

# SPIRITUAL DISCIPLINES

## WEEK 8: DISCIPLINE OF WORSHIP

### INTRODUCTION TO THE SERIES

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- Have you ever wondered how to grow in Christ? What is the believer's role in his or her own sanctification? How can we move from simply wanting to grow to actually seeing real spiritual growth in a way that honors God and avoids self-reliance? What examples can we follow in growing in godliness?
- This multi-week course will look at the biblical call for believers to work out their salvation with fear and trembling, while wholly leaning on God's strength as he powerfully works within us!
- God calls us to pursue holiness, train up our children, grow in spiritual wisdom, knowledge and understanding, and be transformed by the renewing of our minds. So, this course will look practically at the training we do as we trust in the Lord with all of our heart!
- We will discover through personal testimony, biblical foundations, and historical accounts how to get the spiritual workout we need to walk worthy. No discipline is easy, so we will also talk about where the pitfalls and hurdles are that keep us from running the race well.
- **Class Schedule:**
  - April 26: Introduction and Maturity in Godliness
  - May 3: Discipline of Bible Intake
  - May 10: Discipline of the Mind
  - May 17: Discipline of Time and Money
  - May 24: No Class, Memorial Day Weekend
  - May 31: Discipline of Prayer
  - June 7: Discipline of Service
  - June 14: Discipline of Perseverance
  - **June 21: Discipline of Worship**
  - June 28: Discipline of Evangelism

### INTRODUCTION: DISCIPLINE OF WORSHIP

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- Today, we cover the biblical foundations of worship, outline the biblical support for this spiritual discipline, and, if time, we will hit some biblical examples of how these principles of worship play out practically.
- Notes are great, but interaction is better! Please ask questions and interact with this topic! Our goal is not to get through all the pages of notes but to encourage each other toward godliness, maturity, Christ-likeness.
- We want you to be equipped to be able to strengthen these disciplines into your lives by giving you the resources and foundation to continue to build from.

## THE DEFINITION & IMPORTANCE OF WORSHIP

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- “The word worship descends from the Saxon word weorthscype, which later became worthship. To worship God means to ascribe the proper worth to God, to magnify His worthiness of praise, or better, to approach and address God as He is worthy.”<sup>1</sup>.
- “Worship is focusing on and responding to God.”<sup>2</sup>.
- **προσκυνέω**: “to express ... one’s complete dependence on or submission to a high authority figure”; to kiss, bow down, pay homage/do reverence<sup>3</sup>.
- **λατρεύω**: To carry out religious duties, to serve.<sup>4</sup>
- *[8] And the four living creatures, each one of them having six wings, are full of eyes around and within, and day and night they do not cease to say, "HOLY, HOLY, HOLY [is] THE LORD GOD, THE ALMIGHTY, WHO WAS AND WHO IS AND WHO IS TO COME." [11] "Worthy are You, our Lord and our God, to receive glory and honor and power, for You created all things, and because of Your will they existed, and were created." (Rev 4:8, 11 LSB)*
- *[9] And they sang a new song, saying, "Worthy are You to take the scroll and to open its seals, because You were slain and purchased for God with Your blood [people] from every tribe and tongue and people and nation. [10] "And You made them [to be] a kingdom and priests to our God, and they will reign upon the earth." (Rev 5:9-10 LSB)*
- God’s Glory is the ultimate purpose of creation and salvation (Eph 1, Col 1:16).
- God is the only one worthy of our supreme and highest worship. His character, works, and promises compel us to worship Him.
- Worship Him for His Character:
  - He is our Holy, Just, Good, Loving, Merciful, Gracious, Perfect, Creator, Savior, Sustainer, & King.
- Worship Him for His Works, Gifts, & Blessings:
  - Creation, Deliverance, Salvation, Christ, The Holy Spirit, The Scriptures.
- Worship Him for His Promises:
  - End of Pain, Sin, & Death, Just Final Judgment, Establishment of an Eternal Kingdom.

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<sup>1</sup> Whitney, Donald S. Spiritual Disciplines for the Christian Life. Colorado Springs, CO: NavPress, 2014, p. 103.

<sup>2</sup> Ibid.

<sup>3</sup> Arndt, William, Frederick W. Danker, Walter Bauer, and F. Wilbur Gingrich. 2000. In A Greek-English Lexicon of the New Testament and Other Early Christian Literature, 3rd ed. Chicago: University of Chicago Press, p. 882.

