



# *A Life of Worship*

*The Binder Co. Devotionals October 2018*

## The Binder Co Devotionals October 2018: A Life of Worship

Welcome to The Binder Co.: a do-it-yourself devotional and journaling experience for women who desire to grow deeper in God's Word on a daily basis. All you need is a 3-ring binder and a printer to get started — for free!

### ABOUT THE BINDER CO.

The Binder Co exists to help women dive deeper into their faith and connect with others through free monthly eBooks of devotionals written by women for women. Every aspect of The Binder Co. is run by volunteers. Once a month, we release a free ebook with daily devotionals, corresponding scriptures, and daily challenges to help put what we learn into action. These daily devotionals are free to read, download, and print anytime. You can use them for yourself, your small group, friend group, or church group!

### GET INVOLVED

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Access the free archives of every calendar at [emilyfurda.com/thebinderco](https://emilyfurda.com/thebinderco)

### A NOTE FROM THE DIRECTOR

The Binder Co. (originally called Her Binder Project) was started in 2014 by Morgan Harper Nichols as a way to challenge herself to dig deeper into God's Word and put her faith into action on a daily basis. She made a calendar one month that included weekly themes, Bible verses, and daily challenges. Even though she originally started writing and designing these for herself, she felt the Lord leading her to share it with others. So, she put it on Pinterest, and was unbelievable with more women studying along each month. You can learn more about Morgan at [themhn.co](https://themhn.co)

When I was 11 years old, my worship dance teacher gave all of the dancers a small hot pink booklet of devotionals for Christmas. That was my first devotional, and I fell in love with studying God's word and learning how to apply it to my life. I've rarely been without a daily devotional since then. When Morgan asked me to help with The Binder Co. in 2016, it was a dream come true to be able to write devotionals. This Ministry and the women who read every day captured my heart. The more I became involved as a writer, editor, and project manager, the more it became a part of me.

In 2018, Morgan asked me if she could give me The Binder Co. I was speechless, which rarely happens. It was not an easy decision for her or one made lightly by myself. My joy comes when I see women come alive as they study each month. I'm studying and learning along with you. Today, thousands of women are joining this project each month, and we are so grateful for each one of you!

*-Emily Furda Director, Editor In Chief [emilyfurda.com](https://emilyfurda.com) [instagram.com/emilyfurda](https://instagram.com/emilyfurda)*

### ***This Month's Contributors***

***Sydni Chambers: Guest Writer***

[instagram.com/sydnichambers](https://instagram.com/sydnichambers)

***Jess Dumoulin: Editor***

***Danielle Nicole: Guest Writer***

[instagram.com/its.daniellenicole](https://instagram.com/its.daniellenicole)

[herbopeisbuilt.wordpress.com](https://herbopeisbuilt.wordpress.com)

***Christine Perry: Guest Writer***

[learningtobefearless.org](https://learningtobefearless.org)

***Heather Golden Horton: Writer***

[facebook.com/Horton.snapshots](https://facebook.com/Horton.snapshots)

[instagram.com/heatherghorton](https://instagram.com/heatherghorton)

Twitter: [@egidge1992](https://twitter.com/egidge1992)

[partnershiptasmania.wordpress.com](https://partnershiptasmania.wordpress.com)

***Diane Marie: Writer***

[instagram.com/crazymom2eight\\_dianemarie](https://instagram.com/crazymom2eight_dianemarie)

***Morgan Harper Nichols: Writer, Cover Design***

[facebook.com/morganharpernichols](https://facebook.com/morganharpernichols)

[instagram.com/morganharpernichols](https://instagram.com/morganharpernichols)

Twitter: [@morganhnichols](https://twitter.com/morganhnichols)

[morganharpernichols.com](https://morganharpernichols.com)

***Emily Furda: Writer, Editor In Chief***

[facebook.com/emilyfurda](https://facebook.com/emilyfurda)

[instagram.com/emilyfurda](https://instagram.com/emilyfurda)

Twitter: [@emilyfurda](https://twitter.com/emilyfurda)

[emilyfurda.com](https://emilyfurda.com)

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## The Binder Co Devotionals October 2018: A Life of Worship

