

Slow Down Spirituality | Part 4

Slow Down to Worship

NOTES ARE IN APP - Not on screen - Download

- <https://theelement.church/app>

Connect with us - Next Steps Form

- Text "Element" to 97000

21 Days of Prayer

- Date/Time: Jan. 10th - 28th 2022 | M-F | 7-8 am est
- Location: Zoom: your computer from wherever you are
- **Meeting ID: 830 9349 2677**
- **Passcode: element**
- Short invite link: <https://bit.ly/3EUUM0U>

GIVING TIME:

- **4 WAYS TO GIVE**
- ONLINE: <https://theelement.churchcenter.com/give>
- APP: Give Tile
- TEXT: Text an "amount" to 84321
- MAIL: PO Box 52 East Lansing MI 48826
 - ARC
 - 7 million invested in church planting in 2021.
 - Launched 64 churches in 5 countries.
 - ARC launching 11 churches today - from 998 → passing 1,000 churches!

TODAY: Part 4 of Series: Slow Down Spirituality

ILL. Cars: Speed Bumps & Vehicle Speed

- Hit a speed bump at 50 = through the roof, destroys car
- Hit a speed bump at 5 = an easy blip, car continues
- Going slower = going faster/more effective

More than cars. Spiritual reality for experiencing life...

Slowing down goes against our cultural conditioning

“Hurry is the great enemy of spiritual life in our day.” - Dallas Willard

“Hurry Sickness”: consider the following possible symptoms. Which one do you identify with most and why?

HOW ALWAYS BEING IN A HURRY HURTS YOU

- **HURRY increases my stress:**
 - “I had no time to care for myself . . .” Song of Solomon 1:6 (TEV)
- **HURRY decreases my joy:**
 - “My days go by faster than a runner; they fly away without my seeing any joy.” Job 9:25 (NCV)
- **HURRY makes me less productive:**
 - “A person in a hurry makes mistakes.” Proverbs 19:2b (GW)
 - “Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” Proverbs 21:5 (MSG)
- **HURRY keeps me from hearing God:**
 - “Be still, and know that I am God.” Psalm 46:10 (NIV)

PART 4: Slow Down to Worship

Q: What do we do when we can’t move our intimacy with God beyond our minds/head into experiential reality?

- Trusting Him?
- Forgiving others?
- Having hope?
- Loving that boss that’s hard to love
- When you get “that phone call”

Short answer: We Slow Down to Worship

ILL. Tim Keller - Stage 4 Pancreatic Cancer

- 99 out of 100 will live less than 1 year
- 1 out of 100 will live up to 5 years
- He was diagnosed in March 2020 and as of Dec. 2021 received words from doctors that he was doing “fantastic” “dramatic” and “remarkable”
- He spoke about “How to handle the troubles of life with peace?”
 - Petitionary prayer?? No...
 - Worship

Short answer: We Slow Down to Worship - but what does that mean exactly?

FAITH WITHOUT WORKS - IS DEAD.

James 2:14

What good is it, my brothers, if someone says he has faith but does not have works?

If we “say” we worship God, but don’t demonstrate it??

- Yea but “P. Scott, worship is bigger/more than music.”
- True...

“[worship is] anything that reminds me He is God, I am not - That I’m not the center of the universe.” - Adam Paulson

- We worship with our...
- Work
- Giving
- Serving
- Loving when it isn’t easy

- Choosing to trust when I don't understand

BUT HOW DO WE “DO” WORSHIP?

Three thoughts about how we can WORSHIP:

1.) Worship is ASCRIBING value to something

Practically - Ascribing Value to something

WORSHIP = The act of ascribing ultimate value to something

ILL. Broach passed down from generation to generation

- “That old thing... I will go get it appraised”
- Jeweler starts experiencing
- Created in an artistic unique way that no longer exists
- He realizes the value of what is in his hand.
- She has “not been living in accordance with the value of what she has”
- Jewelers Eye Loupe

TRUTH: We end up serving what we worship

- What we spend time examining in the jewelers loupe!
- Money
- Fame
- God
- God the only thing worthy of your worship

Matthew 6:21

For where your treasure is, there your heart will be also.

