

# Experiencing GOD'S *Wonder*

*An 8-Week Study*



BibleStudyTools

# 1 - How to Experience God's Wonder by Praying and Meditating

Communicating with God through [prayer and meditation](#) is vital to waking up to the wonder of God's work in your life. The more you make time to pray and meditate, the more your awareness of God's constant presence with you will grow. That can lead you to experience awe-inspiring moments anytime and anywhere you connect with God.

Praying and meditating can feel like obligations when you're busy and stressed. But once you prioritize these vital spiritual practices and start enjoying them, you'll see that they're actually opportunities to encounter wonder. Communicating with God can help you transcend even the most challenging circumstances and discover how God is at work in your life.

The process for praying and meditating is simple. [Prayer](#) is talking, while meditation is listening. When you pray, you can talk with God about whatever topic you like. When you meditate, you simply listen to God's messages to you.

# Key Bible Verses about Prayer and Meditation

## Here are key verses about prayer:

“Devote yourselves to prayer, being watchful and thankful.” - [Colossians 4:2](#)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” - [Philippians 4:6](#)

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.” - [Ephesians 6:18](#)

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.” - [1 John 5:14](#)

“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](#)

“Then you will call on me and come and pray to me, and I will listen to you.” - [Jeremiah 29:12](#)

## Here are key verses about meditation:

“Be still, and know that I am God.” – [Psalm 46:10](#)

“I meditate on your precepts and consider your ways.” - [Psalm 119:15](#)

“My eyes stay open through the watches of the night, that I may meditate on your promises.” - [Psalm 119:148](#)

“I remember the days of long ago; I meditate on all your works and consider what your hands have done.” - [Psalm 143:5](#)

“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” - [Joshua 1:8](#)

“May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.” - [Psalm 19:14](#)

## Tips to Help You Pray and Meditate Well

God is always with you, available to engage in a conversation and help you notice the wonder in your life. Use these tips to help you communicate with our wonderful God.:

**Develop consistent prayer and meditation practices.** While you can check in with God anytime and anywhere, you'll build a closer relationship with him by setting aside a regular time and place to pray and meditate every day. Tune out distractions and focus your attention on your relationship with God. Set a daily appointment in your schedule and find a quiet and private space (such as a specific room, a quiet corner, or even a secluded outdoor area) for prayer and meditation. This can help you develop a deeper sense of awareness of God's presence with you.

**Pray with freedom.** Don't worry about following any type of formula when you pray. Feel free to communicate with God in whatever ways work best for you. Be open to guidance from [the Holy Spirit](#). Absolutely any type of format can work for prayer. Simply express your thoughts and feelings honestly and naturally. [You don't need to pray out loud](#) or use formal language when you pray. God will listen to any type of prayer you express. That said, it can be helpful to remember the elements of [the Lord's Prayer](#) – the example Jesus gave us communicating with God – to promote a full conversation with God. You can begin by [praising](#) and [thanking](#) God for who he is and what he has done in your life. Bring requests to

God for yourself and other people, asking him to work out what's best in each of those situations. Seek God's guidance and direction for your life. Confess your sins and ask for forgiveness, as well as help to learn from your mistakes and overcome temptation. Pray for [deliverance from evil](#). Conclude your prayer by expressing trust and surrender to God's will. Let go of any worries and trust that God is in control.

**Meditate with freedom.** Feel free to meditate in whatever ways best help you focus on listening to God. You don't have to sit still or close your eyes when you meditate. If you prefer to meditate while walking, for example, that's fine. Once you've determined the most helpful ways you can pay attention to God, adapt mindfulness meditation basics to those formats. Use your breath as an anchor to [keep your mind focused](#). Take deep, slow breaths and focus on the sensation of the air moving in and out of your body. Select a specific Bible verse or inspiring phrase (such as "I love you, God" or "Wonderful Father, speak to me") to repeat silently to yourself during meditation. Focus on the present experience without judgment or distraction. Simply observe your thoughts, emotions, and sensations without reacting to them. When your mind starts to wander, gently bring your attention back to your breath or chosen Bible verse or phrase. Don't get frustrated or discouraged when distractions arise; simply acknowledge them and let them go. Conclude your meditation with a prayer of gratitude. ■

## *2 - How to Experience God's Wonder by Managing Your Time Well*

Wonderful experiences with God are waiting for you to discover them. But you can easily miss them if you're too busy, exhausted, or distracted to notice God's work around you. That's why it's important to make wonder a high priority in your schedule.

