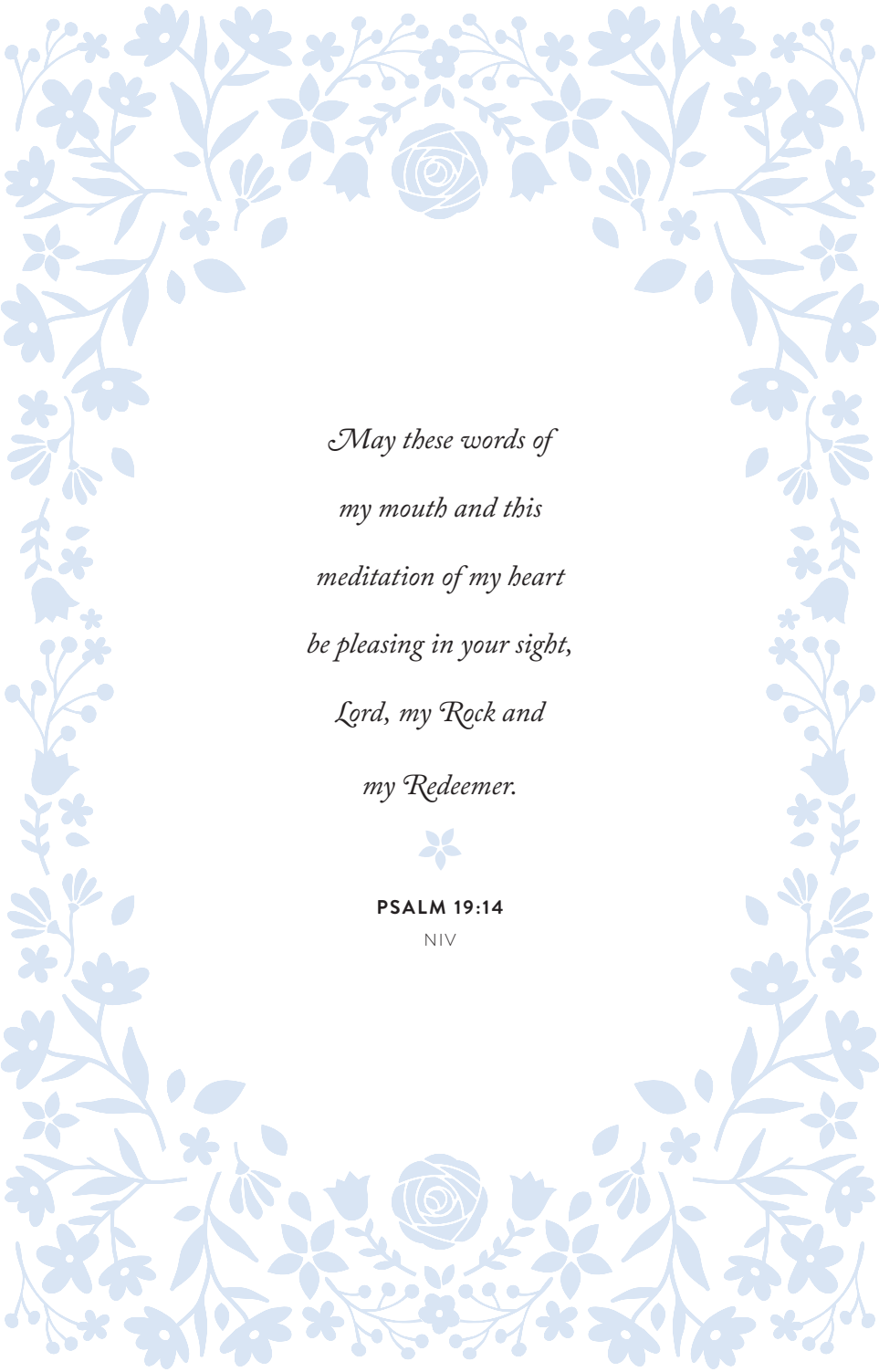
**IN THIS STUDY, YOU WILL BE WRITING GOD'S WORD EACH DAY.** Then, you'll spend some time reflecting. Maybe one day you'll write out a prayer to God sharing whatever is on your heart. On another, you might dig a little deeper into the Word to gather context and meaning. Your key verses, which have been hand-selected just for this study, may even lead you to other verses—we love when that happens! It's up to you. This is personal, between you and Him.

**OUR GOAL IS TO KEEP IT SIMPLE AND DRAW CLOSE TO THE LORD EVERY SINGLE DAY.** Our teams will be cheering you on every step of the way!

We are excited to see how God moves in our hearts as He reveals His heart to us as we write, memorize, and celebrate His life-giving Word together.

WITH JOY,

*Lara Casey + Melissa Taylor*



*May these words of  
my mouth and this  
meditation of my heart  
be pleasing in your sight,  
Lord, my Rock and  
my Redeemer.*



**PSALM 19:14**

NIV

## WHAT IS WORSHIP?

Have you ever stopped to think about this question? When I hear the word worship, I think of music. More specifically, I think of a church service where everyone stands and sings. Once the singing ends and the message begins, worship is over.

I've since learned it is so much more than that! Singing to the Lord a worship song is definitely worship, **BUT IT DOESN'T STOP THERE**. Worship doesn't have a prompt beginning or an abrupt end. **IT'S SOMETHING WE CAN DO ANYTIME**.

Recently I talked with a worship leader at a local church. Through conversations with him and a few others, this is what I've summed up worship to be: **WORSHIP IS OUR OPPORTUNITY TO SHOW OUR ADORATION AND HONOR TO WHO GOD IS AND WHAT HE IS DOING.**

When we worship, whether that's by going on a walk, journaling a prayer, or cranking up the worship music, we are participating in a beautiful and intimate act that has been around for thousands of years.

