

Spiritual Disciplines #2 - Worship

February 2, 2014

Romans 12:1-2, Psalm 95

Going further...

1. The root meaning of the English word worship is ‘to ascribe worth to’
 - a. What does it mean to ascribe worth to God?
2. In the first two of the Ten Commandments God declares that He is the only being worthy of being worshipped as the ultimate object of our worship.
 - a. What about God’s character and nature make this true?
 - b. What about what God has done makes this true?
3. In Romans 12:1 Paul calls offering our bodies to God as living sacrifices as the true way to worship God.
 - a. What does this say about how God calls you to worship Him in corporate worship services?
 - b. What does this say about how God calls you to worship Him through the week?
4. What do you do to remind yourself before coming to a worship service that what you are about to participate in is about God, and not about yourself?
 - a. Where are you most tempted to make or require worship services to suit yourself?
 - b. How can you help yourself to focus on God and make Him the spectator to your worship services?

Scripture Memorization:

Romans 12:1-2

Worship - February

We should recognize a difference between worship and the spiritual discipline of worship. Our whole lives, every act, every attitude, every thought is to be worship, a response to the greatness and goodness of God. The spiritual discipline of worship is primarily about our times of gathering together with our faith family.

Corporate worship should be a highlight of our schedule, something we look forward to as an opportunity for God to renew our confidence in Him and to regain His perspective. Too often, or too easily, our corporate worship can feel like a burden, or even worse we can approach or leave corporate worship with a feeling of boredom. Do you feel refreshed and renewed after worshipping with your church family? If you don’t, at least on a consistent basis, the discipline of worship may be something of great value for you to consider practicing.

There are many things that we can allow to rob us of the joy of worshipping together: irritation with another person, dislike of the music or style of worship, approaching worship with a selfish attitude requiring others to bring something that suits you, or even worse that you require to be entertained. It can also easily happen from approaching worship as “another thing to do” in a busy schedule.

The reality is that life happens to all of us, and we need worship to help us keep our view of ourselves and our circumstances in line with God’s view of our life. Worship should

give us opportunities to praise God, and to mourn the difficult things in our lives or world. Worship draws our minds and hearts to the God who loves us dearly and has a purpose and mission for our lives no matter what circumstances we find ourselves in.

We can consider worship a discipline because it is not always easy to make the choice to even gather together. And when we do gather, it can be difficult to make the choice to look to God, rather than looking for ourselves. Worship is meant to give us the opportunity, in the presence of our brothers and sisters, to respond to the God who has made us family together by His doing.

On the other side of the page you will find activities to hopefully enhance your ability and desire to worship God, and to receive what He is looking to give you.

Activities for anyone:

- If you are someone who finds it easy to make excuses not to gather with others in worship, make a commitment to attend church every week for this month.
- Listen to worship music that is a different genre or style than what you are used to or prefer. Perhaps you will need to ask a brother or sister for a CD to borrow. Learn the songs, sing along and see what God is saying to you.
- What image of Jesus are you most comfortable with... King/Lord or friend/brother? Focus your reflections for the next week on the other image and journal your thoughts as you do this.
- Look at the whole of your life. What areas are unhealthy? What areas display God's goodness the clearest? How do these areas affect your worship?
- At your next worship service imagine that God is sitting next to you. How does that change your attitude about being there or your level of participation?
- Two of the biggest challenges to our worship of God are money and time. Take out your chequebook and your calendar/daytimer. How are these reflecting and/or hindering your worship of God?
- When you come to a worship service what are you expecting to happen? Try coming to the next worship service fully expecting God to do something to bring health to your life in some measure. Afterwards, reflect on how this expectation helped or hindered your worship.
- When you come to worship, are you busy before, after, or even during the service? Find one week this month, at least, to just worship. If you can't, reflect on whether or not you are putting service before worship. (They are not necessarily the same thing.)

Practices to do with children:

- Experiment as a family with what you wear to church. Talk about how that did or did not impact your ability or desire to worship.
- Consider having your child with you for an entire service. Afterwards, talk about every part of the service to see how they were or were not able to participate in each element.
- Look at your family's schedule. Is there a day where you rest together as a family, at least for a few hours together? If not, talk as a family how you could make that happen.