There's much more to life than your daily routines and responsibilities. Don't let the demands of your daily tasks take over your schedule because that feels like the most responsible or practical choice. You'll significantly limit your quality of life if you limit your focus only to your tasks without looking beyond them for greater meaning. Chores and errands aren't enough in themselves to inspire you. Your soul craves wonder, which you can find by [living with purpose](#). Ultimately, it won't matter if you catch up with your laundry or clear your email inbox.

The time you invest in pursuing wonder, however, will grow your relationship with God. That has eternal value. Wonder is neither irresponsible nor impractical to pursue. Wonder may sometimes feel frivolous because it's fun, but it has a serious purpose. Wonder shows you more about God and inspires you to move closer to him. So, choose to manage your time in ways that prioritize wonder. Don't feel guilty about including wonder in your schedule whenever possible. It's well worth [making time](#) for wonder every day!

## Key Bible Verses about Managing Your Time Well

“Teach us to number our days, that we may gain a heart of wisdom.” – Psalm 90:12

“And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed.” – Romans 13:11

“This is the day the Lord has made; let’s rejoice and be glad in it.” – Psalm 118:24

“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.” – Ecclesiastes 3:11

“Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.” – Ephesians 5:15-17

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” – Matthew 6:33-34



“Show me, Lord, my life’s end and the number of my days; let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before you. Everyone is but a breath, even those who seem secure.” – [Psalm 39:4-5](#)

“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” – [Jeremiah 29:11](#)

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” – [Galatians 6:9](#)

“The world and its desires pass away, but whoever does the will of God lives forever.” – [1 John 2:17](#)

“There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to [love](#) and a time to hate, a time for war and a time for peace.” – [Ecclesiastes 3:1-8](#)

## Tips to Help You Manage Your Time Well

Make more time to enjoy wonder in your life. Use these tips to help you manage your time well:

**Pay attention to the present.** Each moment you live is a simple yet profound gift from God. As much as possible, stop multitasking and focus on just one task at a time. Whenever you're communicating with God or other people, [be fully present](#) in the conversations.

**Welcome schedule interruptions for divine appointments.** Don't hesitate to interrupt your plans when you sense God surprising you with an opportunity to [help someone in need](#). If you choose to see interruptions as opportunities rather than as inconveniences, you can start noticing all the wonder that God brings into your life unexpectedly.

**Live in sync with natural rhythms.** Pay attention to the natural time periods that God has set for our lives. Celebrate [a weekly Sabbath day](#) of rest and [worship](#). [Enjoy nature](#) during the four seasons: spring, summer, fall, and winter.

**Relieve stress with wonder breaks.** Make time for wonder breaks – time devoted to the purpose of seeking wonder – in your schedule regularly. For example, take a wonder walk to search for something that inspires you. The transcendent moments you'll discover on wonder breaks will expand your perspective in ways that relieve stress and time pressure for you. ■

## 3 - How to Experience God's Wonder by Waking Up Your Senses

It's essential to bring your God-given senses to life so you can notice the wonder happening around you. You can use all your physical senses – vision, sound, smell, taste, and touch – as tools for accessing wonder that enriches you spiritually. The more you integrate the spiritual and physical aspects of your sensory experiences, the more you can discover and appreciate wonder.

If, like many people, you've become desensitized by behaviors that temporarily relieve stress but numb your senses, work to change your lifestyle. Common numbing behaviors include everything from bad habits such as constant busyness, overeating, shopping too much, and watching excessive television to [addictions](#) like pornography, [alcohol](#), and gambling. Make a plan, with God's help, to stop doing anything that numbs you emotionally. Instead of turning to something that numbs you when you feel stressed, open your heart to God and ask for his help and [peace of mind](#). The less you numb yourself, the more sensitive you can become to wonder.

Then look for opportunities to engage your senses every day as much as possible. As you pay attention to your physical senses, you'll find spiritual insights that lead you to wonder.