You may be wondering, how can I worship when I don't know how I'm going to pay my bills or my friend is mad at me for something I didn't do or I'm struggling raising kids? I understand this and there are many times I don't feel like worshipping, but here's what I've come to find out—**WORSHIP HELPS UNLOCK SOMETHING GOD IS WAITING TO GIVE US**. We can worship even when we don't feel like it because there's a gift on the other side of our honest worship.

There's **HEALING** on the other side of worship.

There's **PEACE** on the other side of worship.

There's **PURPOSE** on the other side of worship.

### **WORSHIP CONNECTS US TO GOD.**

Learning how to worship and making it a daily practice, no matter our circumstances or feelings, is the exact heartbeat behind this online Bible study. Together, we'll explore creative and practical ways to worship. We can't wait to see what we're going to learn.

WITH JOY,

*Kendra Schwarz*

*Turn the page and let's begin.*



## LET'S PREPARE OUR MINDS AND HEARTS FOR WORSHIP

Write out whatever is true for you today! This is your starting point.

*What if today is the day that everything changes?*



*Today is:*



### LOOKING BACK

This year has been: \_\_\_\_\_

\_\_\_\_\_

How I feel today: \_\_\_\_\_

\_\_\_\_\_

The biggest challenges this year: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Good things God has done this year: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## LOOKING FORWARD

How I want to feel at the end of this year: \_\_\_\_\_

\_\_\_\_\_

The one thing I want to cultivate in the year ahead: \_\_\_\_\_

\_\_\_\_\_

When I think about the big picture, here's what's important to me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What worship has looked like for me in the past: \_\_\_\_\_

\_\_\_\_\_

I feel most worshipful when: \_\_\_\_\_

\_\_\_\_\_

What I hope to gain from this study: \_\_\_\_\_

\_\_\_\_\_

**TRUST THAT THE LORD WILL LEAD YOU AS YOU OPEN HIS WORD OVER THE NEXT 21 DAYS.**

*Your word is a lamp for my feet, a light on my path.*

PSALM 119:105

## WE'VE HAD A LOT ON OUR MINDS THIS YEAR, HAVEN'T WE?!

Worship has been edged out many times by all the rest of our thoughts!

WHAT HAS BEEN ON YOUR MIND THE MOST THIS YEAR?

It's understandable that we've all had a hard time focusing with so much on our minds! Your time in the Word matters to you, though, and you want it to be rich and undistracted.

WHAT DISTRACTS YOU MOST DURING YOUR TIME IN THE WORD?

You chose the perfect study, my friend! One unique and effective thing you can do today to finally get into the Word and grow your faith—**NO PERFECTION REQUIRED**—is the simple act of writing the actual words of scripture.

Here are 3 insights about writing the Word that will help you focus on what matters most:

## 1 WRITING THE WORD HELPS YOU GET DIRECTLY INTO THE WORD.

**IT'S EASY TO GET DISTRACTED WHILE READING, ISN'T IT?** Your mind wanders to your to-do list and suddenly you're on your phone on Instagram—where did the time go?? When you are physically doing something, it's harder to pick up your phone or get distracted by other things. **When you write the Word, it's just you, your Bible, this journal, and a pen. WRITING THE WORD WILL GET YOU RIGHT INTO YOUR BIBLE—NO FLUFF OR DISTRACTIONS.**

*"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." — COLOSSIANS 3:16*

## 2 HANDWRITING MAKES YOU DO SOMETHING ABOUT WHAT YOU WROTE.

Researchers Pam Mueller of Princeton University and Daniel Oppenheimer of UCLA recently published a paper showing that digitally typing information makes people process that information more shallowly. That means that writing on an iPad, a phone, or other device isn't as effective as old-school pen and paper. When you write something down, your brain is already starting to summarize it, take it in, and memorize it. This, in turn, promotes understanding and retention, which leads to action.

**WHEN YOU WRITE THE WORD OF GOD IN YOUR OWN MESSY HANDWRITING, SOMETHING HAPPENS TO YOUR BRAIN.** You start making decisions about what you're writing as opposed to forgetting it five seconds later. **WHEN YOU WRITE SCRIPTURE, IT GETS INTO YOUR HEART.**

*"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." — HEBREWS 4:12*

## 3 YOUR FAITH GROWS WORD BY WORD.

Think about all the good things in your life: perhaps a relationship, a skill, or something in your garden. How quickly did those things grow? You guessed it! Slowly. **GOOD THINGS, INCLUDING OUR FAITH, GROW LITTLE BY LITTLE, OVER TIME.** Far more than growing anything else in our lives, though, growing our faith has a powerful ingredient that never fails: **THE WORD.** When you expose your heart and mind to the Word of God, change happens. Little by little, **word by word, it adds up.** Over the course of a lifetime, time writing the Word can add up to a legacy of faith.

*"So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it." — ISAIAH 55:11*

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TODAY IS

\_\_\_\_\_ I'M GRATEFUL FOR \_\_\_\_\_

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*Psalms 148:1-6*

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TODAY IS

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I'M GRATEFUL FOR

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*Romans 12:1-2*

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TODAY IS

I'M GRATEFUL FOR \_\_\_\_\_

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*Psalm 150:1-6*

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ON MY HEART TODAY

MY WORD FOR TODAY

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TODAY'S

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I'M GRATEFUL FOR \_\_\_\_\_

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*Psalm 145:8-13*

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TODAY IS

\_\_\_\_\_ I'M GRATEFUL FOR \_\_\_\_\_

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*Matthew 4:8-11*

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TODAY IS

I'M GRATEFUL FOR \_\_\_\_\_

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*Exodus 34:6-8*

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TODAY'S

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*Psalm 30:11-12*



