

2023



# WORSHIP WITH YOUR BODY

WORSHIP WITH SERIES

SMALL GROUP STUDY GUIDE

Worship is a verb, an action. When it comes to worship, it must be seen, heard, or both. It is not to get attention from others but to channel your worship to God. He created you to worship but doesn't make you worship Him. He invites you to *worship Him* and one way is *with your body*.

## THIS WILL BE YOUR RECORD BREAKING YEAR.

### WORSHIP IS A VERB

#### ACTION

Psalm 95:6 NIV - Come, let us bow down in worship, let us kneel before the Lord our Maker;

- Worship is not just a thought, it is an action. It is to focus on God.

Luke 7:36 NIV - When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house,

## YOU HAVE A RESPONSIBILITY TO MOVE YOUR BODY.

### WHAT THE HOUSE GAVE HIM

Luke 7:36b NIV - he went to the Pharisee's house and reclined at the table.

- Don't be so focused on proving yourself to others that you fail to focus on God. How do you invite God into your presence?

### FACTS ABOUT PHARISEES

1. They believed in Scripture but didn't believe in Christ.
2. They studied and took pride in the law.
3. They followed the traditions of the fathers.
4. They were the largest conservative group at that time.

### WHAT THE HOUSE GAVE HIM

Luke 7:36b - he went to the Pharisee's house and reclined at the table.

Luke 7:44b - You did not give me any water for my feet,

Luke 7:45 - You did not give me a kiss

Luke 7:46 - You did not put oil on my head,

## YOU CREATE THE ATMOSPHERE.

### WHAT THE WOMAN GAVE HIM

Luke 7:37-38 NIV - [37] A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. [38] As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

- The woman was uninvited, unnamed, and untitled, but she took advantage of the opportunity to worship God.
- When you are presented with an opportunity to worship, give God your all.

*What have you given God as an act of your worship?*

## WORSHIP IS A VERB.

### WORSHIPING WITH HER BODY

- Her feet to walk into his presence
- Her eyes to identify him
- Her legs to kneel behind him
- Her hands to reach and rub his feet
- Her tears to wash his feet
- Her hair to dry his feet
- Her sacrifice to bless him (perfume)

## YOU CAN'T FAKE WORSHIP.

### WORSHIP 101

#### WHAT THE BODY CAN DO

- Stand
- Kneel
- Walk
- Run
- Dance
- Lay out
- Clap your hands
- Raise your hands
- Wave your hands
- Shout with your voice
- Sing
- Speak
- Pray

*How do you respond to the demand to worship?*

## YOUR WORSHIP DEMANDS HIS ATTENTION.

### WHAT HE DID IN THE HOUSE

Luke 7:48 NIV - Then Jesus said to her, "**Your sins are forgiven.**"

- God brings healing and deliverance into the house.

*What are you standing in need of? What can God give you in the house?*

### WHAT WORSHIP DID FOR THIS WOMAN

- Her body in worship demanded the attention of Christ
- Her body in worship got her answers to unspoken prayers
- Her body in worship brought her closer to God
- Her body in worship started a new chapter in her life

## DOING NOTHING IS NOT AN OPTION.

Romans 12:1 NIV - Therefore, I urge you, brothers and sisters, in view of God's mercy, to **offer your bodies as a living sacrifice, holy and pleasing to God** – this is **your true and proper worship.**

- Based on what God has delivered you from, you owe Him a proper worship.

*Reflect on your life and all God has delivered you from. How does your worship compare to what God has already done? How many more praises do you still owe God?*

## DON'T APOLOGIZE FOR YOUR UNCONDITIONAL WORSHIP.

### QUESTION

*What is your worship posture?*

### DECLARATION

*I will worship God with my body.*

### PRAYER

*Lord, You are awesome, amazing, sovereign, holy, just, and righteous. You are the "Great I Am." You have rescued me, saved me, restored me, strengthened me, and kept me. I am so grateful to be able to call You my "Father." You have shown me an abundance of mercy. Your grace has been with me daily. I owe You a sacrifice of praise every time I think about your goodness. I will forever be indebted to You. I will praise and worship You all of my days, in Jesus' name, Amen!*