

SPIRITUAL DISCIPLINES

LESSON 5: PRAISE AND WORSHIP

THE TARGET: Worship is an intense love or admiration for God. Men's Ministries believes there is power in praise and worship. Praise and worship should take place in all parts of your life, not just when you go to church. In this lesson, you will learn ways to offer praise and worship to God, and how to practice this powerful discipline in your spiritual formation journey.



SIGHTLINE: Acquire Your Target

Worship is the reasonable, heartfelt response of those who have known God's grace and value Him above anyone or anything else (Psalm 22:3; John 4:24). Worship is your spirit connecting to God's spirit (John 4:24).

Worship can be expressed in several different ways. **You can worship God together with other Christians.** In Psalm 95, you can find the words "let us" six different times. However, you are not relegated to worship God only around other believers. **You can worship God alone with no one else around** (Matthew 6:6). You are **expected to worship God both verbally and physically** (Psalm 47:1; 134:2). This means you have freedom to express your worship with your body and voice. You can bow, kneel, stand, sit, clap your hands, and lift your hands. Because these are biblical forms of worship, you are invited to use them in your worship of God.





CROSSHAIR: Focus on Your Target

You were created to worship, serve, and obey something. As a believer, you are created to worship the God of the Bible. Of the 10 commandments God gave Israel, the first commandment deals with worship (Exodus 20:1-3). God is the only one worthy of your worship (Psalm 18:3). It is true—you become like what you worship (Psalm 115:8; Jeremiah 2:5; 1 John 5:21).

If worship is a spiritual discipline, what is its purpose? There are at least *four reasons* to sharpen the spiritual discipline of worship.

First, as you develop your habit of worship, you thank God for who He is and all He has done (Psalm 100:4). **You purpose is to praise God simply because He is God and there is no one else like Him.** He has created you, answers your prayers, works in your life, and blesses you.

Second, worship Him to **get your eyes on Him** and off of your troubles (Hebrews 12:2; Psalm 43:5; 57:1-8).

Third, practice the discipline of worship to **feel His presence and to learn more about Him** (Psalm 16:11). When Moses got into the presence of God, he understood and saw who God was (Exodus 34:5-9).

Finally, sharpen your worship habit to **defeat the enemy** and his plans for your life (Psalm 116:17; 2 Chronicles 20:18-30).





BULLSEYE: Hit Your Target

- Read Hebrews 13:15.
 - » What does the phrase “sacrifice of praise” mean to you? Describe a time in your life when you offered a sacrifice of praise.

- Read 2 Chronicles 20:18–30.
 - » What can you glean about praise and worship from these verses?

- Read Psalm 95.
 - » Highlight the six times the phrase “let us” is used. What can you learn from these six highlights about praise and worship?



How does this study affect your relationship with God and others? You experience God's Word in action as you use it to direct your journey with Him and those around you. Answer the following questions and record the answers below or in your journal.

- Take some time to listen to the Lord about what you just studied. How did this study help deepen your love for God?

- Write down a thought from this study that you experienced this week.

- As a result of your deepened love for God, how can you practically demonstrate what you experienced to your family and to others around you?

Next Step:

- Courage:** I don't worship God in any of the five ways listed. I commit to begin to worship Him in _____ way when I attend church.



- ❑ **Strength:** I would like to deepen this spiritual discipline and begin to worship God in my private time in _____ way.
- ❑ **Endurance:** I will find three worship songs and dedicate a time and place to listen and worship in private. After your worship time, write down your impressions in your journal.

FireBible:

- Read the *FireBible* note on Psalm 100:2.
 - » What can a believer recall when they praise God?

 - » On a scale of 1-4, with 1 being very well and 4 being not well, rate yourself on how well you express your praise to God. Write out a plan to improve.

- Read the *FireBible* note on Psalm 134:1-3.
 - » What is the result of spiritual worship inspired by the Spirit of God?

- Read the *FireBible* note on John 4:23-24.
 - » What should true worship reflect?



» Which of the twelve blessings of worship do you most need in your life right now?

• Read the *FireBible* article, “Praise.”

» What did you learn about the four important reasons why you should praise God as a believer?

» What did you discover about the various biblical methods of praise? How can you apply what you learned to your personal time of praise to God?

» With which reason for praise did you most resonate? Why?

