

Life Group Notes

Lord, teach us to pray

2. Worship

These notes are designed to be used in Life Groups alongside the Sunday teaching at Wavertree. You might want to begin the time by sharing what stood out from Jack's talk on the 13th.

INTRO: 10 minutes

- Name one thing you have been thankful for the last week?
- Can you think of the last time something caused you to praise God for his character? e.g. a sunset provoking you to praise God for his awesome splendor.

Psalm 100

Shout for joy to the Lord, all the earth.

**² Worship the Lord with gladness;
come before him with joyful songs.**

³ Know that the Lord is God.

**It is he who made us, and we are his;
we are his people, the sheep of his pasture.**

**⁴ Enter his gates with thanksgiving
and his courts with praise;**

give thanks to him and praise his name.

**⁵ For the Lord is good and his love endures
forever;**

**his faithfulness continues through all
generations.**

DISCUSSION: 15 minutes

Jack encouraged us that worship reminds us who God is and who we are. We are not praying into the universe, but we pray to our powerful and majestic King who knows and loves us. The more we know who we are praying to, the more it shapes our prayers.

Read Psalm 100 above

- What does the psalm tell us about God?
- What does this tell us about humans?
- Why do you think Jesus begins prayer by focusing on God rather than our needs?
- Have you ever experienced worship changing your perspective on a problem without changing the situation itself?

“I am what I love”

St Augustine

REFLECTION: 10 minutes

Get a piece of paper, draw 3 circles and write in them:

- What occupies my thoughts?
- What excites me most?
- What do I turn to for comfort?

Reflect - What does this reveal about what has my attention? Is there anything God might be inviting me to reorder?

Jack talked about two major obstacles to worship:

Self-sufficiency - we live in a relatively safe and wealthy culture, we take credit for what we have and forget that all good things come from God.

Distraction - our lives are so full, we are losing the ability to be still and know God

To counter this he suggested we:

- **practice thankfulness**
- **look up to God each day before we look at ourselves**
- **start our times of prayer with worship**

DISCUSSION: 10 minutes

- Which is a bigger challenge for you personally: self-sufficiency or distraction? Or what else takes your attention away from God and why?
- What helps you become more aware of your dependence on God?
- What ways do you find easiest to engage in worship? Common examples are listening to worship songs, walking in nature or reading scripture, but there are loads of others

You could end the session with a time of worship together as a group.

PRACTICAL ACTIVITY THIS WEEK

EITHER:

Spend at least 5 minutes in worship at the beginning of each day, before turning to your phone, to-do list, responsibilities etc. You could:

- list some things you are thankful for and reflect on what those things tell you about God's character
- read a Psalm.
- sing a song of worship
- go outside, breathe deeply and thank God for your day

OR

If worship is already a regular part of your life, try worshipping in a different way from normal this week. Ask God to lead you into a new perspective or experience in worship.

Use your WhatsApp group to share how it is going and what God is saying during the week.