



*Psalm 95:6*

# COME, LET US BOW DOWN IN WORSHIP, LET US KNEEL BEFORE THE LORD OUR MAKER

Worship isn't just a Sunday thing or a playlist mood—it's a posture of the heart that reminds us who we are and who God is. In the whirlwind of figuring out your identity, purpose, and next steps, this verse is an invitation to pause. To bow down is to say, "I don't have to have it all figured out, because I trust the One who made me." When we kneel before our Maker, we surrender to the One who crafted us with intention and purpose.

**Reflection:** Start your day kneeling in prayer, even if it's just for 2 minutes. Physically bowing down can shift your mindset before anything else fills your day.

**Prayer:** God, my maker, the One who sees me and knows me. I choose to bow before you. Steady my heart as I prepare to go about my day.



*Psalm 100:4*

## **ENTER HIS GATES WITH THANKSGIVING AND HIS COURTS WITH PRAISE; GIVE THANKS TO HIM AND PRAISE HIS NAME**

Imagine walking into the home of someone you deeply love and skipping the hug—just jumping into your list of needs. It feels off, right? When we're truly at home with someone, we lead with love, presence, and gratitude. Prayer works the same way—it's not just a place for requests, but a space to enter with thanksgiving and praise. Starting with thanks softens our hearts and shifts our perspective. It reminds us that God isn't just our helper—He's our home, and He's worthy of worship. Gratitude opens the door to deeper connection, and that changes everything.

**Reflection:** Write a gratitude list. Where have you seen God's presence in your life lately? Let this list be your way of entering His presence with thanksgiving.

**Prayer:** God I praise you simply for who you are and I thank you for all you've done.



### *Psalm 103:2*

## **PRAISE THE LORD, MY SOUL, AND FORGET NOT ALL HIS BENEFITS**

With everything going on—assignments, friends, deadlines—it's easy to forget the good things God's already done in your life. The Psalmist isn't just saying, "Think about God's benefits," but "***Don't forget them.***" It's a reminder to look back and recognize the countless ways God has been faithful—His love, His forgiveness, His guidance. In a world full of distractions, we need intentional moments to remember and praise for what we have already been given in anticipation of all that is to come.

**Reflection:** Today, take a few minutes to pause and look around. Choose one moment or place that reminds you of God's faithfulness—whether it's a friend, a past experience, or even a peaceful spot on campus. Stand there for a moment, breathe deeply, and simply give thanks.

**Prayer:** Lord, from the deep place of my being, my soul, I praise you. For all you've already done.



*Psalm 150:6*

**LET EVERYTHING THAT HAS BREATH  
PRAISE THE LORD. PRAISE THE LORD.**

Praising God is not reserved for a select few or dependent on any specific criteria. You don't have to be the most talented or have the perfect skills for your praise to matter. The only requirement is breath—if you're breathing, you're invited to praise Him! There's no wrong way to do it, no formula to follow, and no special actions required. The simple act of being alive is enough to join in.

Whether it's a quiet moment of gratitude, a loud shout, or a heartfelt prayer, every expression of praise is valid. God delights in our participation!

**Reflection:** How can I intentionally use my breath, actions, and presence today to praise God?

**Prayer:** Lord, thank You for the gift of breath; may every inhale and exhale be a praise to You.



*Psalm 34:1*

**I WILL BLESS THE LORD AT ALL TIMES;  
HIS PRAISE WILL ALWAYS BE ON MY  
LIPS.**

Psalm 34 challenges us to praise God in every season of life, not just when things are going well. David knew firsthand what it felt like for life to hit hard, yet he found the strength to say, "I will bless the Lord AT ALL TIMES." God's goodness isn't dependent on our circumstances. Whether you're celebrating a victory or facing a struggle, God remains constant and worthy of our praise. Praise isn't just for the highs—it's a choice to acknowledge God's presence and goodness in all things.

**Reflection:** Pick a moment in the next few days when you're usually just going through the motions. Take a quick pause and express praise to God in that moment.

**Prayer:** Lord, in every season and at all times, You are worthy of my praise. No matter what life throws my way, I will not forget that.