



CONNECT

**FIRST STEPS - LESSON 6:
WORSHIP**

Objectives

- New believers to have a clear and correct understanding of worship.
- New believers to cultivate a lifestyle of worship.

How To Start The Lesson?

It is a good idea to start this session by worshipping God together or by talking about how you first felt when you worshipped God. Hopefully, your mentee will build on it and start opening up about their budding worship experience. After you are certain that they are relaxed and open, ask them if they understand what it means to worship God.

Introduction

Have you ever eaten at a fancy fine-dining restaurant? There you are, all dressed up, with three different spoons, fine china and crystal. You are very careful not to embarrass yourself by spilling anything, or doing anything inappropriate. Now compare that to eating a meal at home. There you are in comfortable clothes, with only one spoon, and maybe an old discoloured cup! Obviously, you are relaxed and comfortable.

You see, God does not design worship to be an expensive meal at an expensive restaurant. He designs worship to be a family affair, a time to come together in a comfortable setting, with your brothers and sisters. So it does not really matter if you are not good in singing or dancing. No one is going to look at you any differently because of it. Our focus cannot be on pleasing people with our worship; our focus must be on pleasing God.

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 4:23-24

The Meaning Of Worship

Worship in general sense includes every action of our lives. According to **Romans 12:1-2**, our daily actions are acts of worship.

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

From performing our profession with honesty, being diligent and responsible in school, obeying our leaders, to following God's will - all these are acts of worship. Specifically, we should also set aside a certain time and occasion to worship God, proclaiming His goodness for who He is, what He has done and what He will do in the future. We can worship Him in our personal devotional time and in the congregation with His believers. We can worship in various ways like singing,

dancing, lifting our hands, clapping, bowing down, etc. As we profess our love for God, we will also naturally demonstrate our love to him in words and actions,

Mentor Chat

1. Why should we worship God?

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.

Romans 12:1

Worship is an integral part of Christian life. The Lord created us to enjoy Him, and worship helps us to build a closer relationship with God. True worship depends on your heart attitude towards God, not where you are or who you are.

God is spirit, and his worshipers must worship in the Spirit and in truth.

John 4:24

As God is Spirit, those who worship Him must worship Him in spirit; and not only by thoughts, rituals or feelings. Since God is also truth, we should worship Him in truth, as found in the Bible. We do not worship by following culture or traditions.

A) Worship is all about God

Worship isn't about us, but about God. God doesn't need our worship; we do. God isn't some insecure cosmic being, who waits for His worshippers to remind Him how awesome He is and how desperately they need Him before He decides to intervene. God never changes. But when we worship, we change. God is worthy to be praised because:

- **God is good.**

Taste and see that the Lord is good; blessed is the one who takes refuge in him.

Psalm 34:8

I know that the Lord is great, that our Lord is greater than all gods.

Psalm 135:5

- **We recognise His benefits and wonderful deeds.**

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases,

Psalm 103:1-3

- **The Lord has saved us from our sins and taken us as His treasured possession.**

For the Lord has chosen Jacob to be his own, Israel to be his treasured possession.

Psalm 135:4

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

1 Peter 2:9-10

Worship is based on the desire to honour God. It requires a personal revelation of God as found in the Scriptures. Worship is not based on my likes or dislikes. It is not based on my personal preferences or priorities. It is a focus on Him.

B) We are created to worship God

We are created to worship God. This is the final end of all existence: the worship of God. God created the universe so that it would display the worth of his glory. And he created us so that we would see this glory and reflect it by knowing and loving it — with all our heart and soul and mind and strength.

Ascribe to the Lord, all you families of nations, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; bring an offering and come before him. Worship the Lord in the splendour of his holiness.

1 Chronicles 16:28-29

The Bible encourages us to worship Him.

But he said to me, "Don't do that! I am a fellow servant with you and with your fellow prophets and with all who keep the words of this scroll. Worship God!"

Revelation 22:9

This is a simple command, "Worship God!" The angel said to John, when he fell down at the angel's feet, "Do not do that. I am a fellow servant and of those who keep the words of this book. Worship God." In other words, don't worship angels, worship God! Don't worship anything, worship God! Don't neglect God or despise God, worship God! This is the last chapter of the Bible, and this is the last duty of man: worship God!

Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.

Psalms 95:6-7a

C) God seeks true worshippers

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 4:23-24

True worship comes from a sincere heart that aligns with God's Word and inspired by the Spirit of God, as we explore more in the next section.

2. What attitudes should I adopt when worshipping God?

Worshipping God is not about how loud we can clap, or how gracefully we can dance, or how good our musical sense is. It is about a heart's desire to long for God, being truthful, sincere, and willing to allow His Lordship to reign over our lives.

A) Place Him at the centre of our worship

Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion,
Psalm 103:2-4

B) True worship does not depend on the place of worship

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.
John 4:20-21

What Jesus is doing here is taking away the localised and outward constraints of worship. Not that it will be wrong for worship to be in a place. What is central to worship is what happens "*in spirit and in truth*" — with or without a place or outward forms.

C) To worship God in spirit and in truth

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 4:23-24

To worship God "*in spirit*" means that true worship is carried along by the Holy Spirit and is happening mainly as an inward and spiritual event, rather than an outward bodily event. To worship God "*in truth*" means that true worship is a response to God, shaped and guided by the true view of God (from the Bible).

