

## 1- TWO CRITERIA FOR WORSHIP

**John 4:24 - God is spirit, and those who worship him must worship in spirit and truth**

- +It's not about genre, instrumentation, certain theological terms, size of group, talent of participants
- +Truth that accords with God's word, and affections that accord with God's worth.  
THAT'S IT. If it meets those two criteria, it is the worship that God is seeking.
- +Questions: i- What truths about God are being displayed for me to respond to?  
ii- What thoughts, feelings, hopes, assurance or desires do these truths stir up?

## 2- THE OTHER SIX DAYS

**Psalm 145:2 - Every day I will bless you and praise your name forever and ever.**

- +“If you will not worship God seven days a week, you do not worship Him on one day a week.”-A.W. Tozer
- +Plan and carve out (even short) times of dedicated worship.
- +Question (for the end of the day): How and when did I intentionally worship today?  
If you are practicing worship as a spiritual discipline- you will have an answer to this question.

## 3- THE PRIVATE AND THE PUBLIC

*There is no way that those who neglect secret worship can know connection with God in public worship.*

-Geoffrey Thomas

- +The Sunday gathering should serve as a shared culmination to our individual weeks of worship.
- +Question: Do you hang your worship experiences, hopes, expectations on a Sunday service?
- +Private worship is personal worship: enjoy God through the specific things that stir you up.
- +What does worship with others look like during the week.

## 4- TRY DIFFERENT POSTURES OF WORSHIP

**Embodied worship: giving outer-expression to inner-realities: Which will you try?**

### +Bowing/kneeling

O come, let us worship and bow down, let us kneel before the LORD, our Maker! **Psalm 95:6-7**

### +Laying prostrate

Then I lay prostrate before the LORD as before...**Deut 9:18**

I fell prostrate on my face and cried out... **Ezekiel 9:8**

### +Lifting your hands

"Come, bless the LORD, all you servants of the LORD, who stand by night in the house of the LORD!  
Lift up your hands to the holy place, and bless the LORD. May the LORD, maker of heaven and earth,  
bless you from Zion." **Psalm 134**

### +Dancing

Praise the LORD! Praise God in his sanctuary... Praise him with tambourine and dance. **Psalm 150:1-4**

## 5- KEEP MUSIC IN YOUR WORSHIP PRACTICE

*The duty of singing praises to God, seems to be appointed wholly to excite and express religious affections. No other reason can be assigned, why we should express ourselves to God in verse, rather than in prose, and do it with music, but only, that such is our nature and frame, that these things have a tendency to move [and express] our affections. - Jonathan Edwards*

- +Even if you don't consider yourself "musical," explore finding songs/genres that stir you up to worship.  
(This is easier-than-ever in an age of streaming music.)
- +Singing and music are a prominent part of biblical worship, heavenly worship and eternal worship.  
Musical worship is a part of our eternal destiny- learn to embrace and love it now!

## 6- MAKE WORSHIP ABOUT MORE THAN MUSIC

Does it accord with the truth of God's word, and stir up affections that accord with God's worth?

**Then it is meaningful worship.**

\*Bible reading

\*conversing

\*serving

\*singing

\*praying

\*physical activity

\*listening to music

\*taking in nature

\*listening to sermons or testimonies

\*books, devotionals or articles



## Verses about Worship

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.

**Romans 12:1**

But the hour is coming, and is now here, when the true worshipers 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**

I will extol you, my God and King,  
and bless your name forever and ever.  
Every day I will bless you  
and praise your name forever and ever.

**Psalm 145:1-2**

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.

**Hebrews 12:28-29**

Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

**Hebrews 13:15-16**

But when David saw that his servants were whispering together, David understood that [his] child was dead. And David said to his servants, “Is the child dead?” They said, “He is dead.” Then David arose from the earth and washed and anointed himself and changed his clothes. And he went into the house of the Lord and worshiped.

**2 Samuel 12:19-20a**

And when he had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each holding a harp, and golden bowls full of incense, which are the prayers of the saints. And they sang a new song, saying,

*“Worthy are you to take the scroll  
and to open its seals,  
for you were slain, and by your blood you ransomed people for God  
from every tribe and language and people and nation,  
and you have made them a kingdom and priests to our God,  
and they shall reign on the earth.”*

Then I looked, and I heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, 12 saying with a loud voice,

*“Worthy is the Lamb who was slain,  
to receive power and wealth and wisdom and might  
and honor and glory and blessing!”*

And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying,

*“To him who sits on the throne and to the Lamb  
be blessing and honor and glory and might forever and ever!”*

*And the four living creatures said, “Amen!” and the elders fell down and worshiped.*

**Revelation 5:8-14**