



## Overview- Worship

Human beings are made for worship. Of course, not everyone worships God, but as followers of Christ we are called to set the Trinity at the pinnacle of importance in our lives, to set our eyes, hearts, and minds on the Lord knowing that what we are devoted to will ultimately shape our lives.

The spiritual practice of Worship is the embodiment of this idea, it is *not* simply singing songs about God (although that can be a wonderful way to worship God!), rather Worship practices are ways in which we become receptive and responsive to the way the Triune God is moving and inviting us. Nearly any spiritual practice can fall under this discipline, so for the sake of this month's release, we'll be focusing on a few practices that may help you and your youth enter into the presence of God. While we hope that your definition of worship may expand beyond musical worship, we've also included some musical worship resources in here (because honestly, there's something special about a collective raising of voices and sound)!

Of course, it is reasonable to have a preference for a certain kind of worship, but when our focus shifts from us to God (who He is, and all he has and is continuing to do) we believe that it is possible to experience the presence of God even in our least favoured styles.

We hope that over the course of this month, you come to remember that Worship is not about us, what we need, nor is it a time to show off our abilities. We need to raise our expectations about the gift of worship – our present in God's presence. Worship focuses on God's majesty, his immeasurable greatness with awe, wonder, and reverence. So whether you are musical, love nature, experience connection through extending hospitality, are visually or literarily creative, or are worshipful in some other way, direct whatever gifts you have towards the One who gifted you.

If you have any questions, or would like to recommend a resource to add to this release, please contact CBOQ Youth by emailing Meghan at [mmatthews@baptist.ca](mailto:mmatthews@baptist.ca)

Blessings to you this month,

The CBOQ Youth team



## SCRIPTURE FOR WORSHIP

### **1 Chronicles 16:29**

Ascribe to the Lord the glory due his name; bring an offering and come before him. Worship the Lord in the splendor of his holiness.

### **Isaiah 12:5**

Sing to the Lord, for he has done glorious things; let this be known to all the world.

### **Psalms 29:2**

Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

### **Psalms 66:4**

All the earth bows down to you; they sing praise to you, they sing the praises of your name."

### **Psalms 95:1-6**

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the Lord our Maker

### **Psalms 96:9**

Worship the Lord in the splendor of his holiness; tremble before him, all the earth.

### **Matthew 4:10**

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

### **Mark 12: 30**

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

### **Luke 4:8**

Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

### **John 4:23-24**

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."

### **Romans 12:1-2**

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.



**Colossians 3:14-17**

And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Hebrews 12:28**

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,

**Hebrews 13:15**

Through Jesus, therefore, let us continually offer to God a sacrifice of praise-the fruit of lips that openly profess his name.



## LESSON SAMPLE (ONE HOUR VERSION)

### LESSON OBJECTIVES

#### Students will:

- Experiment with different forms of worship
- Reflect on what *worship* means

### MATERIALS NEEDED

#### In Person

##### Necessary Materials

- Worship music (either live or recorded)
- A way to play your music
- Paper for writing or drawing
- Pens or pencils
- Markers, colored pencils, or crayons
- Clock, watch, or timer
- Bell

##### Additional Material

- Clipboards, books, or other hard surfaces (see Set-Up)

#### Synchronous Online:

Note: You can send the following list to participants in advance and/or create packages and deliver them.

- **Participant list:**
  - Paper for writing or drawing
  - Pens or pencils
  - Markers, colored pencils, or crayons
- **Facilitator list: all of the above PLUS**
  - Worship music (either live or recorded)
  - A way to play your music
  - Clock, watch, or timer
  - Bell



## **Asynchronous:**

Note: you can send the following list to participants and/or create packages to deliver.

- **Participant list:**
  - Worship music
  - Paper for writing or drawing
  - Pens or pencils
  - Markers, colored pencils, or crayons
  - Clock, watch, or timer

## **SET UP**

### **In-Person:**

- Gather supplies and set up the space (with room to sit/stand/knee/lay down; have supplies accessible for participants; consider dividing the space up and numbering it for the partner section)
  - Determine whether participants will be able to sit at tables for writing and drawing. If not, provide clipboards, books, or other hard surfaces they can use to support their papers as they write or draw.
- Consider preassigning partners (if this may be an issue in your group)

### **Synchronous Online:**

- Have your music ready to go
- Ensure participants are sent the supply list in advance
- Consider setting up breakout groups in advance

### **Asynchronous:**

- Ensure participants are sent the supply list and instructions in advance

### **PREAMBLE (1-2 minutes)**

While we often use the word *worship* to mean a time or style of music, worship means something much, much more. Today we are going to consider what it means to worship God in some different ways. These may seem strange to you if you've never tried them before but let's try to remember that worship isn't about *our preferences* but is about the *one we are worshipping*.