## Key Bible Verses about Waking Up Your Senses

“That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched – this we proclaim concerning the Word of life.” – [1 John 1:1](#)

“Ears that hear and eyes that see – the LORD has made them both.” – [Proverbs 20:12](#)

“The eye is the lamp of the body. So if your eye is healthy, your whole body will be full of [light](#). But if your eye is unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” – [Matthew 6:22-23](#)

“Blessed are the pure in heart, for they will see God.” – [Matthew 5:8](#)

“He who has ears to hear, let him hear.” – [Matthew 11:15](#)

“My sheep hear my voice; I know them, and they follow me.” – [John 10:27](#)

“For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing.” – [2 Corinthians 2:15](#)

“Taste and see that the Lord is good; blessed is the one who takes refuge in him.” – [Psalm 34:8](#)

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.” – [Matthew 5:13](#)

“A man with leprosy came and knelt before him and said, ‘Lord, if you are willing, you can make me clean.’ [Jesus](#) reached out his hand and touched the man. ‘I am willing,’ he said. ‘Be clean!’ Immediately he was cleansed of his leprosy.” – [Matthew 8:2-3](#)

“And wherever he went – into villages, towns or countryside – they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.” – [Mark 6:56](#)

## Tips to Help You Wake Up Your Senses

Wonder is waiting for you everywhere. Use these tips to help you wake up your senses.:

**Wake up your sense of vision.** Go to a busy public place and watch people for a while. See how much interesting information you can learn just by watching them. Visit a local park and capture your impressions of the natural scenes there. Take photos or draw what you see that inspires you. Visit an art gallery with a friend and discuss each other's observations of the artwork.

**Wake up your sense of sound.** Sit outside and close your eyes. Listen to sounds and make note of the different kinds – from traffic noises to bird calls. Enjoy a wide variety of [music](#) genres (rock, jazz, country, classical, etc.) rather than sticking just with your favorite type of music. As you listen, see if you can identify each of the different musical instruments in each song. Before you go to sleep, when your mind is relaxed, notice which sounds you hadn't noticed before.

**Wake up your sense of smell.** Enjoy a meal with family and friends. While you're eating, discuss the aromas of the food and why those aromas are appealing. Spend some time in a candle store sniffing the many different varieties of candles there. Which ones do you like the most? Which ones do you dislike? What memories do the scents trigger in your mind? Take a walk outside right after it rains, when the

air is freshly clean. Pay attention to the various odors you smell and consider how those scents make you feel.

**Wake up your sense of taste.** Each time you buy groceries, buy a kind of food or drink you've never tasted. Whenever you discover something you like, buy more and share it with your family. Eat out at different types of ethnic restaurants. Learn about various cultures around the world by eating their cuisine. Cook some new [meal](#) recipes regularly to enjoy for breakfast, lunch, and dinner.

**Wake up your sense of touch.** Hold hands with someone you love for at least a few minutes (perhaps while taking a walk together). Then discuss how loving touch broke down barriers between you and gave you a fresh appreciation for each other. Enjoy some uninterrupted time petting an animal and savoring the pure unconditional love that animal gives you through a sense of touch. Spend some time walking barefoot through your home. Pay attention to the sensations you feel as you do so – from soft, bumpy carpet to cold, smooth floors. ■

## 4 - How to Experience God's Wonder by Enjoying Nature

Spending time in nature immerses you into an environment that God has created for your good. Nature reminds you that you have a wise and loving Creator who sustains all of creation – including you – in powerful ways. Immersed in nature, you can feel God's presence and discover the wonder of his work easily.

Every part of nature can reveal something awe-inspiring to you about God's character. That's because every part of nature displays evidence of God's work. While you can't see God's spirit physically in our earthly dimension, you can [see God's qualities reflected in nature](#). [Romans 1:20](#) declares: "For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse."

Nature enlarges your perspective beyond the temporary concerns of your day-to-day life. Its wild beauty can resonate deep in your soul as it reminds you that a powerful Creator cares for you. Simply going outdoors in any natural setting can strengthen your awareness of God's presence. Whether you're walking through woods, stargazing, swimming at a beach, or enjoying flowers in a garden, God will meet you there.



