



Spiritual Disciplines for the Christian Life

Unit 5 – Worship

Worship—focusing on and responding to God—is the duty and privilege of all people. As we learn the Spiritual Discipline of worship, we will become more like Jesus and understand and appreciate how worthy He is. (Matthew 15:8–9)

1. Worship Is ... Focusing on and Responding to God

- God alone is Worthy – Revelation 4:11, 5:12
- Responding to God in Worship
 - Starts with the Bible – Ephesians 5:15-21
 - Involves words and actions – Psalm 19:14; Colossians 3:17
 - The focus of our heart and mind – Jeremiah 17:9-10; Hebrews 4:12

2. Worship Is ... Done in Spirit and Truth

- To worship God in spirit is to worship from the inside out. Philippians 3:3-11
- To worship God in truth is to worship from the outside in. Mark 7

3. Worship Is ... Expected Both Publicly and Privately

- Public to build width - Hebrews 10:25; 1 Corinthians 12:12; Ephesians 2:19-22
- Private to build depth – Luke 5:16; Matthew 6:6

4. Worship Is ... a Discipline to Be Cultivated

- Requires discipline – 1 Peter 4:7; Romans 7:14-20
- Covered with “heartprints” Galatians 6:11-17
- Both an end and a means – James 1:19-27

Homework - Reflections

1. What thoughts does the word worship bring to your mind? Is the connotation positive or negative? Why?
2. Think about a time when you really felt close to God in worship. What do you think made that time special?
3. Do you agree that “Godliness without the worship of God is unthinkable”? Why, or why not?
4. Describe what it means to “worship God in vain.” (See Matthew 15:8–9.)
5. What do the following passages reveal about worship?
 - a. John 20:28:
 - b. Revelation 4:8:
 - c. Revelation 5:12–13:
6. According to the following verses, in what ways has God revealed Himself to us so that we might focus on Him?
 - a. John 1:1, 14; Hebrews 1:1–2
 - b. Romans 1:20
 - c. 2 Timothy 3:16, 2 Peter 1:20–21
7. What does John 4:23–24 reveal about how God desires His people to worship?

8. What do you think the following phrase means? “to worship God in spirit is to worship from the inside out”
9. What is the difference between worshipping God as He is revealed in the Bible and worshipping Him as you might want Him to be?
10. One pastor has written, “Where feelings for God are dead, worship is dead.” Why is spontaneous affection of the heart so vital to genuine worship?
11. When you don’t have the “feelings of worship,” does that mean you should stop engaging in forms of worship? Why, or why not?
12. How can we “delight ourselves in the Lord” in our worship? (See Psalm 37:4.)
13. What are the dangers of worshipping just by feelings? Just by truth?
14. What is God’s view of corporate worship? (See Hebrews 10:25.)
 - a. How does this verse conflict with the common assumption that religion is an individual matter only?
15. Consider carefully the comment by Geoffrey Thomas: “There is no way that those who neglect secret worship can know communion with God in the public services of the Lord’s day.” Do you agree with this statement? Why, or why not?
16. What happens in your life when you neglect the daily worship of God in private?

17. What does Christ's willingness to meet with us privately in worship at any time reveal about His character?
18. In what ways is it difficult to ask others for help in developing Godliness through public and private worship?
19. Can you identify with the quote: "He worships his work, works at his play, and plays at his worship"? If so, which part(s) do you identify with? Be honest. How might your view of worship be improved?
20. Why do you think it seems easier to worship God one day a week instead of worshipping Him seven days a week? Is one-day-a-week worship even possible? Explain your answer.
21. What steps can you take this week to improve your private worship? Your public worship?
22. What can you do today to focus more fully on God? On the ways in which He has revealed Himself?
23. Many Christians believe they have "worshiped" if they merely attend church on Sunday. How does what you've learned in this session expand this perspective of worship?
24. The waters of worship should never stop flowing from our hearts, because God is always God and always worthy of worship. If you are not already doing so, how can you channel and distill the flow of your worship into a daily and distinct worship experience?