We are going to start with some musical worship, and then move on to a different kind of worship.



## **MINDS ON (5-10 minutes)**

### **In-Person:**

**Say:** I am going to turn on/start playing some worship music, remembering that worship is about God (and not what we look like, or what we think others may be thinking) I want to encourage you to close your eyes and *experience* the music. If you know the words you are invited to sing, if you don't know the words you are invited to focus on the *physicality* of the experience.

Often, we stand or sit while participating in musical worship. Today, let's try something a little different and experiment with different postures. Remember, no one is watching you, so kneel, lay face down, raise your hands, and experience the music.

**Start playing music:** choose songs that your group knows really well, OR select songs that they definitely won't know. Either way they'll (hopefully) experience musical worship differently.

**Play:** 1-3 songs (depending on your group), be sure to participate fully in the activity.

**Ask:** what was it like to participate in musical worship in these ways?

### **Synchronous Online:**

Same as In-Person (offer the option to turn off cameras during this time so participants can feel totally free to embody their worship without being seen)

### **Asynchronous:**

Same as In-Person, except participant will listen to music and experiment with different postures on their own.

Participants may wish to journal about their experience.

## **ACTIVITY (20-25 minutes)**

### **In-Person:**

**Introduce:** we are now going to enter a time of quiet worship. Remember that worship happens whenever we intentionally cherish God, what we worship reveals what is important to us.

**Say:** We are going to have a time of silence. During that time, I invite you to reflect on a meaningful experience you have had with God. Several experiences might come to mind at first. Choose one and reflect on it. What made it meaningful? How is that meaning related to your spirituality, your understanding of God and his character?

**Allow:** two or three minutes for quiet reflection (depending on how comfortable your group is with silence, this could be extended or shortened) then ring the bell.

**Invite:** participants to rise in silence and gather materials for reflecting on this experience by writing or drawing.

**Allow** five minutes for writing or drawing, then ring the bell.



**Invite:** participants to (silently) find a partner

**Instruct:** the pairs to take turns sharing about their significant experiences, using their drawings/writing as prompts. Explain that each person will have three minutes to speak without interruption while the other listens attentively. A bell will ring when it is time to switch speaker and listener. Emphasize that these are moments of precious sharing and confiding, during which we offer one another our trust.

**Keep:** time and ring the bell after three minutes.

**Ask:** participants to pause and let there be a moment of silence between them. Then invite them to switch roles. Keep time and ring the bell after another three minutes.

### **Synchronous Online:**

**Introduce:** we are now going to enter a time of quiet worship. Remember that worship happens whenever we intentionally cherish God, what we worship reveals what is important to us.

**Say:** We are going to have a time of silence. During that time, I invite you to reflect on a meaningful experience you have had with God. Several experiences might come to mind at first. Choose one and reflect on it. What made it meaningful? How is that meaning related to your spirituality, your understanding of God and his character?

**Allow:** two or three minutes for quiet reflection (depending on how comfortable your group is with silence, this could be extended or shortened) then ring the bell.

**Invite:** participants to silently gather materials for reflecting on this experience, and to write or draw about it.

**Allow** five minutes for writing or drawing, then ring the bell.

**Invite:** participants to breakout rooms (consider having 3-4 people per room, depending on your group size and the number of leaders you have—be sure to consult and adhere to your Child Protection Policy)

**Instruct:** each individual to share about their significant experiences, using their drawings/writing as prompts. Explain that each person will have three minutes to speak without interruption while others listen attentively. A bell will ring when it is time to switch speakers. Emphasize that these are moments of precious sharing and confiding, during which we offer one another our trust.

**Keep:** time and ring the bell after three minutes. (leader)

**Ask:** participants to pause and let there be a moment of silence between them. Then invite them to switch roles. Keep time and ring the bell after another three minutes.



### **Asynchronous:**

**Introduce:** we are now going to enter a time of quiet worship. Remember that worship happens whenever we intentionally cherish God, what we worship reveals what is important to us.