<sup>4</sup> Arndt, William, Frederick W. Danker, Walter Bauer, and F. Wilbur Gingrich. 2000, p. 587

## • **Philosophy of Worship (Taken from MBC's Website)**

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- It is God-Centered
- It is Theologically-Driven
- It is Christ-Focused
- It is Gospel-Saturated
- It is Corporately-Expressed

## **THE PRACTICE OF WORSHIP**

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- This spiritual discipline encompasses our whole life, and includes every other spiritual discipline:
- *[1] Therefore I exhort you, brothers, by the mercies of God, to present your bodies as a sacrifice--living, holy, [and] pleasing to God, [which is] your spiritual service of worship. (Rom 12:1 LSB)*
- While any area of life can be a form of worship with the correct heart posture, Scripture highlights four consistent areas of worship we need to prioritize regardless of what context we find ourselves in.
- *[16] Let the word of Christ dwell in you richly, with all wisdom teaching and admonishing one another with psalms [and] hymns [and] spiritual songs, singing with gratefulness in your hearts to God. [17] And whatever you do in word or deed, [do] all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Col 3:16-17 LSB)*
- 1. Bible Reading & Meditation – “The Word of Christ” (1Ti 4:13; 2 Tim 3:16-17)
- 2. Bible Teaching & Admonition (Rom 15:14; 1Th 5:14; 1Ti 4:13; 2 Tim 4:1-2)
- 3. Singing Spiritual Songs (Eph 5:18-20)
- 4. Prayer – “Giving Thanks” (Jhn 11:40-45; Mat 11:25-26; Phl 4:6)

## **THE MEANS OF WORSHIP: SPIRIT & TRUTH**

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- Jesus explained the way we ought to worship God when talking to the woman at the well:
- *[22] "You worship what you do not know; we worship what we know, for salvation is from the Jews. [23] "But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. [24] "God is spirit, and those who worship Him must worship in spirit and truth." (Jhn 4:22-24 LSB)*

### **SPIRIT**

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- *[3] For we are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and put no confidence in the flesh, (Phl 3:3 LSB)*

- True, sincere, joyous, Spirit-filled worship is internal, delighting in Him and with a heart near to Him, not merely external. (Ps 37:4; Psa 73:25-28)
- This is opposed to mere external religious worship, which God is not pleased with:
- *[6] And He said to them, "Rightly did Isaiah prophesy of you hypocrites, as it is written: 'THIS PEOPLE HONORS ME WITH THEIR LIPS, BUT THEIR HEART IS FAR AWAY FROM ME. [7] 'BUT IN VAIN DO THEY WORSHIP ME, TEACHING AS DOCTRINES THE COMMANDS OF MEN.' (Mar 7:6-8 LSB)*
- However, we will not always feel the desire, and it is not wrong to do what is right even when our heart or emotions are not leading the charge; we are not perfect in our worship nor in our energy and desire for worship. Yet, we should strive to keep our hearts warm to Christ, and to revive our hearts with God's Truth, Promises, & Character.
- Empty Spirit-less Worship: The Pharisees (Mat 23:23)
- Do we realize our dependence on the Spirit's enabling to worship? Do we pray for a heart focus on praising and worshiping God throughout the week in all we do?
- Areas of Worship The Spirit Enables:
  - Bible Reading, Meditation, & Understanding (1 Cor 2:10-16)
  - Prayer (Jude 20-21; Rom 8:26)
  - Singing (Eph 5:18-21)

## **TRUTH**

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- *[162] I rejoice at Your word, As one who finds much spoil. [163] I hate and abhor lying, [But] I love Your law. [164] Seven times a day I praise You, Because of Your righteous judgments. (Psa 119:162-164 LSB)*
- *[16] Let the word of Christ dwell in you richly, with all wisdom teaching and admonishing one another with psalms [and] hymns [and] spiritual songs, singing with gratefulness in your hearts to God. (Col 3:16 LSB)*
- True worship is an overflow of God's Truth richly affecting our hearts and lives by the power of the Spirit.
- Our worship should first and foremost be according to God's design of how He wants us to worship Him.
- We want to worship God in a way that is pleasing in His sight.
- We want to worship God according to How He has revealed Himself in Scripture, not worshiping God for something He is not, has not done, or has not promised to do.
- We do not want to worship the gift or creation rather than the Creator & Gift-Giver (Rom 1:21-25).
- Lawless Worship: Uzziah was punished when He tried to sacrifice against God's rules (2Ch 26:16-21)
- Are we aware of how God wants us to worship Him? Do we know the truth about who He is & what He has done? Does that truth about His worthiness move us to praise Him and worship Him day by day?