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Romans 12:1</b> <i>Write out this month's verse and place it where you'll see it often. Also, journal your thoughts about worship. Be open and honest about how you feel and what you think it is.</i>	2 <b>1 Thessalonians 5:16-18</b> Listen to "To the One" by I AM THEY. <a href="https://youtu.be/9NzK8y89Kog">youtu.be/9NzK8y89Kog</a>	3 <b>1 Corinthians 6:19-20</b> Set aside time at least one day each week of this month to care for yourself. Put it in your calendar, and make self-care a priority.	4 <b>John 4:24</b> Is there something you feel that holds you back from worshipping God freely? Pray and journal your thoughts. Then, spend time worshipping Him.	5 <b>Colossians 3:23</b> Make a list of 10 things you frequently do. What is your attitude when you do them? Journal your thoughts about those things being acts of worship.	6 <b>Isaiah 26:3</b> Find one thing you can do to today to help you keep your focus on God and do it.
7 <b>Psalm 118:17</b> Listen to "Storyteller" by Morgan Harper Nichols, <a href="https://youtu.be/xID_t-BrqE">youtu.be/xID_t-BrqE</a> and send a message or call a friend to encourage her.	8 <b>John 1:3</b> When you think of how intricately God has made all things, how does that impact how you see Him? Journal your thoughts.	9 <b>Luke 2:36-38</b> Listen to "What do I Know of Holy" by Addison Road. <a href="https://youtu.be/ZsJ3_PmsYr0">youtu.be/ZsJ3_PmsYr0</a>	10 <b>Romans 15:13</b> Write down 10 blessings from God you have observed in the last 24 hours.	11 <b>Matthew 25:31-46</b> Have you ever been afraid to ask for help? How does knowing helping others is a form of worshipping God impact how you feel about asking for or giving help? Journal your thoughts.	12 <b>Psalm 34:1</b> Listen to "Even If" by Mercy Me. <a href="https://youtu.be/B6fA35Ved-Y">youtu.be/B6fA35Ved-Y</a>	13 <b>Joshua 6:1-21</b> This weekend, worship in a way that is allows you to truly express your heart. Embrace who you are as you worship God.
14 <b>Ecclesiastes 3:12-13</b> Set aside time this week to do something you truly enjoy. Allow yourself to get lost in the moment and open your heart to worship and hear from God.	15 <b>Psalm 94:18-19</b> Make a playlist or make a list of worship songs about God's comfort and love so it's ready whenever you need it.	16 <b>1 Corinthians 10:31</b> Write today's verse in your own words.	17 <b>Deuteronomy 29:18</b> Listen to "Undivided" by Hannah Kerr. <a href="https://youtu.be/fbFyVBptoEo">youtu.be/fbFyVBptoEo</a>	18 <b>Galatians 6:9</b> Find a creative way to encourage someone or do something nice for someone within the next week.	19 <b>Psalm 27:13-14</b> Where do you struggle to see God's goodness? Journal and pray, asking God to show you where He is in those situations.	20 <b>Psalm 95:6</b> Set aside time some quiet time alone to worship God today.
21 <b>Hebrews 4:16</b> Memorize today's verse or write it out in your own words.	22 <b>2 Chronicles 20:14-22</b> Listen to "Every Battle" by Rita Springer. <a href="https://youtu.be/EySOApM7nIQ">youtu.be/EySOApM7nIQ</a>	23 <b>Jeremiah 29:4-14</b> Look for ways to make a small difference today. Hold the door for someone, pick up a piece of trash, encourage a friend, or any other small thing that comes your way.	24 <b>John 14:23</b> Listen to "The One He Speaks Through" by Mandisa. <a href="https://youtu.be/siBfrVa4ozY">youtu.be/siBfrVa4ozY</a>	25 <b>Isaiah 55:6</b> Set an alert on your phone or alarm clock to remind you to stop and take a moment to acknowledge God's presence in your life today.	26 <b>Psalm 98:4</b> Worship God today by singing. Turn on some music to sing with, sing some scripture, or write a song. It's not about how you sound, it's about your heart.	27 <b>Nehemiah 8:10</b> Why is strength found in joy that comes from God? Journal your thoughts and listen to "Joy of the Lord" by Rend Collective. <a href="https://youtu.be/x3gLeCiMIqI">youtu.be/x3gLeCiMIqI</a>
28 <b>Psalm 77</b> List five ways God has helped you in the past. Write a prayer, poem, or journal about your feelings as you think back over those past experiences.	29 <b>Psalm 78:15-16</b> Listen to "Do it Again" by Elevation Worship. <a href="https://youtu.be/0B_lnQIITxU">youtu.be/0B_lnQIITxU</a>	30 <b>Psalm 40:3</b> What does being a worship leader mean to you? Journal your thoughts about how you can be a worship leader in your everyday life.	31 <b>Hosea 6:6</b> Listen to "Life of Praise" by Casting Crowns, <a href="https://youtu.be/5II-W8VeWSU">youtu.be/5II-W8VeWSU</a> and journal about what living a life of worship means to you.	<p><b>#THEBINDERCO</b> Join the community: Use #TheBinderCo on Instagram and Twitter, and join our Facebook group: <a href="https://facebook.com/groups/thebinderco">facebook.com/groups/thebinderco</a> For more downloads visit: <a href="https://emilyfurda.com/thebinderco">emilyfurda.com/thebinderco</a></p>		

*Beloved friends, what should be our proper response to God's marvelous mercies? I encourage you to surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship. Romans 12:1 TPT*

**Monday, October 1**

*Written by Emily Furda  
Read Romans 12:1*

Worship is a vital part of our walk with God, but what is worship? Is it something restricted to a church setting, or is it something more? How do we make worship not just something we do but a lifestyle we embrace?

This month, we'll be learning how to bring worship into every part of our lives. For now, let's start with why we worship. Do we worship God because He's on an ego trip and likes to hear how awesome He is?

God doesn't need us to tell Him how amazing He is so He can feel good. Our scripture for this month tells us worship is our response to God's marvelous mercies. Worship isn't something we do out of obligation or because of a command. It's about our relationship with God. The more we're aware of His presence in our lives, the more we will want to worship Him. It doesn't mean we won't have days when we don't feel like worshipping. It means even on those difficult days, we know the power and benefits of worship. We can choose to surrender our hearts to God because we know He is a good God who loves us. Worship isn't a feeling. Worship is a choice.

Remember it is a response to God's mercy. Even on the days we don't make worshipping a priority, God's mercy is still there for us. It's not about rules or impossible standards to live up to. Worship is about connecting with the God who loves us.

**Daily Challenge**

Write out this month's verse and place it where you'll see it often. Also, journal your thoughts about worship. Be open and honest about how you feel and what you think it is.

*Written by Emily Furda*  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

**Tuesday, October 2**

*Written by Emily Furda  
Read 1 Thessalonians 5:16-18*

Have you ever felt like you just couldn't be thankful for what you're going through? Does God really ask us to give thanks for all things, or does He ask something different from us?

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 NIV

Read those verses carefully. It says to give thanks in all circumstance. Oftentimes we misquote this scripture as saying we should give thanks for all the circumstances we find ourselves in. One small word can make a huge difference. God is not asking us to be thankful for the overwhelming pain. He's asking us to still worship Him in the middle of it.

In all things? In the moment your child dies? In the moment your body is ravaged by illness? In the moment there are more bills than money and there is no job? In the moment when you're abandoned by the person you love? In the moment you're petrified to go to school because you're bullied?

Yes, in all those things.

We don't always feel like it. Sometimes we feel like doing the exact opposite. That's okay! Today's verse also tells us to pray continually, and that means letting God know everything in our hearts, even the pain. Deep, honest worship can only come when we're deeply honest with God. Praying and worshipping changes us. We're reminded we're not alone. We know even when we're angry at God, He is still with us. He is still all powerful and loving, even when we don't understand why things happen. We don't worship God because He wants perfect little servants. We worship God because it brings us into His arms where hope and healing for our hurting hearts is found.

**Daily Challenge**

Listen to "To the One" by I AM THEY. [youtu.be/9NzK8y89Kog](https://youtu.be/9NzK8y89Kog)

*Written by Emily Furda*  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Wednesday, October 3**

Written by Sydni Chambers  
Read 1 Corinthians 6:19-20

It can be the best time of your life: new job, new season, planning a wedding, planning a marriage, planning a new life, sorting mentally and physically through years of your life and seeing what needs to stay. Because it's so exciting, we often don't make time to be still.

Dana Taft said, "Here's why self-care is so important: when you take time for self-care, that is an act of worship. You are telling God, 'I care about this body and this brain that You have given me, so let me worship You by taking great care of it.'"

It's not selfish to stop and take time for ourselves. It's the most selfless thing we can do because we come back refreshed and filled up, ready and able to pour out. One more time for the folks in the back: self-care is not selfish.

It is not heroic to put yourself through the grind every waking moment. It's not admirable, and yet in our culture, we think it is. Like "dang that person is so busy all the time. That means they really have it together, I need to be more like that!" No! We need to be more like Jesus!

Jesus stepped away. Jesus went up to the mountain. Jesus slept in a boat in the middle of a storm. Jesus took walks on water. We can take a walk around the cul-de-sac.