## Key Bible Verses about Enjoying Nature

“The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of [joy](#).” - [Psalm 65:8-9](#)

“God saw all that he had made, and it was very good. And there was evening, and there was morning – the sixth day.” – [Genesis 1:31](#)

“Listen to this, Job; stop and consider God’s wonders. Do you know how God controls the clouds and makes his lightning flash? Do you know how the clouds hang poised, those wonders of him who has perfect knowledge?” – [Job 37:14-16](#)

“The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day, they pour forth speech; night after night, they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun.” – [Psalm 19:1-4](#)

“How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number – living things both large and small.” – [Psalm 104:24-25](#)

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform

you. Which of all these does not know that the hand of the Lord has done this? [In his hand is the life of every creature](#) and the breath of all mankind.” – [Job 12:7-10](#)

“You will go out in joy and be led forth in peace; the [mountains and hills](#) will burst into song before you, and all the trees of the field will clap their hands.” – [Isaiah 55:12](#)

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.” – [Matthew 6:28-29](#)

“When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?” – [Psalm 8:3-4](#)

“Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.” – [Psalm 96:11-12](#)

“Praise the Lord from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding, you mountains and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds...” – [Psalm 148:7-10](#)



## Tips to Help You Discover Wonder in Nature

Anytime and anywhere you step outside, you can find God's wonder through nature. Use these tips to help you discover wonder in nature.:

**Visit different types of natural landscapes.** As often as possible, plan to visit diverse kinds of natural settings: forests, deserts, prairies, mountains, oceans, lakes, and more. Plan to visit in all four seasons, at both day and night, in a variety of places. Explore your local area, and take trips to explore other regions when you can. The more you explore, the more you can learn about distinctive wonders God has created around the world.

**Incorporate nature into your conversations with God.** Go outside in nature to communicate with God. When you can, plan to [pray and meditate](#) in nature. That can be as simple as enjoying devotional time in your backyard, or going on a nature [walk with God](#) in a local park.

**Learn more about God's qualities from nature's qualities.** Pay attention to specific aspects of nature – such as the sun, water, rocks, trees, and flowers – and consider how they each reflect God's glory. As you consider what those parts of God's creation can teach you about God, you'll naturally be inspired with awe. Let the awe you feel motivate you to [worship God](#) and care for creation well. ■

## *5 - How to Experience God's Wonder through Lifelong Learning*

When was the last time you learned something that ignited a spark of wonder within you? What is something else you've been wondering, and why would you like to learn about it?

God is constantly bringing new learning opportunities into our lives. Opening your mind and heart to learning something new will connect you with wonder, since awe and learning are connected. Whenever you pay attention to your need for wonder – like children do – that will help motivate you to pursue learning every day you're alive.

Jesus, who people often called “Rabboni” (master teacher) during his earthly life, invites us all to learn from him. He says in [Matthew 11:29](#): “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Everything you learn from God will open your mind to the wonder of his work in your life.

## Key Bible Verses about Learning

“If any of you lacks [wisdom](#), you should ask God, who gives generously to all without finding fault, and it will be given to you.” – [James 1:5](#)

“But the Advocate, [the Holy Spirit](#), whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” – [John 14:26](#)

“For the Lord gives wisdom; from his mouth come knowledge and understanding.”  
– [Proverbs 2:6](#)

“Let the wise listen and add to their learning, and let the discerning get guidance.”  
– [Proverbs 1:5](#)

“The heart of the discerning acquires knowledge, for the ears of the wise seek it out.” – [Proverbs 18:15](#)

“Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips.” – [Proverbs 22:17-18](#)

“Apply your heart to instruction and your ears to words of knowledge.” – [Proverbs 23:12](#)

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.” – [2 Timothy 2:15](#)

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.” – [2 Timothy 3:16-17](#)

“Instruct the wise and they will be wiser still; teach the [righteous](#) and they will add to their learning.” – [Proverbs 9:9](#)

“Teach me knowledge and good judgment, for I trust your commands.” – [Psalm 119:66](#)

“Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my [hope](#) is in you all day long.” – [Psalm 25:4-5](#)

“Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.” – [Psalm 86:11](#)

“Wisdom’s instruction is to [fear the Lord](#), and humility comes before honor.” – [Proverbs 15:33](#)

“All your children will be taught by the Lord, and great will be their [peace](#).” – [Isaiah 54:13](#)




## Tips to Help You Discover Wonder through Lifelong Learning

God has something wonderful for you to learn every day. Use these tips to become a lifelong learner and experience God's wonder along the way.:

**Let go of attitudes that block learning.** What attitudes are currently blocking you from taking advantage of the learning opportunities God brings into your life? Are you stuck in routines that limit how many new experiences you include in your schedule? Are you avoiding risks you need to take to learn, because you're afraid of what might happen if you took those risks? Are you so tired you're not putting much energy into learning what interests you? No matter what obstacles you face, you can rely on God to help you overcome them and become a lifelong learner.

