

'Worship the Lord your God, and serve him only' (Mat 4:10)

Scriptures:

Ps 95:1-7a

John 4:1-26 (Worship in spirit and truth)

Introduction:

- **Worship** could be defined as:
'Acknowledging and responding to the value or worth of someone or something'
- Using this definition, we could say that, in life, everyone is involved in worship to some degree or other.
Eg. Worship of:
 - God (or other deities)
 - A person or people (pop stars, sports personalities, politicians)
 - Things (possession of wealth, power, collectibles)
- Not all worship is wholesome or beneficial.

Worship:

- **Focus:**
 - The truth of who God is, what He is like, what He has done
- **A spiritual act:** Jesus says we are to *'worship in spirit and in truth'* (*John 4:24*).
 - Songs, hymns, liturgies, etc are an aid to worship – not worship itself
 - The root of the word 'worship' in Hebrew is *'to prostrate'*
- **A physical act:**
 - Not only in our mind but a physical activity (voice, dance, clap, kneel, etc)
- **A corporate act:**
 - Together as the family of God
 - In anticipation of experiencing God's presence
 - Focussing on God, not ourselves or our performance
 - In humility, with thanksgiving, rejoicing in God's favour
 - *Intent on seeing God the Father, Son and Holy Spirit honoured*

Cell Group Discussion Points:

1. Is there any type of preparation we could make prior to entering into a time of worship?
2. What are the elements of worship?
3. How can we respond with physical activities in a time of worship?
4. Are there any particular matters that can deflect our attention from God during worship?