

## Worship - A Way of Life

### Goal:

- To discover Core members' experiences and perceptions of worship. To look at what Scripture says about worship and broaden our perspective of what it means to worship. A goal of this Core is to gain a better understanding of not just worshipping God by things we *sing* but by having a heart that is humble and submitted to God.

### Openers:

- Question: In your experience, what has **worship** of God looked like, either in your own practice or what you've observed in others' lives?
- Activity: Everyone get on knees and bow low to the ground. Stay in position for 30 seconds in silence.
- Question (after returning to seats):
  - What was the act of bowing like for you?
  - What do you notice about the posture of bowing?
- Tell your group: the Bible frequently links the word "worship" to the posture of "bowing down" or "kneeling". Let's read one example of this.

### Scripture:

#### Psalm 95:6-7

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.

### Digging Deeper:

- Observation
  - List everything you notice about worship in this text
  - What specific activities are mentioned in this text as being defined as worship?
- Interpretation
  - Why do you think the Psalmist called people to bow down and kneel? What purpose could that have accomplished for them?
- Application
  - Compare this psalm's emphasis on worship as bowing down or kneeling with your experience of what worship looks like. How is it similar to your experience? How is it different?
  - If worship is primarily about your heart's posture toward God, what specific activities that we do could be considered worship?

- What could it look like for you to worship (bow down and kneel before God) tomorrow? (Like, actually tomorrow, in a specific way, as you think about what you'll be doing on that day).

### **Closing Activity**

- Explanation: We are going to get in a bowing posture again. The posture of bowing represents the posture God desires our hearts to be in if we are to be people who worship God in many different ways.
- Activity: Everyone get on knees and bow again. Remain for 30 seconds.
- Pray for each other to grow in being people who kneel and bow down before God.

### **Resources:**

- Book: "Worship Matters"
- Christianity Today article online: "Worship God at All Times. If Necessary, Use Music"