

THE UPWARD JOURNEY 6  
SPIRITUAL DISCIPLINE -  
WORSHIP CELEBRATION -  
PART 1



# Worship

- *“The Christian should be an alleluia from head to foot.” — Augustine of Hippo*
- *“A private relationship of worshiping God is the greatest essential element of spiritual fitness.” — Oswald Chambers*
- *“Worship is the submission of all our nature to God. It is the quickening of conscience by his holiness; the nourishment of mind with his truth; the purifying of imagination by his beauty; the opening of the heart to his love; the surrender of will to his purpose—and all of this gathered up in adoration.” — William Temple*

# How do I define “worship”?

- Does “worship” = “singing in church”?
- *I’ve reached the point in my life that whenever I hear the word “worship,” I want to add—“as a lifestyle” behind it. For example, “It’s Sunday, let’s go worship (as a lifestyle) today.” What do you think about that?*
- Where do we worship?



# Where/when do we worship?

Worship happens in our assemblies. Worship happens in our homes. Worship happens on a solitary walk with God. Worship happens on our jobs. Worship happens when we play. Worship happens when we sing or pray or read scripture or meditate or talk to a friend or share Jesus with someone or serve the poor. Worship happens when we live for God and adore him with our life of service. Worship is a [lifestyle](#).

What do you think about that?



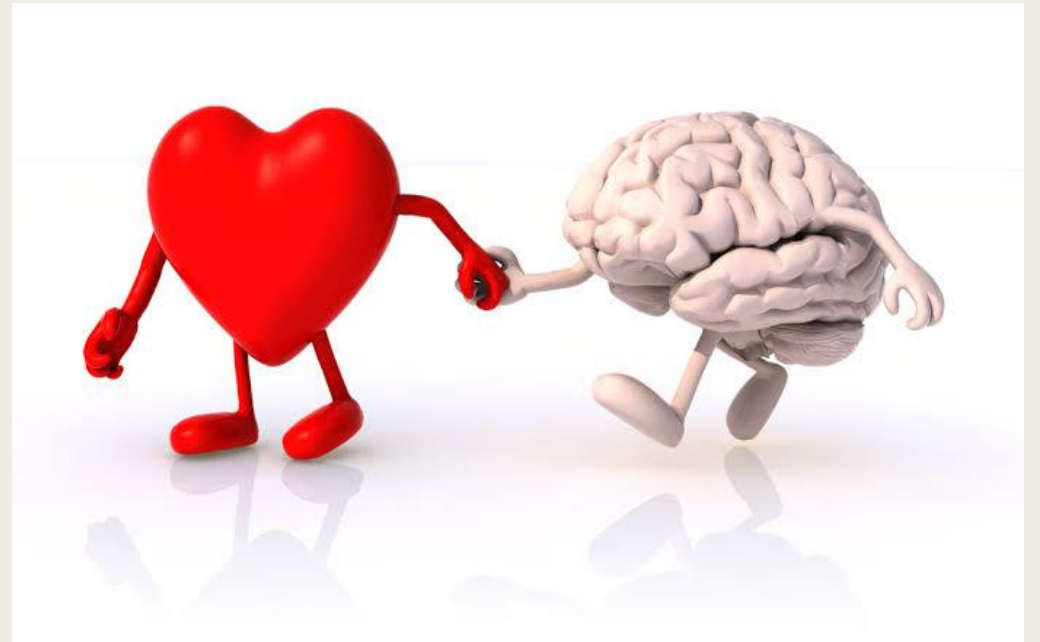
# Jesus and worship



- Jesus kept Sabbath and the festivals, went to synagogues and temple. (Lk 4:16, Jn 5:1, 7:37).
- But taught worship not confined to a place (Jn 4:23).
- When tempted: ‘Worship the Lord your God, and serve him only.’” (Mt 4:10)
- Sang hymns. (Mk 14:26)
- Worship through song can help prepare our minds for tough events. Worship can help us focus our intention on getting through the rough patches in our spiritual journey. Yes, worship does include singing. Singing is a vital part of worship.
- What else do we learn from Jesus about worship?

# In Spirit and truth

- God is spirit, and his worshipers must worship in the Spirit and in truth. (Jn 4:24)
- God is Spirit => not confined to a place, therefore can worship anywhere.
- Spirit and truth means that our heart (spirit, attitude) and our head (brain, intellect) are both engaged.
- “These people honor me with their lips, but their hearts are far away. Their worship is a farce, for they replace God’s commands with their own man-made teachings.”[Mk 7:6-8 NLT]
- What does it mean for our heart be engaged in worship?