**Engage your curiosity by reading and engaging in conversations more.** Both reading and talking with people are powerful ways to learn, and both are also habits that are easy to incorporate into your life. Reading books, articles, and more on topics that interest you can expand your mind with new knowledge. Starting conversations with the people you know can lead to all sorts of fascinating discussions – and the more you ask questions and listen, the more you can learn.

**Travel more.** Every trip you take can enrich your soul with wonder you couldn't experience at home. Traveling doesn't have to be expensive or time-consuming. Even simple trips to nearby places can teach you something that helps you experience God's wonder. As Saint Augustine said, "The world is a book and those who do not travel read only one page."

**Pay attention to your dreams.** Through [dreams](#), you can access wonder through learning even while you're asleep. Dreaming helps you connect with God's wonder beyond the time and space boundaries you live in when you're awake. When you're dreaming, any distractions that may have blocked you from noticing wonder during the day clear out of your mind, and your subconscious thoughts and feelings surface. You can then be fully receptive to whatever messages God sends you through your dreams. The Holy Spirit is always at work renewing your mind through your dreams. You can discover all sorts of wonder from God through dreams, including creative inspiration, guidance for solving problems, healing from pain, warning about issues that need attention, and encouragement that brings you peace or confidence. 



## 6 - *How to Experience God's Wonder by Renewing Your Mind*

The mind God has given you is a treasure. So, it's vital to take good care of your mind. If you do, you'll be able to perceive the wonder of God's work in your life clearly.

Your thoughts lead to your attitudes, which lead to your actions, which then shape your entire life in either positive or negative ways. Therefore, it's important to choose positive thoughts that lead you to reach your full potential. You're bound to encounter negativity every day in our fallen world. But you have help from God himself available to renew your mind day by day. [The Holy Spirit](#) is ready to help you renew your mind in any situation.

When you renew your mind, you can understand God's will, which reveals the wonder of God at work. [Romans 12:2](#) exhorts: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will." As you cooperate with the [Holy Spirit](#) to renew your mind, you'll develop nine distinct positive attitudes that the Bible calls "the [fruit of the Spirit](#)" in [Galatians 5:22-23](#). Each of those fruit of the Spirit can lead you to wonder by showing you more about what God is doing in your life and the world around you.

## Key Bible Verses about Renewing Your Mind

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing, and perfect will.” – [Romans 12:2](#)

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” – [Galatians 5:22-23](#)

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” – [Philippians 4:8](#)

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” – [2 Corinthians 10:5](#)

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” – [Ephesians 4:22-24](#)

“Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.” – [Colossians 3:10](#)

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” – [Romans 8:5-6](#)

“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.” – [1 Peter 1:13](#)

“In your relationships with one another, have the same mindset as Christ Jesus.” – [Philippians 2:5](#)

“May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had,” – [Romans 15:5](#)

“... But we have [the mind of Christ.](#)” – [1 Corinthians 2:16](#)

“You will keep in perfect peace those whose minds are steadfast because they trust in you.” – [Isaiah 26:3](#)

## Tips to Help You Discover Wonder by Renewing Your Mind

The Holy Spirit will transform you as you renew your mind, empowering you to experience God's wonder more. Use these tips to renew your mind with the Holy Spirit's help:

**Start a regular habit of praying for mind renewal.** Every day, ask the Holy Spirit to renew your mind so you can [grow in holiness](#) by developing the fruit of the Spirit. Whenever you find yourself dwelling on negative thoughts, pray in those moments for help transforming how you think. Ask for God's guidance so you can see each situation in your life clearly and notice how God is at work. Let that knowledge inspire you with awe!

**Pursue love.** Rely on the Holy Spirit to help you love God, yourself, and other people more, and to [put love in action](#).

**Pursue joy.** Rely on the Holy Spirit to help you increase your awareness of God's presence with you so you [experience joy in all circumstances](#).

**Pursue peace.** Rely on the Holy Spirit to help you discover the [peace of mind](#) that only Jesus can give you.

**Pursue patience.** Rely on the Holy Spirit to help you [be more patient](#) and avoid rushing past the wonder God wants you to notice.


**Pursue kindness.** Rely on the Holy Spirit to help you be more kind – not just through random [acts of kindness](#), but by intentionally choosing kind words and actions every day.