## THE CONTEXTS OF WORSHIP

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### Public Worship (Among Other Believers, Sunday Service, & Beyond)

- *[42] And they were continually devoting themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to the prayers. ... [46] And daily devoting themselves with one accord in the temple and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart, [47] praising God and having favor with all the people. And the Lord was adding to their number daily those who were being saved. (Act 2:42, 46-47 LSB)*
- Here's 5 devotions the Scripture highlights for us to worship God with, in public or corporate worship.
- *[14] But I myself am also convinced about you, my brothers, that you yourselves are full of goodness, having been filled with all knowledge and being able also to admonish one another. (Rom 15:14 LSB)*
- 1. Devotion to Teaching & Admonishing other Christians (Col 3:16; 1Th 5:14; 1Ti 4:13; 2 Tim 4:1-2)
  - This is not just for a select few Christians, every Christian should be worshiping and glorifying God by sharing His truth and pointing to His worthiness to help to encourage & help one another.
  - The proper worshipful response to truth is to share it and teach it! Discipling others is an act of worship towards God, a discipline we should be cultivating!
  - Priscilla & Aquila correcting Apollos (Act 18:24-28)
  - Do you have other believers that discuss the sermons or your devotions with? Are you seeking to encourage others with what God has taught you from His Word & shown you in your life?
- *[13] And when they had entered [the city], they went up to the upper room where they were staying; that is, Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James [the son] of Alphaeus, and Simon the Zealot, and Judas [the] [son] of James. [14] These all with one accord were continually devoting themselves to prayer, along with [the] women, and Mary the mother of Jesus, and His brothers. (Act 1:13-14 LSB)*
- 2. Devotion to Prayer with other believers (Act 2:42; Jas 5:16-20; 1Ti 2:8)
  - ACTS: Adoration => Confession => Thanksgiving => Supplication (Requests)
  - Do you have other believers that you pray with and for often?
- *[6] Let everything that has breath praise the LORD. Praise the LORD! (Psa 150:6 NASB95)*
- 3. Devotion to Singing with other believers (Psalms; Col 3:16; Eph 5:19; Matthew 26:30)
  - Singing is a prominent act of worship all throughout the Bible. We are to be, "*singing and making melody in our heart to God*" (Eph 5:19).
  - Do you joyfully sing the greatness of God during the worship service? Is your heart engaged with and affectionate toward the truths you are singing?

- *[10] As each one has received a gift, employ it in serving one another as good stewards of the manifold grace of God-- [11] whoever speaks, as one [speaking] the oracles of God; whoever serves, as one [serving] by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and might forever and ever. Amen. (1Pe 4:10-11 LSB)*
- 4: Devotion to Serving the Church (Eph 4:11-16)
  - We are called to use the spiritual gifting we have been given to build up the Church and our fellow believers. Of course this depends on our current season of life and the capacity God has given us, but we want to be faithful to worship God with our time and resources in this way.
  - Are you faithful to serve with the resources God has given you? Have you identified your spiritual gifting? Are you serving with a heart posture of worship, giving glory to God?
  - A warning against lying about your contribution to the Church. Ananias & Sapphira (Acts 5:1-11).
- 5: Devotion to Observing the Ordinances (Mat 28:19-20; 1Co 10:16, 31; 1Co 11:23-26)
  - Do you recognize the importance of the ordinances to corporate worship? Are you observing them as often and as soberly as you should be according to the above verses.

### **Family Worship (At Home)**

- *[5] "You shall love Yahweh your God with all your heart and with all your soul and with all your might. [6] "These words, which I am commanding you today, shall be on your heart. [7] "You shall teach them diligently to your sons and shall speak of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. [8] "You shall bind them as a sign on your hand, and they shall be as phylacteries between your eyes. [9] "You shall write them on the doorposts of your house and on your gates. (Deu 6:5-9 LSB)*
- While we are not under the OT law, we can still learn from the principles and instructions God gave Israel as to how they were supposed to lead their households to know Him, love Him, and worship Him<sup>5</sup>.
- *[4] Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. (Eph 6:4 LSB)*
- Fathers, God has appointed you as the spiritual leader of the house, responsible for the Lord's discipline to be shown and the Lord's instruction to be taught. Your household is your first mission field, to show Christ to your wife and your children. You are the worship leader for your house, you decide the worship service schedule and content.
- *[14] "So now, fear Yahweh and serve Him in integrity and truth; and put away the gods which your fathers served beyond the River and in Egypt, and serve Yahweh. [15] "If it is evil in your sight to serve Yahweh,*

