

WORSHIPING WITH OUR WHOLE SELVES

November 1, 2025

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Matthew 6:1-8

Memory Verse

1 Dear friends, God is good. So I beg you to offer your bodies to him as a living sacrifice, pure and pleasing. That's the most sensible way to serve God.

Romans 12:1



CASEY'S DAY

written by Ron VandenBurg
illustrated by Chad Thompson



What do you do with your body when you pray? Do you fold your hands? Close your eyes? Kneel on the ground? Or maybe you clap, dance, and sing? Did you know all those are wonderful ways to talk to God?

The Bible shows people talking to God in many different ways. Sometimes they kneel and close their eyes as they raise their hands above their heads ([Psalm 95:6](#), [1 Timothy 2:8](#)); sometimes they stand and clap ([Psalm 47:1](#)); sometimes they dance ([2 Samuel 6:14-15](#)).

And prayer isn't the only way to talk to God. Just like you can show your love to your friends by sharing with them, we also communicate with God through our actions, like serving others ([John 13:5-14](#)) or participating in communion and baptism ([Acts 2:38-42](#)).

When we talk to God, we still want to be reverent, which means we want to honor him. For example, if you're dancing, you're not trying to be silly to make everyone else laugh. You focus just on God as if only God is watching. When you're praying, you're not yelling and using big words so that others think you're smart or holy; your prayer is a private conversation with God alone. When you're being reverent, you're thinking only of him.

So this week, when you worship, try to talk to God in a way that honors him, whether kneeling on the ground, folding hands, singing, clapping, lifting your arms in lament, or washing someone else's feet.

Prayer

Dear God, thank you for giving us bodies that move, wriggle, and dance. We love to move them to worship and adore you. Amen.

written by Christina Van Starckenburg

<https://kidscorner.net/devotions/worshipping-with-our-whole-selves>

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