More than anything, Stop. Breathe. Put your phone down. Breathe again. Don't look yet, it's only been five minutes. Make yourself coffee, not because you need it, but because you enjoy it. Look for a deal and book yourself a massage. Write in your journal or don't. Read. Workout. Sleep for 10 hours. Spend time alone with God without a directive. Just sit with Him. No intercessory prayer or Bible reading plans. Just sit with your Papa and be still.

### **Daily Challenge**

Set aside time at least one day each week of this month to care for yourself. Put it in your calendar, and make self-care a priority.

Written by Sydni Chambers  
[instagram.com/sydnichambers](https://www.instagram.com/sydnichambers)

### **Thursday, October 4**

Heather Golden Horton  
Read John 4:24

God desires to hear from us, commune with us, and meet with us as we worship Him, both corporately and as individuals. His plan for us as worshippers is interconnectedness with Him. His plan has always included authenticity. He doesn't desire a carefully put together show or prayers filled with fancy words. God is much more concerned with the motivations of our heart as we worship. Worshipping in truth means allowing our masks to fall away while we are honoring the one true God.

The knowledge of God's identity and character are integral parts of worshipping Him. He is both Spirit and Truth. In this beautiful dance we call worship, His Spirit is living within us all while we bring Him praise and adoration. There is something mysterious and humbling about the Spirit leading us as we bring glory to Him.

Our hearts have no secrets from the all-knowing God. The desires deep within us are known to Him, so worship pouring from our heart is even more important than the praise flowing from our lips. Why would we attempt to be less than honest when we come before God? True worship is deeply loving a God in whom there is no pretense and making Him our focus. There is freedom to be our unique selves as we engage with the Creator who is aware of our inner truths. He is aware because He formed us in His image, the image of Truth. Authentic worship that pleases God comes from a life that intimately knows Him.

### **Daily Challenge**

Is there something you feel that holds you back from worshipping God freely? Pray and journal your thoughts. Then, spend time worshipping Him.

Written by Heather Golden Horton  
[instagram.com/heatherghorton](https://www.instagram.com/heatherghorton)  
[partnershiptasmania.wordpress.com](https://partnershiptasmania.wordpress.com)

### **Friday, October 5**

Written by Danielle Nicole  
Read Colossians 3:23

We can use our everyday lives to worship God. Maybe you're thinking about how you don't do the most interesting things, or your life just isn't good enough to be a way to worship. Well, in today's scripture we are told that whatever we do we should work at it as if we were working for Him. When we are doing our everyday tasks and jobs, we can be doing it for Him. In this way, we are using our lives as a way to worship.

When you are working at your tasks and jobs, you must work at it with all your heart. It's not simply doing the chore or activity that brings honour and worship to God, but doing it with a good attitude, and without complaining. It's then that you are worshipping through your work.

With everything you do, you can be doing it for Him. You don't have to have the most fascinating job to worship, and you don't have to be the busiest person you know. You can be cleaning your house, going for a walk, or doing your job and honour God with worship while doing it. It's not about what you are doing but about your heart while you do it.

So, know it doesn't matter how small the job you're doing is, when you are wholeheartedly doing it for God, it's worship. It's not about the task, but about your attitude and heart towards it.

### **Daily Challenge**

Make a list of 10 things you frequently do. What is your attitude when you do them? Journal your thoughts about those things being acts of worship.

Written by Danielle Nicole  
[instagram.com/its.daniellenicole](https://www.instagram.com/its.daniellenicole)  
[herhopeisbuilt.wordpress.com](https://herhopeisbuilt.wordpress.com)

## The Binder Co Devotionals October 2018: A Life of Worship

**Saturday, October 6**

*Written by Emily Furda*

*Read Isaiah 26:3*

What have you learned about worship this week?

Journal, draw, write a poem, or write a prayer about it below.

When trying to love ourselves, it can be a challenge. We make mistakes, we fall down, and we mess up. We might wonder how God could ever love us. The truth is, God loves us no matter what, and He wants us to know we are loved so we can love ourselves.

When we define our worth by our mistakes and failures, it's hard to love ourselves. We must look to God for our true value. He created us for a specific purpose and plan and says we have been wonderfully made. We may not be perfect, but by knowing these things, we can know we have worth.

Even in our imperfections, God sees beauty. We need to stop looking at ourselves through our perspective and look through God's eyes. When we do this, we can see what He sees. He gave His life for us, so that even though we sin, and we mess up, we can still have second chances.

Sometimes it takes a change of perspective to love ourselves, and it might take changing how we think about ourselves as well. Only God has the power to define us. So not matter what others may say or what you may feel like saying, you have immeasurable worth and should praise God for it by choosing to love yourself.

### ***Daily Challenge***

Find one thing you can do to today to help you keep your focus on God and do it.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](http://emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Sunday, October 7**

*Written by Morgan Harper Nichols*  
*Read Psalm 118:17*

The things God has brought us through in our lives in are not to be held in! As today's passage proclaims, when we know we have been saved by the Lord, this is the story we tell. If you were in an unhealthy relationship and God brought you out of that, even if it was many years ago, find a young woman in your life who is dealing with a similar thing to share that with. If you've experienced financial strain and God provided a way for you to learn how to take control over your finances, there is a definitely a friend, a neighbor or a fellow church member in your life who can be blessed by your example. If you prayed for a Godly man to enter your life and after years of waiting, God provided a way for you to meet, know there are other single women around the world praying that prayer. Your story is an encouragement to them. If you struggled with self-worth or living out your purpose, there is bound to be one person in your life who is a text message away who you can encourage today. Why? Because you've been where she's been. You've felt a lot of the same things she's felt before.

If you feel like you still have a long way to go before you can tell your story, know this: that's all of us! We all have areas of our lives that God is continuously working on, but in the process of this crazy life, always make the time to tell your story. Be proud of where God has brought you, even though you still have a long way to go (we all do!). God is doing a great work in each of our lives. Let's be the kind of women who proclaim it!

#### **Daily Challenge**

Listen to "Storyteller" by Morgan Harper Nichols, [youtu.be/xID\\_t-BrqE](https://youtu.be/xID_t-BrqE) and send a message or call a friend to encourage her.

*Written by Morgan Harper Nichols*  
[instagram.com/morganhnickols](https://www.instagram.com/morganhnickols)  
[morganharpnichols.com](https://www.morganharpnichols.com)

### **Monday, October 8**

*Written by Diane Marie*  
*Read John 1:3*

Consider the universe; it stretches far beyond what we can see. God has placed every planet, moon, and star exactly where He wants it to be. Consider the earth and all that comes from it. He made copper and iron, silver and gold, diamonds and rubies, water, and air. He made every living thing, from single-celled amoebas to His most beloved creation, you.

