*Worship is something in which we must be disciplined*

* Worship is not a feeling, a shiver down your spine or something you need to be in the mood for
* Worship is a focussing and responding, and since the God we focus on does not change, the response need not
* As we worship, we grow in our desire to worship

Focussing on God

Responding to God

Leads to

Fosters

* We were created to worship, and find our joy in worship

How does thinking of worship as “focussing on and responding to God” add to or change how you think about your daily bible reading?

How do each of the songs, prayers, and sermon we engage in on Sundays contribute to worship?

**TheoB next week - FellowshipSpiritual Disciplines: Worship**

How would you define ‘worship’ in one sentence?

What does it mean for worship to be a spiritual discipline?

*“…a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”*

John 4:23-24

*Worship is focussing on and responding to God*

**Focussing on God**

* We focus on God: as creator and sustainer

*“You are worthy, our Lord and God,  
    to receive glory and honour and power,  
for you created all things,  
    and by your will they were created  
    and have their being.”*  Revelation 4:11

* We focus on God: as redeemer

*“Worthy is the Lamb, who was slain,  
    to receive power and wealth and wisdom and strength  
    and honour and glory and praise!”*

Revelation 5:12

* God has revealed the truth of himself in scripture
  + The word should be at the centre of our worship
  + We worship according who he says he is

**Responding to God**

What do the following two passages teach us about what responding to God looks like?

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

Romans 12:1-2

*After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. …And they cried out in a loud voice: “Salvation belongs to our God, who sits on the throne, and to the Lamb.”*

Revelation 7:9-10

* Worship is a response to God’s mercy
* Worship is offering our *entire lives* to God
* Worship is part of the transforming of our minds
* Worship is expressed particularly in times of active focusing on God
* Worship is a corporate act for all believers

*Worship is focussing on and responding to God***Worship is the end of spiritual disciplines**

* Spiritual disciplines are part of worshipping God
  + We focus on him in reading, memorizing and meditating on scripture; as we pray, fast, study.
  + We respond actively in the moment
  + We respond daily as we are transformed

**Worship is itself a spiritual discipline**

*God transforms us through worship*

* God transforms us as we worship
* God uses us to transform others as we worship

During worship:

God

Christians

Praise, prayer, all of life

Word, Spirit

Spiritual gifts

(Teaching, encouraging, words of wisdom, …)

* In your private life
  + Actively in spiritual disciplines
    - As you read the bible tomorrow morning
  + In all of life
* In corporate gatherings
  + Help one another to focus and respond
    - Saved to be a people who worship
  + Prepare for Sunday services

God

Christians

Praise, honour, glory

Christians

Word, Spirit

Spiritual gifts

(Teaching, encouraging, words of wisdom, …)

What has this morning added to how you think about committing to spiritual disciplines?

How might you respond to someone who says “I just wasn’t feeling the worship today”?

*“Sir,” the woman said, “I can see that you are a prophet. Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”*

*“Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”*

John 4:19-24