**Start:** with a time of silence. During that time, reflect on a meaningful experience you have had with God. Several experiences might come to mind at first. Choose one and reflect on it. What made it meaningful? How is that meaning related to your spirituality, your understanding of God and his character?

**Allow:** two or three minutes for quiet reflection (this can be extended if you are comfortable with silence)

**Gather:** materials for reflecting on this experience by writing or drawing, silently.

**Allow:** time for writing or drawing, take as much time as you need.

### **DEBRIEF (10-15 minutes)**

#### **In-Person:**

Bring the whole group back together for discussion with these questions:

- Was it easy or hard for you to recall meaningful experiences? (To draw out participant responses, ask follow-up questions such as "What was hard about it?")
- What did it feel like to recall these powerful moments?
- Did this experience feel like *worship*? Why, or why not?
- What do you appreciate most about worshipping God?
- What can you do to help yourself experience worship more deeply? (Encourage participants to focus on what they themselves can do, rather than on what the congregation or minister could do to improve worship experience)

#### **Synchronous Online:**

Same as In-Person

#### **Asynchronous:**

Same questions as In-Person. Consider asking participants to journal their answers, and try to follow-up with them when able.



## LESSON SAMPLE (FIFTEEN MINUTE VERSION)

### LESSON OBJECTIVES

#### Students will:

- Experiment with different forms of worship
- Reflect on what *worship* means

### MATERIALS NEEDED

#### In Person

##### Necessary Materials

- Paper for writing or drawing
- Pens or pencils
- Markers, colored pencils, or crayons
- Clock, watch, or timer
- Bell

##### Additional Material

- Clipboards, books, or other hard surfaces (see Set-Up)

#### Synchronous Online:

Note: You can send the following list to participants in advance and/or create packages and deliver them.

- **Participant list:**
  - Paper for writing or drawing
  - Pens or pencils
  - Markers, colored pencils, or crayons
- **Facilitator list: all the above PLUS**
  - Clock, watch, or timer
  - Bell

#### Asynchronous:

Note: you can send the following list to participants and/or create packages to deliver.

- **Participant list:**
  - Paper for writing or drawing
  - Pens or pencils
  - Markers, colored pencils, or crayons
  - Clock, watch, or timer



## SET UP

### In-Person:

- Gather supplies:
  - Determine whether participants will be able to sit at tables for writing and drawing. If not, provide clipboards, books, or other hard surfaces they can use to support their papers as they write or draw.
- Consider preassigning partners (if this may be an issue in your group)

### Synchronous Online:

- Ensure participants are sent the supply list in advance
- Consider setting up breakout groups in advance

### Asynchronous:

- Ensure participants are sent the supply list and instructions in advance

## PREAMBLE (1-2 minutes)

While we often use the word *worship* to mean a time or style of music, worship means something much, much more. Today we are going to consider what it means to worship God in some different ways. These may seem strange to you if you've never tried them before but let's try to remember that worship isn't about *our preferences* but is about the *one we are worshiping*.

## ACTIVITY (10 minutes)

### In-Person:

**Introduce:** we are now going to enter a time of quiet worship. Remember that worship happens whenever we intentionally cherish God, what we worship reveals what is important to us.

**Say:** We are going to have a time of silence. During that time, I invite you to reflect on a meaningful experience you have had with God. Several experiences might come to mind at first. Choose one and reflect on it. What made it meaningful? How is that meaning related to your spirituality, your understanding of God and his character?

**Allow:** two or three minutes for quiet reflection (depending on how comfortable your group is with silence, this could be extended or shortened) then ring the bell.

**Invite:** participants to rise in silence and gather materials for reflecting on this experience by writing or drawing.

**Allow** five minutes for writing or drawing, then ring the bell.

**Invite:** participants to (silently) regather as a group

**Ask:** if anyone would like to share about their significant experiences, using their drawings/writing as prompts. Explain that each person who shares will be able to speak without interruption while the



other listens attentively. Emphasize that these are moments of precious sharing and confiding, during which we offer one another our trust.

### **Synchronous Online:**

Same as In-Person

### **Asynchronous:**

**Introduce:** we are now going to enter a time of quiet worship. Remember that worship happens whenever we intentionally cherish God, what we worship reveals what is important to us.

**Start:** with a time of silence. During that time, reflect on a meaningful experience you have had with God. Several experiences might come to mind at first. Choose one and reflect on it. What made it meaningful? How is that meaning related to your spirituality, your understanding of God and his character?