Of course, we know God made everything, but how often do we take it for granted? How often do we look around us but fail to see the wonder of all that He has made? If you take a few minutes every day just to think about God's wondrous creation, worshiping Him as you do, you will find that you start to see things differently. Every time you take notice of His glorious work, you will find that you are drawn even closer to Him. Consider, even, the miracle that is you, for you are fearfully and wonderfully made. Nothing exists apart from Him. His fingerprints are everywhere. He is maker of all things!

#### **Daily Challenge**

When you think of how intricately God has made all things, how does that impact how you see Him? Journal your thoughts.

*Written by Diane Marie*  
[instagram.com/crazymom2eight\\_dianemarie](https://www.instagram.com/crazymom2eight_dianemarie)

### **Tuesday, October 9**

*Written by Emily Furda*  
*Read Luke 2:36-38*

In today's scripture, we read about Anna. God promised she would not die before she saw the Messiah in person. She was a woman who knew heartache but never gave up hope that God would fulfill His promise to her. Anna's husband died after just seven years of marriage. She was an 84-year-old widow, who many years earlier, chose to devote her life to worship, prayer, and fasting. She was so committed to this, she never left the temple.

Can you imagine that kind of commitment? She spent decades there. She must've heard the scriptures read about the coming of the Messiah. She was so familiar with God from her time spent in worship, fasting, and prayer, that she immediately recognized His presence.

Imagine her worshipping and suddenly feeling the presence of God in a way she never felt before. She was promised she would see the Messiah before she died, but did she know the Messiah would be a baby? Immediately after Simeon held Jesus, Anna saw Mary and Joseph. She went to them because she knew the tiny baby Jesus was the Messiah. She knew this was God's promise fulfilled to her because she knew God.

Worshipping while we wait for God's promises to be fulfilled strengthens our faith and makes us well acquainted with His ways. When we worship, we experience the presence of God. The more we know what God's presence in our life looks like, the more we will recognize when God moves in our lives. His promises may not always be fulfilled in the way we imagine, but His promises will be fulfilled.

#### **Daily Challenge**

Listen to "What do I Know of Holy" by Addison Road. [youtu.be/Zs13\\_PmsYr0](https://youtu.be/Zs13_PmsYr0)

*Written by Emily Furda*  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](https://www.emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Wednesday, October 10**

Written by Morgan Harper Nichols  
Read Romans 15:13

Whether you're in a good place right now or you're on the complete opposite end of the spectrum, there is nothing that will fill your heart like the Lord! So oftentimes it can be tempting to think of God filling us with His joy and peace when we are in need of a little inspiration or motivation. However, even though God is gracious enough to provide what might very well become the fuel for inspiration or motivation, He is not limited to that.

When you have a relationship with Him, through Jesus, you are given His Spirit, the Holy Spirit who provides an overflow of hope. That means even when we're pulling into our parking spot at church or at work, even when we're mindlessly scrolling through social media pages, and even when we're walking the dog or taking the kids to school, the Holy Spirit is like a constant fount, pouring into us day by day.

Remember this not only in your worst moments, but in your best moments, and every moment in between. Thank God for providing for you in this way on a daily basis. Worship Him sincerely and intimately, even when nothing crazy is going on in your life. Bask in His presence even in the moments where you finally feel like you're in a routine and you can somewhat predict what's ahead.

God provides the fount of every blessing. Let us see Him in everything, and never take Him granted!

#### **Daily Challenge**

Write down 10 blessings from God you have observed in the last 24 hours.

Written by Morgan Harper Nichols  
[instagram.com/morganharnichols](https://www.instagram.com/morganharnichols)  
[morganharpernichols.com](http://morganharpernichols.com)

### **Thursday, October 11**

Written by Emily Furda  
Matthew 25:31-46

Have you ever felt uncomfortable asking someone for something? It can even be awkward to ask someone for what she promised you or to give back something she borrowed. It can feel uncomfortable to ask for the simplest of things. It can be even more difficult to ask for something when you're not owed anything.

We all have times when we need something. It may be financial help, someone's skills in a certain area such as home repair, someone to help us when we're sick, or someone to listen and pray when we're hurting. We can become so focused on not wanting to be a bother that we forget the blessing someone receives when they give. We also take away one of her ways of worshipping God.

Today's reading tells us: The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" Matthew 25:40 NIV

Anytime someone gives a gift with the love of Christ, it's as if she is giving it directly to God. In the Old Testament, fragrant spices were burned as a sacrifice of worship to God. When others give from their hearts with the love of Christ, it's the same thing. God sees the sacrifice of money, time, and even invested emotions, and honors the sacrifice. It makes Him happy, and He can then honor the person who lovingly chose to give. It's okay to ask for help when you need it. By doing so, you create an opportunity for a beautiful act of worship.

#### **Daily Challenge**

Have you ever been afraid to ask for help? How does knowing helping others is a form of worshipping God impact how you feel about asking for or giving help? Journal your thoughts.

Written by Emily Furda  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

### **Friday, October 12**

Written by Danielle Nicole  
Read Psalm 34:1

It's easier to praise God during the joyful seasons than it is in the hard ones. When we are dealing with a difficult time, worshipping might sound like one of the last things we'd want to do, but it shouldn't be. We should praise God no matter the season we're in.

To be able to praise God in the hard times, we must move our focus from on our problems to Him. When we do this, we are able to trust Him with our situations, instead of worrying about them. When our eyes are set on Him and only Him, we can worship Him for all He has done and is doing in our lives.

Even when things aren't going too well in our lives, He is forever faithful to us, and we can always worship Him. We can't rely on everything always being okay in order to praise God, because things aren't always going to be okay. We will always enter hard times, but it's no reason to not worship. He doesn't love us just in the good seasons but in all seasons, so why should we stop worshipping Him in the hard ones?

It may be hard at times to worship God in the difficult times or on the hard days, but we must continue to praise His name. He is a faithful God and is continuously faithful to us, so let's be faithful to Him.

#### **Daily Challenge**

Listen to "Even If" by Mercy Me. [youtu.be/B6fA35Ved-Y](https://youtu.be/B6fA35Ved-Y)

Written by Danielle Nicole  
[instagram.com/its.daniellenicole](https://www.instagram.com/its.daniellenicole)  
[herhopeisbuilt.wordpress.com](http://herhopeisbuilt.wordpress.com)



## The Binder Co Devotionals October 2018: A Life of Worship

**Saturday, October 13**

*Written by Emily Furda*

*Read Joshua 6:1-21*

Have you ever felt uncomfortable worshipping in front of others? Maybe you felt compelled to lift your hands during a quiet hymn but no one around you did. During an upbeat song all you want to do is cry as you crumble into your seat. Maybe you want to join in with the group who spontaneously started dancing, but you feel too old or think you're too uncoordinated. Deep down you're longing to let yourself let go and worship God in your own unique way, but it feels awkward.