- Giving/Tithing

- Serving/Pursuing Purpose

Practically: MADE to worship (TIM KELLER)

“You don’t get to decide to worship, everyone worships. Everybody worships. The only choice we get is what to worship. And the compelling reason for maybe choosing some sort of god or spiritual-type thing to worship...is that pretty much anything else you worship will eat you alive. If you worship money and things, if they are where you tap real meaning in life, then you will never have enough, never feel you have enough...Worship your body and beauty and sexual allure and you will always feel ugly. And when time and age start showing, you will die a million deaths before they finally grieve you...Worship power, you will end up feeling weak and afraid, and you will need ever more power over others to numb you to your own fear. Worship your intellect, being seen as smart, you will end up feeling stupid, a fraud, always on the verge of being found out. But the insidious thing about these forms of worship is...they’re unconscious. They are default settings.” - Tim Keller

GOAL: *DIRECTING* our worship (no need to Create worship)

- Not creating *ascribing value*, directing it to God

Luke 4:5-8

5 The devil led [Jesus] up to a high place and showed him in an instant all the kingdoms of the world. 6 And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. 7 If you worship me, it will all be yours.”⁸ Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

Matthew 22:36-37

36 “Teacher, which is the greatest commandment in the Law?”

37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’

Nothing else WORTHY of your affection.

Sundays we PRACTICE ascribing value to Him!

all week other things pulling at us

“Jesus YOU are worth our attention”.

Worship is ascribing value to something

2.) Worship requires our bodies to get involved

TRUTH: Body positions affect our prayers: mind, emotions, body, spirit
AND OUR WORSHIP!

There is an interesting passage in CS Lewis’ Screwtape Letters where a senior demon (Screwtape) is advising his nephew demon Wormwood in effective manipulation and temptation of humans:

“At the very least, they can be persuaded that the bodily position makes no difference to their prayers; for they constantly forget, what you must always remember, that they are animals and that whatever their bodies do affects their souls.” (*Screwtape Letters*, Letter 4)

BIBLICAL WORSHIP ALMOST ALWAYS INCLUDES

- **Physical demonstration** with our bodies...
 - Voice
 - Hands
 - Arms

- Singing
- Shouting
- Singing to music (Sundays)

James 2:14

What good is it, my brothers, if someone says he has faith but does not have works?

Those “works” often take place in our bodies!

Define Worship? It includes your body...

58 different Hebrew words for worship

- **Barak** -to kneel or bow, to give reverence to God as an act of adoration, implies a continual conscious giving place to God, to be a tuned to him and his presence
- **Guwl** -to spin around, under the influence of any violent emotion
- **Hallal** -to praise, to make a show or rave about, to glory in or boast upon, to be clamorously foolish about adoration of God
- **Ranan** -to creak, to emit a stridulous sound, to shout aloud for joy
- Shachah-to depress or prostrate in homage or loyalty to God, bow down, fall down flat
- **Tehillah** -to sing hallal, a new song, a hymn of spontaneous praise glorifying God in song
- **Todah** -an extension of the hand, adoration, a choir of worshipers, confession, sacrifice of praise, thanksgiving
- **Yadah** -to throw, shoot or cast (hands or arrows) use, to revere or worship (with extended hands, praise thankful, thanksgiving)

Palms up, Palms Down Prayer - In Science

- “Researchers credit a phenomenon called embodied cognition for this powerful mind-body effect, in which our brains take mental cues from

physical gestures. When we offer someone a helping hand, ask for help, or prepare receive something, our palms are upturned; when we reject something or push someone away, our palms face out.”

ILL. Nonverbal communication speaks

- Body Position Speaks!
- To others
- To me

Worship with body moves → Experience vs Spiritual Logic

- ILL. Study h2o in a classroom vs Jumping in a pool
- How do you move past knowledge to experience?
- Worship

ALL of me, not a PART of me (will, emotion, logic)

- I'm not into all that emotional stuff
- I LOVE “feeling” the Spirit
- I am not really a music person
- SO many different way to worship...