**Allow:** two or three minutes for quiet reflection (this can be extended if you are comfortable with silence)

**Gather:** materials for reflecting on this experience by writing or drawing, silently.

**Allow:** time for writing or drawing, take as much time as you need.

### **DEBRIEF (5 minutes)**

#### **In-Person:**

Bring the whole group back together for discussion with these questions:

- Was it easy or hard for you to recall meaningful experiences? (To draw out participant responses, ask follow-up questions such as "What was hard about it?")
- What did it feel like to recall these powerful moments?
- Did this experience feel like *worship*? Why, or why not?
- What do you appreciate most about worshipping God?
- What can you do to help yourself experience worship more deeply? (Encourage participants to focus on what they themselves can do, rather than on what the congregation or minister could do to improve worship experience)

#### **Synchronous Online:**

Same as In-Person

#### **Asynchronous:**

Same questions as In-Person. Consider asking participants to journal their answers and try to follow-up with them when able.



# RESOURCES

**Articles:**

[Spiritual Practice of Worship](#)

[Worship: a Practical Guide](#)

[Finding the Heart of Worship](#)

[How Not to Worship your Worship](#)

**Videos:**

[Defining Worship](#)

[What is Worship? from DOCTRINE Video Bible Study with Francis Chan](#)

[What is True Worship?](#)

**Playlists:**

[Songs of Glory](#) (Spotify)

[2 Hours of Non-Stop Worship Music](#) (YouTube)

\*Note: if you use Spotify, YouTube, Apple Music etc., you can create playlists with music that is specific to your groups preference.

You can also check out our Tech Page, for resources and best practices on running your youth group virtually: <https://cboqyouth.ca/tech/>



## **BOOKS ON THE SPIRITUAL PRACTICE OF WORSHIP**

Best, Harold. *Unceasing Worship: Biblical Perspectives on Worship and the Arts.*

Giglio, Louie. *The Air I Breathe: Worship as a Way of Life.*

Tomlin, Chris and Darren Whitehead. *Holy Roar: 7 Words That Will Change The Way You Worship.*

Webber, Robert E. *Worship is a Verb.*

## **GENERAL BOOKS ON SPIRITUAL PRACTICES:**

Ahlberg-Calhoun, Adele. *The Spiritual Practices Handbook.*

Barton, Ruth Haley. *Sacred Rhythms.*

Foster, Richard. *Celebration of Discipline.*

Shiflett, Diana. *Spiritual Practices in Community.*

Smith, Traci. *Faithful Families: Creating Sacred Moments at Home.*

Thompson, Marjorie. *Soul Feast.*

Willard, Dallas. *The Spirit of the Disciplines.*



## Worship

*“Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.” – John 4:23*

If the focus of silence is *listening to* God, the focus of worship is *experiencing* God. Worship starts with who God is, not music, not our emotions, not our feelings. Worship is about giving God the worth that he is due. God is so approachable, and worship prompts us to approach him with regularity. Worship puts God in his rightful place as the worshiper reflects on who God is and all he has done. It might be somewhat difficult to think of worship as a discipline, since the first thing that usually comes to mind when people think of worship is the singing that takes place during a church service. This perception can cause problems, though, for several reasons. First, worship is much more than just singing. Worship can include prayer, silence, reading, dancing, clapping, and many other expressions of praise and adoration. Worship is also a cleansing experience. So it is important to move beyond any stereotypes you might have about worship. Worship has also become one of the most hotly debated topics in many churches because of the tensions between worship styles. So it is also important to move beyond a perception of worship as a reflection of generational styles or cultural preferences.

Richard Foster says,

*To worship is to experience reality, to touch Life. It is to know, to feel, to experience the resurrected Christ in the midst of the gathered community . . . Worship is human response to divine initiative. . . Worship is our responding to the overtures of love from the heart of the Father*

*. . . It is kindled within us only when the Spirit of God touches our human spirit.<sup>1</sup>*

In reality, people are used to worshipping many kinds of things such as sunsets, art, music, celebrities, athletes, etc. So as you spend time in the discipline of worship, seek to move beyond worship as you have ever known it before, and make sure that God is the object of your worship.