The children of Israel may have felt awkward when God told them how they would capture the city of Jericho. Every day for six days they marched around the walls of the city. That's it. They marched in silence. It probably looked a little odd. Marching once a day was probably enough, but on the seventh day, they were to walk around the wall 7 times. The first 6 ended just like the others, but after the last time, they broke their silence. The priests blew their horns, the people yelled, and the walls of the city crumbled. Even when it may have seemed absurd to those watching from inside the city of Jericho, they kept walking. Then, God took their thunderous shouts and uses it to destroy their enemies.

God created each of us to experience Him in our own unique way. What He asks is that we use our unique gifts to worship Him, even if it looks strange to others. He also asks us to allow others to use their gifts without us looking down on them. 1 Corinthians 12:4 tells us "There are different kinds of gifts, but the same Spirit distributes them." NIV

Maybe, out of respect for others, it's not always possible for you to worship as freely as you like in your church setting. Don't let that stop you. Turn on some worship music at home and just let yourself get lost in God's presence. Be who you are. Lift your hands, twirl and dance, fall to your knees, or even quietly listen as the music surrounding you lifts your spirit in silent worship. You'll be amazed at what obstacles will fall in your life when you embrace who you are and worship God with your whole heart.

### **Daily Challenge**

This weekend, worship in a way that allows you to truly express your heart. Embrace who you are as you worship God.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](http://emilyfurda.com)

What have you learned about worship this week?

Journal, draw, write a poem, or write a prayer about it below.

## The Binder Co Devotionals October 2018: A Life of Worship

### **Sunday, October 14**

*Written by Emily Furda*  
*Read Ecclesiastes 3:12-13*

Is there something you enjoy so much that you get lost in the moment and time stands still while you're doing it? We all have at least one of those things in our lives. It could be singing, dancing, running, coloring, gardening, cooking, braiding a child's hair, or almost anything you can think of.

God knows how to speak to us. When we're lost in something that brings us joy, it's a chance to embrace our unique gifts and the unique way God speaks to each of us. Sometimes, we get so busy or feel as if our own refreshing isn't important. Time to just enjoy things feels like a luxury.

What if it isn't a luxury? What if time spent enjoying something is vital? What if it's not only God speaking to us, but us worshipping Him? God is the one who gives us the gifts we have. He created us to enjoy certain things. Worship isn't just about what we say or do; it's about what we're able to hear from God when we make Him our focus. Ignoring those parts of us is ignoring a chance to hear from God. Don't be afraid to enjoy those moments and dedicate them to God.

If you like art, why not create something based on what you read in scripture? If you enjoy nature, take time to appreciate the beauty God created. Allow yourself to meditate on scripture and praise God while you make a craft. Allow Him to speak to you. God knows how He created you, and He enjoys seeing you come alive when you embrace those special parts of your life.

### **Daily Challenge**

Set aside time this week to do something you truly enjoy. Allow yourself to get lost in the moment and open your heart to worship and hear from God.

*Written by Emily Furda*  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

### **Monday, October 15**

*Written by Emily Furda*  
*Read Psalm 94:18-19*

Have you ever noticed how many worship songs and hymns talk about the love of God or comfort from God? We often shy away from showing our emotions to others, especially emotions we're not so fond of, because we believe the lie that we're the only ones who feel weak or are anxiety ridden.

You can learn about people by what they write and say. If so many songs mention God loving us or comforting us, is it possible even some of the most well-known songwriters and worship leaders struggle and need reminders of God's love and comfort? We see in today's reading even the psalmist was reminding himself of God's love and comfort when he was in the middle of a war.

When I said, "My foot is slipping," your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy. Psalm 94:18-19 NIV

When we worship, it's a chance to change our focus from what we feel and are experiencing to who God is and what He wants to do for us. He is the one who holds us up when we feel as if we're falling. He's the one who consoles us and brings us joy, even when anxiety is overwhelming. Our circumstances may not change, and we may still feel anxious, but even in the middle of it, there is comfort.

Remember, you're not alone in your struggles. Others feel the same way. The same God who loves and comforts others will comfort you. Don't be afraid to lose yourself in worship. When you allow yourself to become lost in worship, you will find God's comfort and overwhelming love for you.

### **Daily Challenge**

Make a playlist or make a list of worship songs about God's comfort and love so it's ready whenever you need it.

*Written by Emily Furda*  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

### **Tuesday, October 16**

*Written by Christine Perry*  
*Read 1 Corinthians 10:31*

According to the Merriam-Webster's dictionary, worship is defined as:

- 1: to honor or reverence as a divine being or supernatural power.
- 2: to regard with great or extravagant respect, honor, or devotion.

That lends to a broad scope of things. Good thing 1 Corinthians 10:13 lends itself to that scope. Do all for the glory of God. God has given us each skills and gifts that we can use as a part of our worship. For some, that may look like drawing architectural plans, for others it may look like writing, and for others it may look like cleaning up after the kids for the millionth time. Everything we do can be an act of worship. Even cleaning the bathroom and taking out the trash. If we are doing to honor God, it's a matter of worship.

Instead of viewing worship as something we only participate in on Sunday at church, how about we ask ourselves throughout this week, "how can I honor and respect God in (fill in the blank)? It could be your relationships, it could be at your job, it could be through your hobbies, or even through your drive to work. The possibilities to worship an eternal God are endless.

### **Daily Challenge**

Write today's verse in your own words.

*Written by Christine Perry*  
[learningtobefearless.org](http://learningtobefearless.org)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Wednesday, October 17**

*Written by Diane Marie*

*Read Deuteronomy 29:18*

If you were to ask ten Christians to define worship, you'd probably get ten different answers. While there are many scriptures that mention worship, we are never given step by step instructions to tell us exactly what to do. This doesn't mean that we can't glean a lot from the Bible though, and it serves us well to dig in and learn as much as we can, so we can worship our Lord more fully.

In Deuteronomy, Moses called together the Israelites and spoke to them about the covenant God had made with them, reminding them of their forty-year journey from Egypt to the Promised Land. On that journey, they passed through many countries that worshipped other gods. Of course, there was a temptation among those people to break their covenant with God and turn their hearts away from the Lord to worship those false gods. Look around you, we are also often tempted by the false gods of this world.

