



Suggestions for Worship at Home

Introduction

During a time of health concerns, some of us may decide to stay at home in order to minimize risks. In such an environment, the need to worship and take care of our spirits is perhaps more important than ever. Community worship at Westminster is powerful; yet we can still be nourished by worshipping where we are, either individually, as a family, or in a small group.

Steps and Ideas for Home Worship:

1. Find a comfortable spot in your home, one conducive to a worship activity. Establish the tone and your attentiveness by lighting a candle, or setting up a an altar of special objects, or playing music or chants that move and lift you.
2. Begin with a prayer or time of meditation, quieting and centering yourself, and asking for the presence of the Holy Spirit.
3. Turn to a pre-selected source of inspirational message. It could be a sermon streamed from WPC's website (wpctiburon.org), or a talk on YouTube, a Thought for the Day, a Bible passage that speaks to you.
 - a. You might consider using a scripture passage from the daily lectionary.
<https://www.presbyterianmission.org/devotion/daily/>
 - b. You can also find daily devotionals online, such as <https://d365.org/>
4. Allow some time for listening to the message. If a Bible passage or a poem or Thought for the Day, read it through, perhaps out loud, and then again slowly and thoughtfully. Take time to consider what it means for you, how it inspires you, how it nourishes your life. If alone, you might do this just thinking, or through journaling. If together with others, it might be going around the room and asking each person about the meaning for them.
5. Say a prayer of thanks for what the Spirit has suggested to you during this time. You may wish to include in your prayer concerns you have for yourself or for others who need the Spirit's healing presence. Your prayer may be either spoken or unspoken; Spirit hears us either way. You also have an opportunity here to say individually or together a familiar prayer like the Lord's Prayer, or to sing a verse of a song which is inspirational.
6. Deliberately transition out of a worship mode by blowing out the candle, or taking down the altar. Once again give thanks for this time and ask for the Spirit's continued presence with you during the rest of the day, with people whom you love and care about, and with our society during a time of increased anxiety.