**Pursue goodness.** Rely on the Holy Spirit to help you make good choices by [seeking God's wisdom](#) and acting on that guidance by applying it to your life.

**Pursue faithfulness.** Rely on the Holy Spirit to help you be as [faithful](#) as you can in your relationships with God and other people.

**Pursue gentleness.** Rely on the Holy Spirit to help you [speak and act with gentleness](#), which is a sign of spiritual strength and spreads God's love.

**Pursue self-control.** Rely on the Holy Spirit to help you control your thoughts to keep your thinking healthy and aligned with God's will.

Learn more in my book [Wake Up to Wonder](#) about how renewing your mind with the Holy Spirit's help can lead you to experience God's wonder. 

## 7 - *How to Experience God's Wonder by Exploring Mysteries*

**Mysteries** can lead you to God's wonder if you allow them to expand your perspective. You may be both attracted to mysteries and repelled by them. It can be intriguing to encounter mysteries you don't understand and want to learn more about, yet it can also be scary or threatening to deal with the unknown. People sometimes ignore mysteries rather than risk the mess of having them challenge their worldviews. However, if you approach mysteries with courage, they can point you toward God's wonder. Mysteries call you to step out of your comfort zone and dance with your doubts and faith toward what may be something wonderful!

So, don't hesitate to explore the mysteries that spark your curiosity – whether they're public events (like [reports of miracles](#) or [UFO appearances](#)) or personal experiences (such as a possible sign from God or [a dream about a loved one in heaven](#)). Genuine and positive mysteries help you notice God's messages and discover the wonder of his work. Mysteries can inspire you with awe for God, who is beyond all limits and the source of all wonder. You invite God to turn mysteries into miracles in your life when you approach them with faith.

## Key Bible Verses about Mysteries

“Daniel replied, ‘No wise man, enchanter, magician or diviner can explain to the king the mystery he has asked about, but there is a God in heaven who reveals mysteries’...”. – [Daniel 2:27-28](#)

“No, we declare [God’s wisdom](#), a mystery that has been hidden and that God destined for our glory before time began.” – [1 Corinthians 2:7](#)

“My goal is that they may be encouraged in heart and united in [love](#), so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, in whom are hidden all the treasures of wisdom and knowledge.” – [Colossians 2:2-3](#)

“Now to him who is able to establish you in accordance with my gospel, the message I proclaim about Jesus Christ, in keeping with the revelation of the mystery hidden for long ages past, but now revealed and made known through the prophetic writings by the command of the eternal God...” – [Romans 16:25-26](#)

“He made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment – to bring unity to all things in heaven and on earth under Christ.” – [Ephesians 1:9-10](#)

“In reading this, then, you will be able to understand my insight into the mystery of Christ, which was not made known to people in other generations as it has now been revealed by the Spirit to God’s holy apostles and prophets.”

– [Ephesians 3:4-5](#)

“The mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord’s people. To them God has chosen to make known among the [Gentiles](#) the glorious riches of this mystery, which is Christ in you, the hope of glory.” – [Colossians 1:26-27](#)

“But in the days when the seventh [angel](#) is about to sound his trumpet, the mystery of God will be accomplished, just as he announced to his servants the prophets.”

– [Revelation 10:7](#)



## Tips to Help You Discover Wonder by Exploring Mysteries

You can welcome wonder into your life by opening your mind to mysteries. Use these tips to help you explore mysteries and discover wonder in the process:


**Go beyond limits.** Be willing to explore beyond the limits of what you know, what you understand, and what you think is possible. Let mysteries challenge you to expand your worldview, opening doors for you to discover something new and awe-inspiring about God.

**Explore public mysteries.** Let public mysteries – such as UFO sightings, reports of miracles, and crop circles – spark your curiosity to learn more about them. Don't hesitate to discuss mysteries with others. Learn from each other's perspectives as you all consider something mysterious that goes beyond your individual opinions. Pray about mysteries in the news, asking God to show you what he wants you to learn from them that can strengthen your faith.

**Explore personal mysteries.** God may sometimes send mysterious signs and wonders into your life to encourage you and strengthen your faith. For example, God may answer your [prayer](#) about something by sending you a message in a dream about it. You can [interpret that dream message](#) to discover its meaning with the Holy Spirit's help. Whenever you experience a personal mystery that seems to be from God, don't be afraid to prayerfully explore it.