What can we glean from this scripture? Simply put, to turn our hearts away from the Lord leads us to worship other gods, so to turn our hearts toward God, leads us to worship Him. The more we turn our hearts to Him, the more we love Him, and the more we love Him, the more everything we feel, think, and do will be an act of worship. Give God your whole heart, and worship Him with your life.

#### **Daily Challenge**

Listen to "Undivided" by Hannah Kerr. [youtu.be/fbFyVBptoEo](https://youtu.be/fbFyVBptoEo)

*Written by Diane Marie*

[instagram.com/crazymom2eight\\_dianemarie](https://www.instagram.com/crazymom2eight_dianemarie)

### **Thursday, October 18**

*Written by Morgan Harper Nichols*

*Read Galatians 6:9*

When you're feeling burned out, hold on. Keep up the good work. You might not always hear "thank you" or "I really needed that", but that doesn't mean the good things you're doing go unseen or unfelt. Keep living a life of worship by serving others as if you're serving the Lord.

In your life there are people you have already touched, and just because they may not use words or identifiable actions that point to them being grateful for you, it doesn't mean God hasn't used you in their lives. If you keep doing what you do for the glory of the God, He will continue to use you, and even if not everyone says, "thank you." Even if some people don't remember your name, what you have done for the Lord is never in vain. You might be the person God uses to make someone feel special for just a moment, but even that moment is tied to a greater purpose in that person's life.

You might be the friend who walked with someone during the hardest season of their life. Even if they move to a different city and even if you're not as close as you used to be, the time you spent with her still matters. God still used you in her story.

So, don't take the little moments you have with others for granted. Yes, there will be days when you are tired. There will be times when people take you for granted. There will be times when you just need to sit, rest, and be poured into. There will be days when you just need to unplug from everything else and spend time with the Lord. There will also be times to keep doing good because God is good, and He is good to us. So, keep doing good for Him. Keep sowing good seeds, for you will reap good things if you do not give up.

#### **Daily Challenge**

Find a creative way to encourage someone or do something nice for someone within the next week.

*Written by Morgan Harper Nichols*

[instagram.com/morganharnichols](https://www.instagram.com/morganharnichols)

[morganharnichols.com](https://morganharnichols.com)

### **Friday, October 19**

*Written by Emily Furda*

*Read Psalm 27:13-14*

Daily it feels as if we're at war with situations beyond our control. Maybe it's health, finances, relationships, or school, that feels like a fight. Sometimes even what we think is a small situation causes us to feel as if hope is far away. Life can feel like a constant battle. How do we keep going when we feel like a battle worn soldier when quitting is not an option?

We need to remind ourselves of God's goodness. Just because we might not see it right now, it doesn't mean God has stopped being good to us. God shows us His goodness in many ways every day. Sometimes, we're the ones who fail to see it. It may be something simple like a note from a friend at just the right time, hearing an encouraging song on the radio, or reading an encouraging post on social media.

Ask God to open your eyes to where He is in every moment. When we do that, we realize we're not alone. Acknowledging His goodness, even when we're in pain, is hard. It's also a way to worship even when we don't feel like it.

No matter how never-ending situation you're facing seems, God promises you will see His goodness.

#### **Daily Challenge**

Where do you struggle to see God's goodness? Journal and pray, asking God to show you where He is in those situations.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](https://emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

**Saturday, October 20**

*Written by Heather Golden Horton*

*Read Psalm 95:6*

What have you learned about worship this week?

Journal, draw, write a poem, or write a prayer about it below.

In a fast paced, me-first world of lists and plans, worship requires our hearts to slow down and give God the attention He deserves. Though we can worship and glorify God as we move in and out of calendars, meetings, and chores of every kind, we must also intentionally find moments to focus fully on recognizing God and bringing Him glory. We must change the position of our hearts from running headlong into our busyness to stopping to bow ourselves before our Creator God.

Worship is always about our hearts in relationship to our God. We may worship Him standing with our arms lifted high, kneeling quietly at an altar, or in a lounge chair on our back porch. The position of our body is not nearly as crucial as the posture of our heart. As we give God worship through prayer, songs, or silence, is our heart bowing down to God in the realization of His holiness? Is our soul appreciative of His goodness? Does our mind grasp that He is our Author and Designer, and we are the ones He so lovingly made? When we recognize we are worshipping a holy God, it is almost impossible for our hearts not to kneel in reverence to Him.

There is beauty in time set apart to worship God. Finding holy moments to give God the spotlight in our lives can become our deep desire when we spend our days in communicating with Him in our everyday tasks. With intentionality, we can find ways to prioritize meeting with God in sweet, humble moments of worship. When we make times of worship a priority, our lives begin to flow surrender to Him.

***Daily Challenge***

Set aside time some quiet time alone to worship God today.

*Written by Heather Golden Horton*

[instagram.com/heatherghorton](https://www.instagram.com/heatherghorton)

[partnershiptasmania.wordpress.com](http://partnershiptasmania.wordpress.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Sunday, October 21**

*Written by Morgan Harper Nichols*

*Read Hebrews 4:16*

When we are worshipping, we can come before Him, just as we are, in adoration of who He is. We don't have to have beautiful singing voices or well-crafted words. We don't have to wait until we find a church with a talented worship band or until we have the house to ourselves so we can worship alone.

Worshipping God as we are means worshipping Him while sitting the car, when we are cleaning the house, when we're trying to meet deadlines, or help a family member accomplish a task. Of course, we should always give our best to God in worship, but our best is not a perfect life; it is an honest and transparent life before Him.

When we come to Him just as we are, He is able to meet us where we are in a very intimate and personal way through Jesus. In our worship, because of Jesus, we are free to come with our insecurities and doubts. We are free to express what is truly been on our hearts and what keeps us up at night. When we are open before God in this way, we can then lay those burdens down. We can walk out of our prayer closet, leave our small group, or get out of car where we were just worshipping, knowing we have truly encountered Jesus in our worship. Then, we are free indeed.

### **Daily Challenge**

Memorize today's verse or write it out in your own words.

*Written by Morgan Harper Nichols*

[instagram.com/morganharnichols](https://www.instagram.com/morganharnichols)

[morganharpnichols.com](https://morganharpnichols.com)

### **Monday, October 22**

*Written by Emily Furda*

*Read 2 Chronicles 20:14-22*

If you were fighting a war, who would you put on the front lines, your most battle tested soldiers or the church choir? It makes sense to send those trained for warfare into battle first, but God doesn't always do things in ways that make sense to in the moment.

In today's passage, we see the people of Judah and Jerusalem were about to be attacked. King Jehoshaphat knew the importance of seeking God's will instead of acting on what made sense to him. Instead of sending the warriors out first, King Jehoshaphat sent the worshippers. By the time they met their enemies, their enemies were destroying themselves. The people of Judah and Jerusalem didn't have to fight for even a second.

