

## session 10 study guide

# worship

### starter

EXCUSES, EXCUSES: What are the 20 most common excuses you've made or heard for not coming to church? List as many as you can think of below. Be creative!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Out of those 20, which three are the most ridiculous?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **message**

For each of the following words, write down the first thing that comes to mind. Don't think too hard about your answers; just write whatever pops in your head. When you've done that for each word, go back and write why you think you responded in that way. Discuss your answers with a friend or group.

**Sermon:** \_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Sacraments:** \_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Offering: \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Praying Together: \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Time with God: \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Worship Music: \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It may sound strange, but worship is not about any of these things. We use these various methods—worship music, offerings, sacraments—to express our worship to God, but they are not, in and of themselves, worship. Jesus said, “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). Worship is, first, a matter of spirit. The ways we worship God are a reflection of what is in our hearts.

1. Read Psalm 122. What is the attitude of the person speaking in verse 1?

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2. A great philosopher once said, “When it comes to worship, we should never ask ‘How was it?’ We should ask ‘How did I do?’ ” How is this statement different from what most people think of when it comes to worship?

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3. To participate in and enjoy a good worship experience, we must develop a proper attitude and a proper spirit. How do you prepare to worship?

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4. What are a few specific things you can do to understand and enjoy your worship experience?

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**dig**

1. According to Psalm 122:3-4, why did the tribes of the Lord come to Jerusalem?

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2. Read Psalm 100. How would you describe your feelings after reading that passage?

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3. Can you describe the relationship between worship and praise? What's the difference?

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4. According to verse 5, what is the best reason to offer God our praise?

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5. Look again at Psalm 122. In verses 6-8, what does the writer pray for? Answer in your own words—how might you pray for peace in our day and age?

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6. How is time spent with God in prayer a form of worship?

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### apply

God deserves our praise; that is reason enough to worship. Yet there are also amazing benefits *we* receive when we cultivate an attitude and a habit of worship—and the very best of these blessings is *peace*.

1. Read John 14:27. What do you think Jesus meant by the word “peace”?

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2. Take a “peace inventory.” Next to each area of your life, place an X under the phrase that best describes how peaceful you are.

	Total Peace	Some Peace	No Peace at all
Relationship with God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How you feel about yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How might worshipping God increase your peace in each of these areas?

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4. Do you think a habit of worship could help you put your problems and challenges in perspective? Why or why not?

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5. What activity in your church's worship service is your favorite?

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6. What about in your personal worship time?

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7. Do you see a connection between your favorite worship activity and the level of peace you experience as a result? If so, in what way?

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### reflect

There are two types of worship: *corporate* and *personal*. Corporate worship is done with other believers, and personal worship is, of course, one's own time with God. Both aspects of worship are essential to a good relationship with God.

1. Check the word that best describes your level of participation in each of the following four elements of *personal* worship. Make goals to improve those areas that need work.

	Level of Participation			
	Major	Some	Not Much	None
Praise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bible Study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prayer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Praise goals:

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Bible study goals:

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Prayer goals:

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Music goals:

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2. Check the word that best describes your level of participation in each of the following six elements of *corporate* worship. Make goals to improve those areas that need work.

	Level of Participation			
	Major	Some	Not Much	None
Praise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sermon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prayer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Sacraments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Praise goals:

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Sermon goals:

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Prayer goals:

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Music goals:

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Giving goals:

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The Sacraments goals:

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**meditation**



Come, let us bow down in worship, let us kneel  
before the Lord our Maker.

PSALM 95:6