

WORKSHEET: CHAPTER FOUR, FIVE AND SIX

HEALING THE PAST GOD'S WAY GOD IS ALMIGHTY, SOVEREIGN, ETERNAL, FAITHFUL AND IMMUTABLE

MEMORY VERSE:

But the hour is coming, and is now here, when the true worshippers
will worship the Father in spirit and truth,
for the Father is seeking such people to worship Him.
God is spirit, and those who worship Him must worship in spirit and truth.
John 4:23 - 24

DISCIPLINE OF WORSHIP:

Worship requires reconciliation with a holy God. Worship of God requires surrender of self. Worship of God requires a heart expectant to meet and experience God in a new and powerful way and that does not happen in the void of self.

Examine your heart and see if you are clinging to any of these:

- A habitual sin that you refuse to give up
- The protection of self - fear
- Disappointments over how you thought your life should be - bitterness and anger
- Comfort and self-glory
- Refusal to forgive
- A stronghold in your life that has required your constant protection
- (fill in your own issues)

If you are struggling with one of these issues, first go back to the discipline of confession and repentance before you move into the discipline of worship.

TRUTH:

Jesus told us that "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." (John 8:31a - 32). The truth that sets us free is the *truth* about who God is and who we are because of Jesus Christ.

To worship is to quicken the conscience by the holiness of God,
to feed the mind with the truth of God,
to purge the imagination by the beauty of God,
to open the heart to the love of God,
to devote the will to the purpose of God.
William Temple

We study God's Word not as a pursuit in academia. We study it, devour it, embrace it as the Bread of Life. It is our introduction to the God of the universe, our primer into the holy things, the necessary things, the beautiful things of our Father and Creator. We can only worship God in truth when we accurately reflect back to Him the things about Himself that He has told us, taught us, shown us throughout our lives.

O God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need for further grace. I am ashamed of my lack of desire. O God, the Triune God, I want to want Thee; I long to be filled with longing; I thirst to be made thirsty still. A. W. Tozer

In that beautiful confession, Tozer is professing the more he knows about God, learns about God, experiences God, the more he wants of God.

Delight yourself in the Lord, and He will give you the desires of your heart. Psalm 37:4

To delight yourself in God, is to desire more of God; to desire more of God is to delight yourself in God. It is a joy-filled merry-go-round that never ends. The first step is mine - to delight. That requires me to know the One in whom I am delighting. Experientially, practically, tangibly, realistically - to know God through every avenue - His creation, His Word, His sustaining power in my life. As I grow in this wisdom and knowledge, I am equipped to worship God in truth.

SPIRIT:

To worship God in spirit requires the foundation of truth to be our stepping stool as we raise our hearts and head and hands in expectation of experiencing the fullness of the living God. Worship is a reflection back to Him of His glory and it is a spiritual duty most pleasing and satisfying when we receive from Him the fullness of Him, filter it through our hearts and minds and souls and then raise it back to God in a chorus of praise, in an act of obedience, in a celebration of solitude and a melting of self into the body of Christ in an act of corporate worship. To worship in spirit and truth is to be thoroughly infused by the experience of God, the presence of God, the revelation of God, the power of God, unable to help yourself as you call out in a continuous declaration His majesty and worthiness to be praised.

A LIFE OF WORSHIP:

Cultivating a life of worship is a duty. Realizing the work of your hands as a worshipper is to first accept the duty of worship (the calling of it) and then to practice the discipline of it. It is not a natural thing to worship God. Our old nature prefers to worship self. Brother Lawrence, in his book, *Practicing the Presence of God*, acknowledged that we must first learn to crawl in order to walk, then walk before we can run. It is a daily practice to choose to live in the presence of a holy God. The following describes what worship is:

Ascribing worth through priority, through passion, through purpose

A sign of respect, **awe** and **fear** of our Holy and Righteous God

A pledge of submission Romans 12:1 “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”

Lived out through word and deed - OBEDIENCE is the evidence of our worship

As we acknowledge God’s right to be worshipped, we declare through our words and our activities our desire to choose a life of holy expectancy. Remember, God is eternal and His plans and purposes have an eternal view that often escapes us. We need to learn to embrace and invite that eternal perspective, that God-perspective into our everyday lives. God desires us to be faithful in the little things, therefore, in honoring my responsibilities, I am worshipping God. God commands us to love our brother, so in reaching out in love and grace to the co-worker who causes me great trouble, I am worshipping God through my obedience. God requires me to embrace His justice, so when I forgive the man or woman who has betrayed me, I am worshipping God through submission of my self-protective ways to the protection of His perfect justice.

Worship is also adoration. It is a daily, continuing conversation with God that acknowledges Him, that holds tight to Him, that professes a need for Him, that glorifies Him and points others to Him in what we say, do and who we are.

Take stock of your inward worship. If it is lacking, choose to begin with confession and repentance (an agreement with God about your sin and a desire to have a soft, pliable heart before Him). Then, begin with conversation. Talk to God first thing in the morning. Invite Him to breakfast. Bring Him on the ride to work or to be with you as you clean up the breakfast dishes and start in on your list of chores throughout the day. Acknowledge Him throughout your day. Thank Him. Profess Him. Proclaim Him. Praise Him.

Finally, know that worship changes us. If it does not, it has not been worship. You and I can not spend time in the presence of God and not be changed by it. If your life is not what you want it to be, if you are living in defeat or despair, the hope of change comes only from worship, in spirit and truth, of who God is. Proclaiming Him changes us. Praising Him restores us. Professing Him heals us. That is the blessing of the Christian life.

PRACTICE THE DISCIPLINE OF WORSHIP:

Begin each day with prayer. Remember, “Nothing is as powerful in a believer’s life than an attitude of submission in acknowledgment of God’s awesome character.”

Humble yourself.

*Call out your **adoration** of who God is and what He does.*

The essence of idolatry is the entertainment of thoughts about God that are unworthy of Him. A.W. Tozer

confess and repent

Examine your heart. Let it be grieved by your sin as you gaze upon the unimaginable holiness of God. Let it be moved by His grace toward repentance, reconciliation and restoration. Daily, confess and repentant as you trust God to forgive your every sin.

CHOOSE ONE OR MORE PSALMS UPON WHICH TO FEAST OVER THE NEXT WEEKS:
PSALM 37, 46, 63, 66, 84, 145, 146 or 147

Express your worship through a Psalm. Over the next weeks, take the time to write your own Psalm. Declare back to God His greatness and goodness, His justice and mercy, your heart's gratitude for all He is, all He does and all He promises for your future.

Enjoy corporate worship. Take the time to meditate and pray before your next opportunity to corporately worship God. Enjoy the heart's preparation as you pray not just for yourself but for your brothers and sisters who will lift their voices with yours to praise our great and glorious God.