Psalm 95: 1-7

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. 2 Let us come before him with thanksgiving and extol him with music and song. 3 For the Lord is the great God, the great King above all gods. 4 In his hand are the depths of the earth, and the mountain peaks belong to him. 5 The sea is his, for he made it, and his hands formed the dry land. 6 Come, let us bow down in worship, let us kneel before the Lord our Maker; 7 for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice.

- **Emotional** language - sing, shout, extol (vs. 1&2)
- **Will** Language - come, come kneel, bow down vs. 6)

- **Reason/Logic** Language - because/for, hear his voice, listen, accept what he says (vs. 7)
- **Our Will**
- **Our Logic**
- **Our Emotion**
 - Desperation
 - Celebration

Spirit and Truth (spiritual & here and now)

EXPERIENCE SPIRIT & TRUTH

John 4:23-24

23 Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers *the Father seeks*. 24 God is spirit, and his worshipers must worship in the Spirit and in truth.”

Not a Dry Ritual - (Spirit)

- With will & logic but without **emotion** - **it isn't worship**

Not just emotionalism - (Truth)

- if you are emotional but **it doesn't change you** - your surrender, your thinking - **it isn't worship.**

**WORSHIP HOWEVER YOU ARE MADE, BUT DO IT WITH ALL OF
HOWEVER YOU ARE MADE.**

Jeremiah 29:13 - ESV

13 You will seek me and find me, when you seek me with all your heart.

Worship must include our bodies

3.) Worship is an active engagement in spiritual warfare.

Spiritual - Warfare

When you get hit by like 3 things at once. What do you do?

- That phone call
- That thing that doesn't seem real
- That friend that betrayed you and you lost your job and you got really sick...

A.) Worship gives us something to do when we don't know what to do

- 2 Chronicles (Paraphrase) (Jehoshaphat)
 - Vast army, already close, he is alarmed, resolved, inquire, reminded
- **2 Chronicles 20:12 b** “For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you”
- **2 Chronicles 20:18-22** “Jehoshaphat bowed down with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the Lord. 19 Then some Levites from the Kohathites and Korahites stood up and praised the Lord, the God of Israel, with a very loud voice. 20 Early in the morning they left for the Desert of Tekoa. As they set out, Jehoshaphat stood and said, “Listen to me, Judah and people of Jerusalem! Have faith in the Lord your God and you will be upheld; have faith in his prophets and you will be successful.” 21 After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying: “Give thanks to the Lord, for his love endures forever.” 22 As they began to sing and praise, the Lord set ambushes against the men of Ammon

and Moab and Mount Seir who were invading Judah, and they were defeated.

Worship = Spent 3 days collecting the spoils left behind.

“This is how I fight my battles”

What do we do when we don't know what to do?

WE WORSHIP

Not physical armies attacking me?

Spiritual armies are attacking me...

B.) Worship silences & stalls the enemy

Ps. 8:2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.

- Praise stills the enemy

When the enemy's voice is SUPER LOUD. What do we do? Worship.

C.) Worship brings freedom & hope in places of desperation

Acts 16 - practiced response/turmoil response

Acts 16: 23-25

23 After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. 24 When he received these orders, he put them in the inner cell and fastened their feet in the stocks.

25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.

When we are

- beat, bruised, bloody, humiliated, shackled, chained and stuck - What do we do? Worship.
- Surrounded by enemies and situations we cannot overcome in our strength, wisdom or power - what do we do? Worship
- When the enemy is whispering lies in our ear and advancing in our circumstances - what do we do? Worship

Worship:

The practice of ascribing value to God

Involving our bodies

Is warfare when we don't know what else to do

So we can move past SAYING we worship God, to ACTUALLY doing it.

Without action in worship, our worship is dead.

Jeremiah 29:13 - ESV

13 You will seek me and find me, when you seek me with all your heart.

THIS WEEK: Prayer for you is that you Slow Down to Worship God.

We can practice right now.

SALVATION CALL

Commitment to Jesus - Text Element to 97000

- link, form
- Commitment Box (email next steps - alpha)
- BAPTISM box on form

Last week of 21 days of prayer!