They worshipped and trusted God instead of taking matters into their own hands. They surrendered their will and their lives to God. In doing so, God gave them victory. Jehoshaphat realized worship was warfare, and it's the same for us. It's hard to surrender our will to God, but He can't be in charge and give us victory if we still insist on doing things our way. Even when we think we can handle a situation, the truth is we can't. God alone can bring victory. When we worship, it lets us set aside our will and lets God be in charge. Our eyes are removed from how big our problems are to how powerful our God is. It doesn't mean we ignore our problems. It means we put them in proper perspective.

Our battles may be big, but our God is bigger. Worship opens our hearts to see God in a new way. As we surrender our will, He fights for us. Victory may look different than what we expect, but He always wins.

### **Daily Challenge**

Listen to "Every Battle" by Rita Springer.

[youtu.be/EySOApM7nIQ](https://youtu.be/EySOApM7nIQ)

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](https://emilyfurda.com)

### **Tuesday, October 23**

*Written by Emily Furda*

*Read Jeremiah 29:4-14*

Have you ever felt as if you're held captive by situations behind your control? We all experience those times. The people of Israel knew it well. We see in today's reading that they had been taken as captives into Babylon. Unsurprisingly, they weren't too happy about it. They wanted to go back home immediately. God made it clear to them this was not a weekend trip. They would be held captive for 70 years. God didn't want them to just wait around. He had plans for what they should do. He wanted them to live their lives and flourish in spite of where they were.

One seemingly odd instruction He gave them was to work so the country holding them captive would prosper. That was probably the last thing on their minds, but it made sense. If their environment thrived, they would thrive.

If you feel stuck and held captive, look around and see what you can do to change the environment. Are there things you can do to make your school or workplace better? Maybe it's by being the one who encourages the people around her. Look for opportunities to serve that may go unnoticed. Did someone leave her sandwich in the refrigerator until it became penicillin? Instead of seeing if it will grow eyes, toss it in the garbage and out of site.

Living a life of worship is shown in how we choose to live our lives. We can be women who complain about our lives and never make a difference, or we can be world changers as we live a life of worship, serving in the opportunities we have right where we are.

### **Daily Challenge**

Look for ways to make a small difference today. Hold the door for someone, pick up a piece of trash, encourage a friend, or any other small thing that comes your way.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](https://emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Wednesday, October 24**

Written by Morgan Harper Nichols  
Read John 14:23

When you love someone, you are willing to go the extra mile for her. Even if you're tired, or overworked, or uncertain, you find a way to be there for that person because you love her.

As women who follow Christ, we have come to love Him as our Savior, and in doing so we must be willing to go the extra mile when it comes to the things that bring God glory. Why? Because Jesus went the extra mile for us.

We might not always feel like volunteering with a project at church or listening to a friend talk about the same things they're dealing with over and over again, but if we claim to truly love Jesus, this is the kind of life we have been called to live! Living a life of worship means daily sacrificing our wants for God's will.

If you truly love Jesus, then continue to obey and follow His teachings. Continue to go the extra mile even when you're not in the mood or you feel like giving up. Remember you are never alone in this, and Christ will give you the strength to do the things you have been called to do for His Kingdom!

#### **Daily Challenge**

Listen to "The One He Speaks Through" by Mandisa.  
[youtu.be/siBfrVa4ozY](https://youtu.be/siBfrVa4ozY)

Written by Morgan Harper Nichols  
[instagram.com/morganhnicols](https://www.instagram.com/morganhnicols)  
[morganharpernichols.com](https://www.morganharpernichols.com)

### **Thursday, October 25**

Written by Emily Furda  
Read Isaiah 55:6

How often do we forget to acknowledge Jesus's presence in our life? We make plans, stress over things that might happen, or dive head first into our day. Then, we wonder why we can't see where God is. It's because we never paused to look for Him. We never stopped to worship Him with even saying thank you.

Sometimes, throughout the day we think we hear His still small voice, but often we tune Him out and listen to our own thoughts, what we read on social media, what we see on tv, what our friends say, and what our music says. Pretty soon, it's as if we're looking down into a dark well hearing only an endless echo of noise. Then, we wonder why it's so hard to hear Him when we finally do spend time alone in worship and prayer.

What if instead of diving into our day or starting our next task at hand, we stop and seek Him first? He just may be much easier to find before we push a bucket load of things between ourselves and Him. What if we pause to pray, not just before a meal, but before we make a phone call, before we sit down to write a paper, or even before we wash the dishes? We just may find He's closer than we think. He's there in every moment to love us and give us His living water to strengthen and refresh us.

#### **Daily Challenge**

Set an alert on your phone or alarm clock to remind you to stop and take a moment to acknowledge God's presence in your life today.

Written by Emily Furda  
[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](https://www.emilyfurda.com)

### **Friday, October 26**

Written by Morgan Harper Nichols  
Read Psalm 98:4

Lift your voice to the Lord today. Even if you're not musically inclined, don't let that stop you from worshipping your Lord within your song!

Shout to the Lord, all the earth; break out in praise and sing for joy!  
Psalm 98:4 NLT

Notice that today's passage does not say "let the musically inclined sing to the Lord," or "let us sing the most popular worship songs to the Lord." Let every child of God lift her voice to the Lord!

There is nothing wrong with being musically inclined or singing popular songs to God but shouting out to God in song is not limited to those two things. Sometimes, we get caught up in music as entertainment or as a commercial entity and we forget it is actually a gift from God. Whether you love singing or you're not a fan of it at all, never stop lifting your voice to the Lord either in song or spoken words of praise.

Even if it's nothing more than opening your Bible and singing Scripture, God is worthy of your praise today! Lift your voice to Him and allow His presence to fill the very room you're in and to fill your heart.

#### **Daily Challenge**

Worship God today by singing. Turn on some music to sing with, sing some scripture, or write a song. It's not about how you sound, it's about your heart.

Written by Morgan Harper Nichols  
[instagram.com/morganhnicols](https://www.instagram.com/morganhnicols)  
[morganharpernichols.com](https://www.morganharpernichols.com)

## The Binder Co Devotionals October 2018: A Life of Worship

**Saturday, October 27**

*Written by Emily Furda*

*Read Nehemiah 8:10*

What have you learned about worship this week?

Journal, draw, write a poem, or write a prayer about it below.

What kind of day are you having? Maybe you're having a fantastic day or a day you'd rather forget. Things can change in an instant and so can our moods. You can be having the best day, then one social media post ruins it. One minute you're singing along to the radio in the car, and the next a song comes on that reminds you of a past hurt.

