

# The Urge to Worship

**urge** (ûrj) n. An involuntary tendency to perform a given activity; an instinct <sup>1</sup>

What do you do to relieve stress and worry in your life? I've heard it said that when you are tense you can use such stress-relieving activities as exercise, listening to quiet music, or working in the garden. While these might be good, I've found perhaps the healthiest way, physically, mentally & spiritually, to relieve stress and worry in your life ... worship.

I've been experiencing a new sensation in my life this past year, one that has been foreign to me up until now in my life. I have had the 'urge' to worship God. Now, I've always been a musical person – ever since I began piano lessons in the first grade. I've always enjoyed singing in choir, both at church and at school throughout my student days. I've always sung “psalms and hymns and spiritual songs ... making music to the Lord in [my heart].” (Ephesians 5:19) But even with these things, it has only been recently that I have had an “involuntary tendency ... an instinct” to worship God in my life (to borrow a few words from the American Heritage Dictionary).

Let me explain how it works. I get stressed out about the few days of work that I feel I have to get done today, or fatigued with the attention that my kids demand of me, or worried about how things will work out of a difficult situation. Have you ever been stressed about the ins and outs of everyday life? It's easy to drop into a frenzied mode of living in times like these, especially when our stresses involve time (which most of the time they do). It's easy to slip into a 'workaholic' mode of trying to cram as much into every day as we can make fit. But even when these temptations arise I hear a silent call of God to “be still and know me.” Rather, I feel a deep desire and craving to reach out and touch my Savior – to cling for even a moment to the train of His robe.

Worship is surrender. It is relinquishing control of a demand-filled day. It is stopping ... yes, stopping to focus on Him. And it's amazing what a little refocus can do in our lives! Our worries give way to His wonderful grace. Our weaknesses are replaced by His great strength. Our cares about today's plans and tomorrow's fade in the light of His sovereignty in our lives.

The next time you find yourself hurried and wrapped-up in the stress-filled demands of this life – take a time-out and worship God. It will do wonders to a worried soul.

---

<sup>1</sup> The American Heritage® Dictionary of the English Language, Fourth Edition. Copyright © 2000 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved.