

1. **Def of worship:** “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.” Original word—“Worship”

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, worshiping in spirit requires a **mind centered on God and renewed by His truth**. Third, we can only worship in spirit by having a **pure heart, being open and repentant**.

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”?

- 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?

“This is what the Sovereign Lord the Holy One of Israel, says: In repentance and rest is your salvation, in **quietness and trust is your strength.**”

Solitude from each of the four Gospels:

- “After he had dismissed them, he went up on a mountainside **by himself** to pray. Later that night, he was there alone” (Matthew 14:23).
- “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed” (Mark 1:35).
- “Once when Jesus was praying **in private** and his disciples were with him, he asked them, ‘Who do the crowds say I am?’” (Luke 9:18).
- “Jesus, knowing that they intended to come and make him king by force, **withdrew again** to a mountain **by himself**” (John 6:15).

Solitude: Not just being alone, but being alone **with God**.

1. Why is this important?

Reason #1: Solitude is **preparatory**. Time alone with God strengthens us for upcoming ministry or life challenges. Matt 4:1-2; 18-25

Reason #2: Solitude is **revealing**. Time alone with God helps us see that God loves us unconditionally no matter how we’ve failed, he loves us and is on our side, helping us to stand up again and keep going. “*There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*” Romans 8:1

Reason #3: Solitude is **restorative**. Time alone with God helps us regain our bearings when we’re tired or confused, when we have forgotten who and whose we really are. By withdrawing, we can tune out all the other voices and hear the one voice that matters most. We learn to live for who we can’t lose. Read I Kings 19:1-4; 9-13

2. What Does the Bible Tells Us About Silence?

Silence is the absence of noise and commotion. To “practice the discipline of silence” is to consciously withdraw from the ruckus of television, music, conversation, podcasts, social media, minor “emergencies” at work or home, etc. The discipline of silence is making the deliberate choice to enter into the quiet. Once there, instead of filling time and space with words, we listen attentively. We do so because as Solomon wisely noted, there is a “time to be quiet and a time to speak” (Ecclesiastes 3:7)

Spiritual Disciplines: Bible Reading and Study

11/22/2020

I. BIBLE: “the owner’s manual for life,” “letters from home,” “the story of God.”
Basic Instructions Before Leaving Earth = B.I.B.L.E.

God’s Word touts itself as an indispensable, life-saving, life-changing, life enhancing revelation from God (2 Timothy 3:16–17; 2 Peter 1:20–21). To help us grasp all that, it likens itself to:

- bread (John 6:51)—necessary for life
- meat (Hebrews 5:12–14)—able to sustain and nourish mature believers
- gold and silver (Psalm 12:6; 19:10)—with profound truth making us spiritually wealthy beyond our wildest dreams
- milk (1 Peter 2:2)—full of simple truths to help “baby believers” grow
- a fire (Jeremiah 20:9; Luke 24:32)— uncontainable, able to consume what is dead
- a mirror (James 1:23–25)—able to show us what we truly look like inside and out
- a hammer (Jeremiah 23:29)—able to penetrate through hard heads and shatter hard hearts
- seed (Matthew 13:18–23)—able to grow and bear fruit when it takes root in our lives
- honey (Psalm 19:10)—delighting to our senses
- a sword (Ephesians 6:17; Hebrews 4:12)—our best weapon in fighting spiritual battles
- a lamp (Psalm 119:105)—lighting our way in a world that has been darkened by sin and evil
- water (Ephesians 5:25–27)—able to wash us and make us pure

II. How should we read the Bible? Three step approach:

1) Observe the word of God—What does it say?

- a. Pray. Read. Question. Write.
- b. Devotionally. Expectantly. Comprehensively. Regularly. Obediently.

2) Interpret the word of God—What does it mean? Mark 8:22-26

22 When they arrived at Bethsaida, some people brought a blind man to Jesus, and they begged him to touch the man and heal him.

23 Jesus took the blind man by the hand and led him out of the village. Then, spitting on the man’s eyes, he laid his hands on him and asked, “Can you see anything now?”

24 The man looked around. “Yes,” he said, “I see people, but I can’t see them very clearly. They look like trees walking around.”

25 Then Jesus placed his hands on the man’s eyes again, and his eyes were opened. His sight was completely restored, and he could see everything clearly.

26 Jesus sent him away, saying, “Don’t go back into the village on your way home.”

Ask and answer a lot of questions. Use of all scripture. Context is king. Commentaries.

3) Apply the word of God—What does it mean to me?

Is there an overt command here to obey?

Is there a promise to claim?

Is there a new truth about God in which I can trust?

Is there a sin to avoid?

Is there a behavior to renounce?

Is there an attitude to embrace?

Is there an example to follow?

Is there a prayer to express?

What do I need to stop doing, start doing, or do better?

Praise the LORD. Blessed are those who fear the LORD, who find great delight in **his commands**. Psalm 112:1

David would say, "Your **word** is a lamp to my feet and a light to my path."
Psalm 119:105

Joshua would say, "This **Book of the Law** shall not depart from your mouth, but you shall meditate on it **day and night**, so that you may be careful **to do** according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Joshua 1: 8,9