1. One of the most important prerequisites to effective worship is getting rid of distractions. So, whatever it is that might be a distraction to you, make sure you identify it and do whatever it takes to eliminate it.
2. If you like to sing, plan a time to sit in the presence of God singing to him your favorite songs of praise and worship.
3. If singing is not something you prefer, you might try listening to recorded praise and worship music. As you begin to learn the words of the songs, you find them very easy to adapt as prayers to God as part of your personal worship.
4. It is good to learn to worship without music and singing. There are countless ways you can do this. You might enjoy reciting the names of God, reading Scripture out loud, creating a dance, or even worshipping in silence. The important thing is to have a heart focused on God.
5. Many people enjoy worshipping God in nature. If you can take a walk in the forest or mountains, carefully observe all that God has created and spend time worshipping him for each one.
6. It is often helpful to include as many of the senses as possible in worship. Think of ways you can worship using sight, sound, smell, touch, and taste.
7. As you experiment with worship, feel free to use your imagination in new and creative ways. Allow your imagination to draw you into the presence of God.
8. If you are not familiar with liturgical worship, you might find it refreshing and enlightening to explore the liturgy, recite various creeds, explore the Book of Common Prayer, etc.
9. Visit a church that is outside of your worship style preference and enjoy the different flavor.

<sup>1</sup> Richard J. Foster, *Celebration of Discipline* (San Francisco: Harper & Row, 1978), 138.



## Tips for Making Communal Worship Part of your Spiritual Regimen

*Try to get to worship services with the least amount of stress possible.* If you're always rushing out the door, fighting with family members and cursing the traffic as you try to get there "on time," you might arrive in time, but it's unlikely that you'll be truly present.

*Use the prelude.* Ralph Waldo Emerson once wrote in his journal, "I prefer the silence before the service begins to any preaching." It's nice to catch up with friends, but consider doing that outside the sanctuary or, better still, during coffee hour. Use the time in the sanctuary before the first words are spoken to center yourself, to let go of whatever you don't need for the next little while and prepare yourself to truly participate in a worship experience.

*Appreciate your fellow congregants.* Take at least one moment each week to look around and remember that you're all in this together. Each person in the sanctuary with you has their own joys and sorrows, celebrations and concerns, and is as wounded—and as wonderful—as you are.

*Make an offering.* The traditional language talks about the collection of "tithes *and* offerings," which suggests that the collection plate is for more than your pledge envelope. Experiment with being even more generous, if you can afford to. Put in a dollar or two (or five!) not because you have to—but simply because you want to, out of the largeness of your heart.

*Use the "coffee hour"*—we have the telephone, the Internet, and committee meetings for conducting business. Coffee hour is for engaging with other people. If the worship service included a sharing of joys and sorrows, at coffee hour talk with someone whose sharing touched you. Seek out someone you haven't seen in a while or haven't yet met. Talk about the service with people—ask them what they think and how it affected them.

*Come back to the service between services.* If you journal, make a practice of reflecting back on the service midweek. If you don't journal, set aside some time to think about what you heard—and what you felt—and whether it's had any impact on you in the days since.

*Attend services as regularly as your circumstances allow,* without regular participation in communal worship there is a danger of disconnection. Regular weekly attendance at religious services has been shown to lower blood pressure, among a number of other health benefits. Perhaps more important, it has been shown to increase a person's sense of connection to other individuals and to the congregation as a whole. And for any spiritual practice to provide the most benefit, it must be frequent, regular, and disciplined.



## Worship: Growing Together

Worship is critical to exercising ourselves unto Godliness. Below are a few simple exercises that are designed to help you explore this important Discipline of the Spiritual Life.

- **Learn to practice the presence of God daily.** With Brother Lawrence, let us sense the presence of God with as great a reality when “washing pots and pans” as when receiving the holy Eucharist. We can follow Paul’s words, “Pray without ceasing,” by punctuating every moment with inward whisperings of adoration, praise, and thanksgiving. We can schedule personal times of inner worship and confession and attentiveness to Christ, our present Teacher. Doing this heightens our expectancy in public worship, because the gathered experience becomes a continuation and intensification of what we have been trying to do all week long.

Have many different experiences of worship. Personally, individually we can learn to worship God. Little home groups can meet not just for Bible study, but for the very experience of worship itself. Gather little groups of two and three and learn to wait upon God, learn the experience of prayer. Many things can happen in smaller gatherings that cannot happen in a larger group because of sheer size. If possible, visit church traditions other than your own and experience the different approaches to worship: their strengths and weaknesses. All of these experiences of worship will empower and enkindle the Sunday gatherings in your home church.

