

What Worship Is

- Can you think of something that has a lot of worth to you?
- The title of the series is “**Worth**” but we’re talking about worship
- English word, “**worship**” comes from two words, “**worth**” (*having great value*) and “**ship**” (*state of condition of being*.) The idea is “being of great worth.”
 - When used as a verb, the word, worship is used to ascribe worth to a being or object
 - Because God has such great worth, we recognize, proclaim and respond to him as such.
- The Hebrew language (the language that the Old Testament was written in) has several words that describe worship, but the primary word is ***SHACHAH***. It means *to bow down in worship*
- The primary Greek word is ***PROSKUNEO***. It means *to kiss*, as in to kiss the hand of a superior. It is commonly associated with bowing down or lying prostrate on the ground with the idea of kissing the ground before someone.
 - Both words speak of the attitude with which we view God and respond to him
 - **Humility** - Recognizing that God is greater than I am
 - **Submission** - Responding to God’s greatness by choosing what He says is good and right
- In Genesis 22, we see a great example of worship. The story of Abraham and Isaac
 - God commands Abraham to sacrifice his son and Abraham immediately obeys
 - Abraham makes a declaration when they reach the location of the sacrifice

Genesis 22:5 (NLT) “Stay here with the donkey,” Abraham told the servants. “The boy and I will travel a little farther. We will WORSHIP there, and then we will come right back.”

- The word for worship here is ***Shachah***
 - Abraham responds with **humility and submission**. He recognized God is sovereign. Even though he didn’t understand what God was doing he humbled himself and submitted to God by obeying his command.

The Heart of Worship

- This week we are focusing on Individual worship (worship I do by myself)
- Whether we are worshipping individually or together with others, the beginning of worship has to do with our heart. There are several ways we can prepare our hearts for worship.
 - Recognize and declare who God is
 - This takes our eyes off of ourselves and helps us focus on God
 - Confess any sin in your life
 - This requires an attitude of submission and brings us back into a right relationship with God
 - A heart of Gratitude
 - Having gratitude for God’s many blessings is perhaps the greatest weapon we have against self-focus
 - It takes our eyes off our problems and reminds us that God is good

Ways to Worship Personally

1) Think about and study God’s Word. (*Psalm 119:97-100*)

- This is the owner’s manual for a good life
- There are all kinds of resources to help us

2) Memorize God’s Word (*Psalm 119:11*)

- A great Bible verse memory tool is The Bible Memory App

3) Journaling

- o Writing out what God is showing you
- o Writing down prayer requests to review later

4) Giving

- o Humbling ourselves before God and submitting our lives to Him with our finances

5) Serving

- o When we serve others, whether at church or in other environments, if we do it in the name of the Lord, it is worship (*Romans 12:1*)

6) Worship through music

- o Just singing in church isn't necessarily worship. It starts with the heart. We have to have a desire to worship in order to do so. When we focus on the lyrics of a song that describe who God is and all that He has done for me, it's worship
- o And we can do that anywhere, not just in church!

When to worship

- We should be worshipping God all throughout the week, every day! Worship should not be confined to 75 minutes at a weekend service.
- Here are some suggestions that may help you with Rhythms of daily worship
 - o **Morning devotions**
 - Be mindful that this is a relationship. God wants to speak to you as well as hear your requests. He does that through His Spirit and His Word
 - o **Nightly reflection** - What brought joy? What brought challenge? What is God showing you?
 - o **Determine to worship when a common occurrence happens each day**
 - Daily commute
 - Something you do each day like getting coffee or water. Plugging in your computer. Walking down a particular hall. Turning on the light

Application

- Do you find that you worship God daily in some way?
- What is your favorite way to worship individually?
- Are there ways to worship that we discussed that you have never tried?
- This week pray about a new habit of worship that God wants you to make a daily part of your life in this coming year
 - o Commit to doing that for 30 days and see what happens
 - o It can be a new type of individual worship (Bible study, journaling, serving, etc.)
 - o It could be worshipping in a familiar way more frequently because you have set a new rhythm in place to remind you to worship
- Share with someone else the thing God has put on your heart as accountability
- Whatever it is, if God is leading you to do it, it will be good and beneficial for your life

For more resources go to realliferesources.org