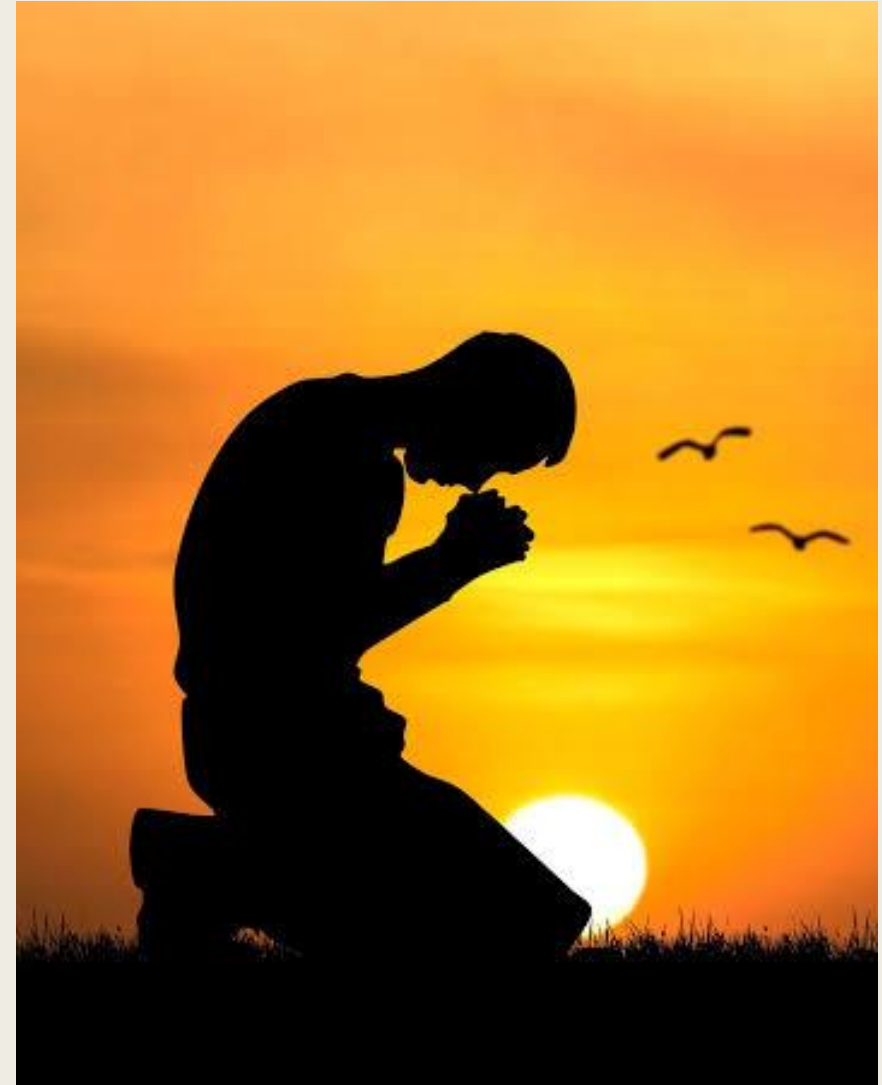
# Worship

Psalm 29:2 states, “Ascribe to the LORD the glory due his name; worship the LORD in the splendour of his holiness.”

Psalm 95:6-7 reads, “Come, let us bow down in worship, let us kneel before the LORD our Maker; <sup>L</sup><sub>SEP</sub> for he is our God and we are the people of his pasture, the flock under his care.”

What do we learn about worship from these two passages?

Could I write a Psalm?





# Compartmentalised

- We cannot compartmentalize worship to something we do on a Sunday morning. Worship must be something we live out during the week in the way we act with people. Israel made the mistake of compartmentalizing worship to sacrifice, assembly, and tithing. When the prophets of Israel came on the scene, they reminded the people that worship and lifestyle must be integrated. They reminded Israel that proper worship must be accompanied by right living. They reminded the people that when we worship God, we treat people with love and respect.
- What do you think about that?
- Do I compartmentalise worship?



# Activity

- Study out Worship and the Prophetic mindset.
- How worship connects with justice and how we treat others.
- Reflect on how this challenges or confirms your understanding of worship.
- We will discuss next time.
- Read <https://andrewkitchen.com.au/what-is-worship/>





# Wrap-up

- How robust is my understanding of worship?
- Do I tend to connect “worship” with “place”?
- Could I write a Psalm?
- Do I compartmentalise worship in my life?
- Study out the prophetic mindset towards worship.