- **Find ways to prepare for the gathered experience of worship.** You may want to prepare for Sunday worship: by going to bed early on Saturday night; by having an experience of examination and confession; by going over hymns and Scriptures that will be used on Sunday; by gathering before the worship service begins to pray that God’s presence will fill the room; by letting go of inward distractions so that you can be genuinely present.

- **Be willing to be gathered in the power of the Lord.** Learn to let go of your personal agenda, of individual concerns, of a special need to be blessed, of hearing the word of God. The language of the gathered fellowship is not “I” but “we.” There is submission to the ways of God. There is submission to one another in the Christian fellowship. There is submission for the good of everybody. There is a desire for God’s life to rise up in the group, not just the individual. If I pray for spiritual gifts, they are made manifest not just to me but to any person in the group or upon the group as a whole if that would please God. We become of one mind, of one accord. We are gathered.

- **Cultivate a holy dependency, a holy expectancy, and a holy obedience.** In worship, a holy dependency says that we are utterly and completely dependent upon God’s touch for anything significant to happen. There is inward travail and inward struggle that we might be truly dependent, that the evil will weaken, that the good will rise up. Within the group, a holy expectancy looks forward to God moving and acting and teaching and wooing and winning. For everyone, a holy obedience is a determination to do whatever Christ tells us to do. If he urges us to speak or to teach or to give a witness or a prophetic message, we are obedient. If we are to make confession, if we are to respond to what is happening, we do exactly what he says with a holy obedience that has been cultivated by years of experience.



• **Absorb distractions with gratitude.** If there is noise or distraction, take it in and conquer it rather than fussing or fuming. If little children are running about, bless them. Thank God that they are alive and that they have energy. Maybe they're a message from the Lord. When I'm preaching, I love to have little babies and children in the congregation because sometimes they are the only ones that appear alive! Become willing to relax with distractions. Learn to receive whatever happens in gathered worship as an experience from God instead of feeling that the service has to follow your agenda or that distractions somehow deter you from worshiping God.

• **Learn to offer a sacrifice of worship.** Many times, we don't "feel" like worshiping. Maybe we have had so many disappointing experiences in the past where the sense of God's power is so low that we think it is hardly worth the time. People are not adequately prepared, and it is very, very discouraging. But we need to go anyway. We need to offer a sacrifice of worship. We need to be with the people of God and say, "These are my people. As stiff-necked and hardhearted and sinful as they may be, I stand with them and together we come to God." The Bible tells us not to forsake the assembling of ourselves together, and it does that because we are the Body of Christ together.

Adapted from Richard Foster's "The Many Landscapes of Worship," full article: <https://renovare.org/articles/renewal-through-worship>



## WORSHIP: PRACTICAL SUGGESTIONS

### REFLECTION QUESTIONS

1. How has a particular style of worship — charismatic, traditional, contemporary, liturgical— shaped you and your image of God?
2. How does a particular form or style of worship shape you now?
3. Who is God to you? What name for God — Shepherd, Lord, Father, Day Spring, Bread of Life, etc. — best describes your relationship with him right now? What does this name mean to you?
4. How does worshiping alone and worshiping with others affect you?
5. What about God moves you to worship?

### SPIRITUAL EXERCISES

1. Consider the many names God uses to reveal himself to us. Which of these names identifies where God is in your life now? • Talk to God about what this revelation of who he is means to you. Use this name when you pray.
2. Since God reveals himself to us in worship, visit a worship service with a different tradition or style than you are used to. Attend an ethnic service or a children's service, if you wish. Ask God to open you up to seeing him in new ways. What do you sense about the worshipers? Do you see anything new about God in their worship?
3. Think of the times you have been deeply moved in worship. What was happening in your life at that time? • What was going on in worship? • Put yourself in places where you most easily connect with God in worship.
4. Write a letter or song to God expressing your love and honor of him.
5. Come before God with an open and listening ear. Write the question, "What do I value most?" at the top of a sheet of paper. Answer the question. • Then answer this question from the viewpoint of your kids, your spouse, your colleagues, family members, church friends and God. What do you see about yourself through their eyes? • How might what you worship need to change?

Calhoun, Adele. *Spiritual Disciplines Handbook: Practices that Transform Us* (Revised). Downers Grove: Intervarsity Press, 2015. pp. 50 – 51