**Investigate mysteries wisely.** Keep your mind open when you're investigating mysteries, but also follow [the Holy Spirit's guidance](#) to respond with wisdom. Guard yourself against deception by evaluating the mysteries you encounter according to the advice in [1 John 4:1-3](#): "Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God..."

**Let mysteries from God strengthen your faith in him.** The faith you express in response to mysteries will help you build a closer relationship with God, which will help you perceive more of the wonder of his work.

Learn more in my book [Wake Up to Wonder](#) about how exploring mysteries can lead you to God's wonder. 

## *8 - How to Experience God's Wonder by Enjoying Worship*

Worship is a lifestyle you can enjoy anytime and anywhere. Approaching worship as a lifestyle will bring you into contact with wonder on a regular basis, as your worship connects you with God, the ultimate source of wonder.

The [connection between worship and wonder](#) is strong. When you encounter God's wonder, you'll naturally be inspired to celebrate God by worshiping him. Choosing to worship also leads you to experience wonder during the process of worshiping. So, worship and wonder fuel each other in a powerful cycle of inspiration.

## Key Bible Verses about Worship

“Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.” – [Psalm 95:6-7](#)

“Come and see what God has done, his awesome deeds for mankind!” – [Psalm 66:5](#)

“Who among the gods is like you, Lord? Who is like you – majestic in holiness, awesome in glory, working wonders?” – [Exodus 15:11](#)

“Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” – [Psalm 100:2-4](#)

“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.” – [John 4:23-24](#)

“They speak of the glorious splendor of your majesty – and I will meditate on your wonderful works.” – [Psalm 145:5](#)

“For great is the Lord and most worthy of praise; [he is to be feared](#) above all gods.” – [Psalm 96:4](#)

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” – [Psalm 139:14](#)

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.” – [Romans 12:1](#)

“Therefore, since we are receiving a kingdom that cannot be shaken, let us [be thankful](#), and so worship God acceptably with [reverence](#) and awe, for our ‘God is a consuming fire.’” – [Hebrews 12:28-29](#)

“Let everything that has breath praise the Lord. Praise the Lord!” – [Psalm 150:6](#)

“In a loud voice they were saying: ‘Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!’ Then I heard [every creature](#) in heaven and on earth and under the earth and on the sea, and all that is in them, saying: ‘To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!’” – [Revelation 5:12-13](#)

## Tips to Help You Discover Wonder by Enjoying Worship

Worship connects you with God, who is the source of all wonder. Use these tips to help you experience God's wonder as you worship:

**Focus on God's presence.** Seek to become more aware of [God's presence with you](#) while you worship. Get rid of any other motives for worshiping (such as stress relief, entertainment, trying to convince God to give you what you want, or trying to impress others who are watching you). Approach God with pure motives, a clear mind, and an open heart.

**Worship in spirit and truth.** Engage your emotions in loving communication with God while focusing your thoughts on the truth about who God is. Don't worry about the style of the worship service. Instead, aim to simply encounter God and respond to his love.

**Express gratitude.** God is constantly pouring blessings into your life – even during challenging circumstances. When you express gratitude for those blessings, you open doors for wonder to flow into your life. The Latin word “gratus” is the root of both the words “gratitude” and “grace” in English. You become full of grace when you choose to be grateful. In a state of gratitude, you can perceive the wonder of God's work around you. What are you especially grateful for right now? Mention

those specific blessings in [prayer](#). Consider creating some rituals to celebrate evidence of God's wondrous work in your life every day, such as writing a daily list of what you're thankful for in a gratitude journal or discussing daily blessings with your family members at dinner together.

**Give God praise.** When you worship God through praise, God meets with you, and you feel awe from the wonder of noticing his presence. [Psalm 22:3](#) declares that God inhabits the praises of his people. So, praise is a powerful way to welcome God and experience his wonder. God is worthy of your praise in any circumstances, because he is always there for you, offering love and wisdom.

**Worship together in community.** It's important to worship together with other believers, because God has designed us all to be connected to him and each other in bonds of love. [Revelation 7:9](#) mentions worship in heaven includes "a great multitude no one could count, from every nation, tribe, people and language." When you worship in community here on earth, you're preparing your soul to worship one day with the great multitude of believers standing before God's heavenly throne. ■