<sup>5</sup> Psalm 78:1-8; 1 Corinthians 7:12-14; 2 Timothy 3:15-17; Deuteronomy 6:6-9; 1 Corinthians 16:13; Ephesians 6:4; Jeremiah 10:25; Acts 10:2

*choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve Yahweh." (Jos 24:14-15 LSB)*

- Implementing the three prominent areas of worship for the family:<sup>6</sup>
  - Family Worship In Bible Reading & Teaching (2 Tim 3:15-17; Neh 8:8)
    - This is how Timothy learned the Scriptures (Act 16:1-2; 2Ti 1:5; 2 Tim 3:15)
    - Do you spend intentional time to learn the Scriptures to teach your wife and children? There are many resources out there to help if you need!
    - It does not have to be seminary level, as every Israelite father was expected to be able to lead their household in this way regardless of education level.
  - *[6] Let everything that has breath praise the LORD. Praise the LORD! (Psa 150:6 NASB95)*
  - *[15] The sound of joyful shouting and salvation is in the tents of the righteous; The right hand of Yahweh does valiantly. (Psa 118:15 LSB)*
  - Family Worship In Singing (Matthew 26:30)
    - Have you ever sung worship songs together as family? Is that part of your family worship routine? Are you modeling what true worship, praise, and singing from the heart looks like for your wife and kids?
  - Family Worship In Prayer (Job 1:5; Jeremiah 10:2, 1 Tim 4:4-5)
    - Do you pray on behalf of your family? Do you lead the prayer over meals? Before opening God's Word?
    - Take Job as an example (Job 1:5).

### **Personal Worship (Alone)**

- *[14] But you, continue in the things you learned and became convinced of, knowing from whom you learned [them], [15] and that from childhood you have known the sacred writings which are able to make you wise unto salvation through faith which is in Christ Jesus. [16] All Scripture is God-breathed and profitable for teaching, for reproof, for correction, for training in righteousness, [17] so that the man of God may be equipped, having been thoroughly equipped for every good work. (2Ti 3:14-17 LSB)*
  - Personal Bible Reading & Meditation (Ps 1:1-3)
  - Private Prayer (Mat 6:5-13)
  - Private Praise & Singing (Psa 57:7, Eph 5:19)

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<sup>6</sup> Beeke, Joel R. Family Worship. Grand Rapids, MI: Reformation Heritage Books, 2005.

Marcellino, Jerry. Rediscovering Family Worship. Wapwallopen, PA: Shepherd Books, 2011.

## PRACTICAL STEPS TO GROW IN THIS SPIRITUAL DISCIPLINE

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- Ask God for wisdom, help, & strength by His Spirit (1 Pet 5:6-7)
- Ask other Christians for practical advice, encouragement, ideas, and accountability.
- Create a routine and schedule for yourself, your family, other believers, and Church!
- Cultivate a desire for searching out, understanding, and meditating on God's worthiness.

## THE FRUITS OF THE DISCIPLINE OF WORSHIP

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- A thankful and grateful heart and attitude (Col 3:16-17; Eph 5:18-21)
- We are molded into the one we adore & worship<sup>7</sup>.
- "Godliness requires disciplined worship."<sup>8</sup>
- Everything sown to the Spirit, will reap spiritual fruit if we do not grow weary.
- *[7] Do not be deceived, God is not mocked, for whatever a man sows, this he will also reap. [8] For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. [9] And let us not lose heart in doing good, for in due time we will reap if we do not grow weary. (Gal 6:7-9 LSB)*

## APPLICATION & CONCLUSION

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- Any questions?
- Worshiping is done with one's whole life
- Scripture highlights the major areas of worship as Scripture reading & teaching, then praying, singing, serving, and observing the ordinance as well.
- We need to be those who reflect God's glory to a lost and dying world.
- Living a life of true worship is what each and every one of us should keep striving for.

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<sup>7</sup> Whitney, Donald S. Spiritual Disciplines for the Christian Life. Colorado Springs, CO: NavPress, 2014, p. 114.

<sup>8</sup> Ibid.,