

Embody



Essentials – Worship God.

ICEBREAKER

Think about your favorite hobby or leisure activity. What about that brings you the most joy, and how does it reflect your inner motivations or desires?

INTRODUCTION

It's clear that we find joy and fulfillment in different pursuits, whether it's painting, hiking, cooking, playing music, or something else. But as diverse as our interests are, they all share something in common: they reflect both the beauty, creativity, and uniqueness that God has placed within each of us and our shared desire to enjoy the life God has given us.

Worship is when we give our deepest affection and highest praise to something. True worship of God is when we love Him with all our heart, soul, mind, and strength. It's when we prize God above everything else and put Him first in our hearts.

Each day, we engage in worship as we direct our attention and affection toward God. Worship extends beyond mere musical expression. It encompasses surrendering all aspects of our lives to God, driven by a growing affection for Him.

Is there an element or activity in your life that you have never before considered to be worship? What would it look like to view that as worship?

INTO GOD'S WORD

Read Matthew 22:37-38. Are you surprised by Jesus' answer to the question He is asked? How do we actively and practically meet the requirements of the greatest commandment?

What are things that frequently become the focus of your attention? Are they worthy of worship?

WEEK 7 – WORSHIP GOD

Read John 4:19-24. Jesus talks about worship with a person who was estranged from Jewish worship. What does Jesus reveal about worship in this fascinating conversation?

Read Romans 12:1-2. These verses teach us that worship includes surrender, sacrifice, and obedience. How do we offer our bodies as a living sacrifice?

Read Psalm 47:5-7 and Colossians 3:16. Why do these passages instruct us to sing to God? What does God receive from our expressions of worship and what do we receive?

A P P L I C A T I O N

Singing is one activity in life that engages our whole being.

- We engage our minds to understand the lyrics.
- We engage our hearts as the music evokes emotion.
- We engage our body to physically be able to sing.

We often use the words worship and singing synonymously. And while singing is not the only form of worship, it is an important one that can bring joy to our lives. In an instant, songs can change the way you feel. Every culture from any century has some form of music. Music and singing speak to all people. When music is focused on the truth of God it helps us to experience and understand God in deep ways.

What are the differences and similarities of living a life of worship and singing worship songs to God? Why is it important to have both of these expressions of worship in our lives?

C O M M U N I O N

Taking communion together is a great way for your group to remember and reflect on Jesus' sacrifice for us. It is a time of gratitude, humility, and a renewal of our faith. It causes us to remember who God is and what He has done. Your small group leader will now lead you in observing communion.

WEEK 7 – WORSHIP GOD

DAILY THIS WEEK (Choose one)

As believers, our worship isn't confined to designated times or places; it's a continuous outpouring of love and devotion toward God every hour in every way. Consider these next steps to practice worship in your everyday life:

- Listen to worship music. Incorporate worship music into your daily routine, allowing it to uplift your spirit and focus your heart on God.
- Pray before meals. We must eat to live. Food sustains us, yet the provider of our food deserves to be thanked in prayer. Take time before meals to pause and offer gratitude for God's loving care in providing what we need to live.
- View your work as worship. Everything we do can be done as unto the Lord. You are an amazing witness to God when you give your all to your work and do it with all your might. When we work for God we will grow in humility and give him glory for what we can accomplish in our work.
- Attend worship experiences weekly. Corporate worship is an all-encompassing weekly check point to humble our hearts and express our adoration before a holy God and among fellow believers.

PRAYER

Heavenly Father, we thank you for the privilege of exploring worship as a lifestyle. Help us to remember that worship is not just an event but a way of life, lived out in every moment. Guide us as we seek to honor you in all that we do. May your presence go with us, empowering us to reflect your love and light to the world around us. In Jesus' name, amen.

SUGGESTED RESOURCES

The Purpose of Man: Designed to Worship, A.W. Tozer and James L. Snyder
Baker Publishing Group, 2009

Praise Habit: Finding God in Sunsets and Sushi, David Crowder
NavPress, 2005

WEEK 7 – WORSHIP GOD

Practicing His Presence, Brother Lawrence & Frank Laubach
Christian Books, 1973

The Air I Breathe: Worship as a Way of Life, Louie Giglio
Multnomah, 2017

If you have questions or would like to talk to a Pastor on this subject, please contact your Campus Pastor.