D) We must worship God with sincerity and wholeheartedly

When the heart is far from God, worship is vain, empty, and non-existent. The experience of the heart is the defining, vital, indispensable essence of worship.

These people honour me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules.

Matthew 15:8-9

Biblical Patterns Of Worship

1. Singing praises to the Lord

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.

Psalm 95:1

2. Clapping our hands

Clap your hands, all you nations; shout to God with cries of joy.

Psalm 47:1

3. Lifting our hands

Lift up your hands in the sanctuary and praise the Lord.

Psalm 134:2

4. Kneeling and bowing down

In the Old Testament the most common word for worship is the Hebrew word “*hishtahvah*” (or some related form of that word). Its basic meaning is “bow down,” with the sense of reverence and respect and honour. In the Greek New Testament, the main word for worship is “*proskuneo*”. The word is common in the gospels that people would often bow down worshipfully before Jesus.

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

Psalm 95:6

5. Praising God with our spoken words

My mouth will speak in praise of the Lord. Let every creature praise his holy name for ever and ever.

Psalm 145:21

6. Praising God with our tongues

For they heard them speaking in tongues and praising God.
Acts 10:46a

7. Being still before the Lord

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
Psalm 46:10

8. Dancing with joy

Let them praise his name with dancing and make music to him with timbrel and harp.
Psalm 149:3

9. Singing new songs

Sing to him a new song; play skilfully, and shout for joy.
Psalm 33:3

10. Using musical instruments

Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord.
Psalm 150:3-6

Reflection Station

1. How should I worship God?

There are many forms of worship, all of which are acceptable in the house of the Lord. Remember that it is the heart attitude that makes the difference. When we have the right attitudes, our act will correspond.

Mentor Chat

1. What are the benefits of worshipping God?

A) One key outcome of a worshipful life with God is a changed life

Worship should cause us to reflect on the majesty and graciousness of God and Christ, contrasted to our own unworthiness. God does not need our worship, but our worship is for our own edification and strength. Worship helps us develop a God-like and Christ-like character. We become like those we admire and worship. When we worship God we tend to value what God values and gradually take on the characteristics and qualities of God.

In your relationships with one another, have the same mindset as Christ Jesus.
Philippians 2:5

How do we take on the mind of Christ?

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 12:2

We renew our mind as we study and meditate on God's word and worship Him.

B) Worship gives power and victory to Christians

Worship takes our eyes off the busyness of life and turns us to the person of Jesus. In a world that fights for our attention every moment we are awake, let us centre our attention on Christ. The more we get on with celebrating who and what we are in Christ, the less consumed we will be by chaos and the more committed we will be to Christ-likeness in the world and for the world.

Do you find yourself in midst of turmoil?
Worship the God of peace and you'll find peace.

Do you need wisdom?
Worship the God of wisdom and you'll find wisdom.

Are you faced with the impossible task of unconditionally loving the unlovable?
Then worship the God who IS LOVE and His love will become yours.

Do you find yourself in an impossible situation and need God's help to resolve?
Worship the God of victory.

In the time of King Jehoshaphat, Moabites and Ammonites with some of the Meunites came to wage war against him. As they began to worship God, the Lord set ambushes against the men of Ammon and Moab, and they were defeated. God gave victory to them.

After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendour of his holiness as they went out at the head of the army, saying: "Give thanks to the Lord, for his love endures forever." As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

2 Chronicles 20:21-22

C) God's manifest presence among worshippers (He visits us)

In the Old Testament the Spirit's presence defined the "sanctuary" where God chose to set his throne. Today, since the Holy Spirit indwells in individual human beings. There is a similarity between the way God's presence came down upon the temple (**2 Chronicles 7:1-3**) and the way God's presence (through the Spirit) came upon the church (**Acts 2:1-4**).

When Solomon finished praying, fire came down from heaven and consumed the burnt offering and the sacrifices, and the glory of the Lord filled the temple. The priests could not enter the temple of the Lord because the glory of the Lord filled it. When all the Israelites saw the fire coming down and the glory of the Lord above the temple, they knelt on the pavement with their faces to the ground, and they worshiped and gave thanks to the Lord, saying, "He is good; his love endures forever."

2 Chronicles 7:1-3

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Acts 2:1-4

Pentecost was a visible manifestation of the coming of the Holy Spirit to indwell the church. One incident recorded in the Bible that: while the early churches were worshipping, the Holy Spirit spoke to them to set apart Paul and Barnabas for His work.

While they were worshipping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13:2-3

D) Worship brings peace, joy and happiness to God's people

I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears.

Psalms 34:1-4

Let's seek to worship God in freedom and in reality. Make worship a lifestyle that permeates our day to day situation.

Conclusion

True worship does not depend upon where you are, nor upon who you are. True worship depends upon your heart attitudes towards God. God is Spirit, those who worship Him must worship Him in spirit; and not only by thoughts, rituals or

feelings. God is also truth, those who worship Him must worship Him in truth that comes from the Bible.

Worship is giving God the best that He has given you.

Oswald Chambers

Worship is our response to the unfailing love of our Father.

Memory Verse

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 4:23-24



All rights reserved. No part of this publication may be reproduced, sorted in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the church. Requests for permissions or further information should be addressed to the office@hope-church.com.au.

Scripture quotations (unless otherwise indicated) are taken from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.