

WORTHY: A Summer of Adoration

From Wonder to Worship

A 5-Day Devotional Handout from Psalm 104

Psalm 104 teaches us to look through creation and worship the Creator.

Sermon Text: Psalm 104:1-35

Introduction: Sunday's message invited us to recover wonder. Psalm 104 teaches that creation is not scenery but sermon: the world God made displays His glory, depends on His generosity, and directs your soul to worship. This week, slow down, look again, and let daily mercies lead you back to the Creator.

This Week's Journey

| Day | Focus |
|------------------|---|
| Monday | Recover wonder: slow down and notice creation's sermon. |
| Tuesday | Stronger than the storm: entrust chaos to God's sovereignty. |
| Wednesday | Mercy in ordinary places: receive daily provision with gratitude. |
| Thursday | Receive your limits: practice faithful rhythms of work and rest. |
| Friday | Sing while you have breath: let your whole life worship Christ. |

5-7 MINUTES EACH DAY | READ SLOWLY, PRAY HONESTLY, RESPOND PERSONALLY

Day 1 - Monday

Recover Your Wonder

Scripture Reading: Psalm 104:1-9

Reflection: Psalm 104 begins by talking to the soul: “Bless the LORD.” That means worship is sometimes something you must call yourself into. You may not wake up feeling awe. You may wake up rushed, worried, tired, or spiritually numb. But the psalm invites you to open your eyes again. Light, sky, clouds, wind, mountains, and waters are not random background details. They are reminders that the Lord is very great. Creation is not God, but it points you to God. Today, resist the hurry that makes you spiritually blind. Look up from the screen. Notice the sky. Listen to the birds. Feel the breath in your lungs. Let ordinary beauty become a doorway to praise. You do not need a perfect day to worship. You need a seeing heart. Ask God to restore your wonder so your soul can bless Him again today with reverent joy before Him right now.

Application Question: Where has hurry, distraction, or familiarity made you less attentive to God’s glory around you, and what will you intentionally notice today?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 2 - Tuesday

Stronger Than the Storm

Scripture Reading: Mark 4:35-41

Reflection: Psalm 104 shows a God who rules what feels untamable. Waters rise, winds move, clouds travel, and mountains stand, yet none of them are sovereign. The Lord sets boundaries. The storm may roar, but it is not king. That truth matters when your life feels like too much. Anxiety can rush in like floodwaters. Family pressures, health concerns, financial strain, and unfinished responsibilities can make you feel surrounded. But your storm is not larger than God's throne. The same Lord who gives oceans their limits can speak peace to your heart and wisdom to your steps. He may not remove every wave immediately, but He is never overwhelmed by what overwhelms you. Today, begin with God's greatness instead of your fear. Preach this to your soul: the Lord reigns, creation obeys, and my life is held by hands stronger than the storm, even now, through Christ today and forever more.

Application Question: What storm are you measuring too much by its size and too little by God's sovereignty, and how can you entrust it to Him today?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 3 – Wednesday

Mercy in Ordinary Places

Scripture Reading: Psalm 104:10-15

Reflection: Psalm 104 teaches you to see mercy in ordinary places. Springs in valleys, grass for cattle, plants for people, bread for strength, oil for gladness, and wine for joy all come from God's open hand. The psalmist does not say, "Food happens." He says the Lord provides. That changes the way you receive today. A glass of water is not small. A meal is not automatic. A paycheck, a ride, a doctor, a friend, a safe place to sleep, and strength to work are not accidents. They are mercies. Gratitude grows when entitlement dies. Instead of measuring your life only by what is missing, pause and name what God has already given. You may still have needs, and you should bring them honestly to Him. But begin with thanksgiving. The Father who waters valleys has not forgotten you. His hand remains open with goodness for you today in Christ Jesus.

Application Question: What ordinary mercy have you been treating as automatic, and how can you turn it into specific thanksgiving today?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 4 – Thursday

Receive Your Limits

Scripture Reading: Psalm 104:19-23

Reflection: Psalm 104 notices something many busy hearts ignore: God built rhythm into creation. The moon marks seasons. The sun knows when to go down. Animals have their time, and people go out to work until evening. Creation does not apologize for limits. But you may treat limits like enemies. You push past weariness, call exhaustion faithfulness, and carry burdens as if everything depends on you. Psalm 104 gently reminds you that you are a creature, not the Creator. You need sleep, food, stillness, worship, and grace. Rest is not laziness when it is received in faith. It is a confession that God keeps working when you stop. Be faithful in your calling, but do not try to be the Savior. Jesus already is. Today, honor God by receiving the rhythm He gives: work with diligence, rest with trust, and breathe as one held by grace from your Father each day.

Application Question: What limit are you resisting right now, and what would it look like to receive that limit as a gift rather than a threat?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 5 – Friday

Sing While You Have Breath

Scripture Reading: Psalm 104:27-35

Reflection: Psalm 104 ends where it began: “Bless the LORD, O my soul.” After seeing creation’s beauty, provision, order, and dependence, the psalmist makes worship personal: “I will sing to the LORD as long as I live.” Your life is singing something too. Your schedule, desires, spending, habits, words, and private thoughts all carry a tune. The question is whether they bless the Lord. The gospel gives you the deepest reason to sing. The Creator entered His creation. The One who gives breath breathed our air. The One who feeds every creature became hungry. The One who upholds all things carried a cross. Jesus gave His life for sinners and rose to make all things new. So do not merely admire God’s gifts. Come to Christ. Receive His grace. With every borrowed breath, turn wonder into worship and say again, “Bless the Lord, O my soul,” today and always, forever, amen.

Application Question: What is your life currently singing through your habits, priorities, and thoughts, and where is God calling you to turn that song back into worship?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Weekend Reflection

On Saturday, take a slow walk, sit outside, or look quietly through a window and name three ways creation has pointed you back to the Creator this week. Then come to worship ready to bless the Lord with the church—not as a spectator, but as one whose wonder has become worship.

Prayer Notes / Personal Response

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Use this guide personally, with your family, or in a small group as you continue reflecting on Sunday’s message.

Prepared for congregational use and personal reflection.