

1. **Def of worship:** Psalm 95:6 “Come, let us bow down in worship, let us kneel before the LORD our Maker.” John 4:23-24 “But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.”

Shachah—“to bow down.” Proskyne—“to bow with respect and devotion”

“Worship is assigning worth and value to someone/thing, and then out of respect, gratitude, affection, devotion, or fear; bowing one’s life before that someone or something.”

1. What are the prerequisites for truly worshipping God?

First, we must be **born again**. “No one knows the things of God except the Spirit of God” (1 Corinthians 2:11b).

Second, worshipping in spirit requires a **mind centered on God and renewed by Truth**. Paul exhorts us to “present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind” (Romans 12:1b, 2b).

Third, we can only worship in spirit by having a **pure heart, open and repentant**. “the sacrifices of God are a broken spirit; a broken and contrite heart” (Psalm 51:17). Praise and worship toward God cannot come from hearts filled with unconfessed sin.

2. Why does God command us to worship Him?

1. Fitting—Worship Me isn’t vain; it’s right. Psalm 19:1; Job 38; 1st commandment
Something wrong with not saying thanks to a wonderful blessing!

2. Fulfilling—It is for our benefit. When we praise God we...

A) Find our satisfaction and joy. “You make known to me the path of life; in your presence there is **fullness of joy**; at your right hand are pleasures forevermore.” Psalm 16:11

B) Get healed—spiritually, emotionally, physically. “*And I, if I be lifted up from the earth, will **draw all men unto me**.*” John 12:32 “*But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we **are healed**.*” Isaiah 53:5

3. **How do we engage in this practice of worship?** To replace the “old w/ the new”?

A) The Psalms:

Bowing down before God; (95:6); Seeking His face (Psalm 105:3-4; Waiting for the Lord (Psalm 33: 20:21); Dwelling in His house (Psalm 27:4); Lifting Hands (Psalms 134; 2); Shouting to Him (Psalm 47:1); Singing to Him (PS 104:33).

B) The book of Romans 12: “*Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of **worship**. “And do not be conformed to this world, but be transformed by the **renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect.*”

C) Different personalities/relational styles—different ways of connecting w/God:

- 1) Naturalists: those who feel inspired to love God when they are out of doors in natural settings.
- 2) Sensates: inspired to love God through art and music, even incense helps
- 3) Ascetics: quiet solitude and simplicity—opposite of a noisy time ☺ !
- 4) Activists: confronting evil and battling injustice in our society
- 5) Caregivers: loving and encouraging others, meeting their needs
- 6) Traditionalists: enjoying rituals, liturgy, symbols, and unchanging structures
- 7) Enthusiasts; expressive celebration—dancing, clapping, jumping, running, kneeling, etc (as mentioned in the Psalms earlier)
- 8) Contemplatives: love God through peaceful adoration
- 9) Intellectuals: studying with their mind; investigative research
- 10) Other?

Questions:

- 1) Describe worship in your own words based on the definition above.
- 2) What is the relationship between worship and service? Why is this important?
- 3) In which way(s) do you prefer to engage in worship as listed above? In what ways are you growing in your worship experience?
- 4) How did God’s truth speak to you this morning from His Word to your heart?
- 5). What adjustments do you need to make in your life as a result of this truth?