This is why we need God's joy that is found when we worship Him. God alone is the one who can carry us through any situation. Even on our best days and best moments, we still need Him. Moments and emotions are fleeting. Both good and bad moments don't last forever. Sometimes we spend our good moments wondering how long it will last, expecting a turn for the worse at any moment. We also spend our bad moments looking for any escape possible.

When we make God the center of our focus and our lives, we can be secure and have joy in any situation. We can celebrate freely in the good moments and have peace in the ones we wish would end because God is with us. Let His presence be your source of strength and joy. You're not meant to do it on your own.

### **Daily Challenge**

Why is strength found in joy that comes from God? Journal your thoughts and listen to "Joy of the Lord" by Rend Collective.

[youtu.be/x3gLeCiMIqI](https://youtu.be/x3gLeCiMIqI)

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](http://emilyfurda.com)

## The Binder Co Devotionals October 2018: A Life of Worship

### **Sunday, October 28**

*Written by Emily Furda*

*Read Psalm 77*

Has your heart ever hurt so much that you wondered if God had completely forgotten you? Maybe you even wondered if God saw you only to punish or hurt you. In today's reading, the psalmist didn't hold back. He let out all of his emotions. He was hurting and wondering where God was. Then, he did something unusual. He stopped and worshipped.

O God, your deeds are extraordinary! What god can compare to our great God?" Psalm 77:13 NET

That's a pretty stark contrast to just a few verses earlier where he wondered if God had forgotten him forever. He made a choice that gave him hope and renewed his spirit. Reminding himself of all the ways God had come through in the past shifted his focus from his current problems to the One who has every solution. With worship, his doubts were silenced, anxiety was stilled, lies were overcome, and his heart was changed.

When it feels as if the world is crashing down or as if God is far away, worship doesn't always come naturally. Worship isn't a feeling, it's a choice. It's takes a daily surrendering of our will to God and remembering the good He has done in the past. When we thank Him for that, it becomes easier to worship no matter what is happening. Our situation may not change, but we will.

#### **Daily Challenge:**

List five ways God has helped you in the past. Write a prayer, poem, or journal about your feelings as you think back over those past experiences.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)

### **Monday, October 29**

*Written by Morgan Harper Nichols*

*Read Psalm 78:15-16*

In today's passage, the psalmist praises God for when He provided water out of a rock for the children of Israel. This is so much more than just words on a page but a joyful account of one of the many wonders that God has already done.

When you're faced with an uphill battle or you're waiting for God to provide, sometimes we can start to take for granted all of the ways He is already providing. We forget to pay attention to the fact that rain still pours from the sky and vegetation still grows from the ground. All around us we can still see God's miraculous handiwork.

We don't have to wait for the big moment to start praising Him for this mighty work. God is working in all things, big and small. So, like the psalmist, we should take the time to praise Him for it all. Did God do something amazing in the life of your parent or grandparent years ago? Praise Him for it! Did He provide for your husband, your child, or your sister? Give thanks for it! Even if it was a while ago, never let God's work fade into a distant memory. As we wait to see what God will do in the future, let us not forget to praise Him today for what He has already done.

#### **Daily Challenge**

Listen to "Do it Again" by Elevation Worship.

[youtu.be/0B\\_InQIITxU](https://youtu.be/0B_InQIITxU)

*Written by Morgan Harper Nichols*

[instagram.com/morganharnichols](https://www.instagram.com/morganharnichols)  
[morganharnichols.com](http://morganharnichols.com)

### **Tuesday, October 30**

*Written by Emily Furda*

*Read Psalm 40:3*

When we think of a worship leader, we often think of someone singing in front of a church directing the worship team making sure everything goes smoothly. While it's important to have someone who can make sure everyone is singing and playing the same song, is that what a worship leader is, or is it something more?

You don't need to be a skilled musician or singer to be a worship leader. You don't even have to stand in front of a crowd. A worship leader is simply someone who leads people in worship, someone who inspires others to want to experience the presence of God in her life in the way she does.

Have you ever looked around during a worship service and seen someone who you can tell is caught up in her worship to God? Maybe she's still and smiling, weeping, or dancing with her hands held high. Seeing her makes you want to have what she has. You may not worship in the same way she does, but it helps encourage you to let yourself get lost in the presence of God. Oftentimes, leaders simply lead by example.

Worship leaders are all around us. She's the woman singing off key but worshipping with all her heart. She's the one cleaning the bathroom in the busy mall not missing a thing because she values the people God created. She's the child twirling around when a worship song comes on the radio. She's also the one handling the delicate balance of making sure everyone on the worship team is singing the same song while making sure to listen to the Holy Spirit, so the congregation is ministered to while they worship together.

Not all of us will stand in front of people with a microphone or an instrument in our hands, but we all can live a life of worship that inspires others to want to know God in the way we do.

#### **Daily Challenge**

What does being a worship leader mean to you? Journal your thoughts about how you can be a worship leader in your everyday life.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)  
[emilyfurda.com](http://emilyfurda.com)



## The Binder Co Devotionals October 2018: A Life of Worship

**Wednesday, October 31**

*Written by Emily Furda*

*Read Hosea 6:6*

What have you learned about worship this month?

Journal, draw, write a poem, or write a prayer about it below.

As we've learned about worship this month, we've seen worship isn't about what we do or say. It's about why we do it. God is after our hearts. On one hand that's easier, but it's also harder. If it was about saying the right prayers, singing the right songs, and serving a specific number of hours, it would be pressure to do everything perfectly so God would accept us. As impossible as it is to attain perfection, some days it's easier to simply go through the motions without giving of ourselves. Worshipping with our whole hearts requires us to give something much more difficult and precious than our actions. The kind of worship God desires requires everything we are.

Like everything else, God doesn't ask something from us because He's on a power trip. He also wants to give us something. Today's verse tells us: I want you to show love, not offer sacrifices. I want you to know me more than I want burnt offerings. Hosea 6:6 NLT

Our almighty, all powerful God, who created the universe, wants you to know Him. He wants a personal relationship with you. He wants to spend time with you just like you'd spend time with a friend. He sees you as an individual. Even in the middle of a crowd of people worshipping Him, He sees you.

When we begin to grasp even a little of how much we mean to God, worshipping Him comes naturally. As we get to know God, we will want to know Him even more, and we get to know Him when we worship. We worship not because God wants to see how much we can give. We worship because God wants us to know Him.

### **Daily Challenge**

Listen to "Life of Praise" by Casting Crowns, [youtu.be/5II-W8VeWSU](https://youtu.be/5II-W8VeWSU) and journal about what living a life of worship means to you.

*Written by Emily Furda*

[instagram.com/emilyfurda](https://www.instagram.com/emilyfurda)

[emilyfurda.com](http://emilyfurda.com)