



# SEVEN STRONG

Seven Strong is an 8-week discipleship journey designed to move us from simply believing in Jesus to truly following Him. Beginning with an introduction to what it means to be a disciple, we will then explore seven essential spiritual dimensions—Bible, Holy Spirit, Mission, Prayer, Worship, Service, and Generosity. Each week helps us grow deeper, live stronger, and become more like Christ as we build a faith that lasts.

## Seven Strong — Week 6

### Dimension #5: Worship

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## INTRODUCTION

In **John 4**, Jesus traveled through Samaria and revealed a powerful truth:

*“The Father is seeking those who will worship Him in spirit and in truth.”* (John 4:23)

Worship is not about location, culture, or tradition — it is about the heart. As disciples grow, our response to God naturally becomes worship.

**Romans 12:1** reminds us:

Offer your lives as a living sacrifice — this is true worship.

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## WHAT IS WORSHIP?

The word *worship* comes from the Old English “**worthship**,” meaning to recognize someone’s worth.

Worship does not give God worth — it recognizes the worth He already possesses.

Heaven itself models this response:

*“You are worthy, O Lord... to receive glory and honor and power.”*  
(Revelation 4:9–11)

**Worship is our loving response to God’s love for us.**

The Greek word *proskyneō* means *to bow or kneel before* — not only physically, but spiritually aligning our hearts with God’s worthiness.

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## WHAT DOES WORSHIP LOOK LIKE?

Scripture shows many expressions of worship:

- **Singing** — Psalm 9:11; 149:3; Ephesians 5:19
- **Making music** — Psalm 33:2; 149:3
- **Verbal praise** — Hebrews 13:15
- **Silence** — Habakkuk 2:20
- **Lifting hands** — Psalm 63:4; 1 Timothy 2:8
- **Clapping & shouting** — Psalm 47:1
- **Dancing** — Psalm 149:3; 150:4
- **Bowing** — Psalm 95:6; 138:2
- **Giving** — 1 Chronicles 29:9; Proverbs 3:9; Philippians 4:18
- **Falling before God** — Joshua 5:14; 2 Chronicles 20:18
- **Thanksgiving** — Revelation 11:17

Worship includes praise, gratitude, celebration, surrender, and adoration toward God.

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## WORSHIP IN SPIRIT AND TRUTH

Jesus contrasted empty ritual with genuine worship:

*“God is Spirit, and those who worship Him must worship in spirit and truth.”* (John 4:24)

True worship flows from relationship — knowing God and responding with awe and love.

When we worship in spirit and truth, we:

- **Walk in God’s presence** — Psalm 89:15
- **Experience spiritual victory** — Acts 16:22–26
- **Become a witness to others** — Acts 2:46–47

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## CONCLUSION

Your view of God determines your worship.

When we understand His holiness, sovereignty, and unfailing love, worship becomes unavoidable.

In **Mark 14**, a woman broke an alabaster jar of costly perfume and poured it on Jesus — an act of extravagant worship. While others criticized the cost, Jesus honored the sacrifice.

True worship always costs something.

The world celebrates passion for many things, but God calls us to pour out our devotion on Him alone.

**Today is our opportunity to lay our crowns before Him — offering authentic worship to the One who is truly worthy.**

## NEXT STEPS

Consider these questions as you reflect on the Spirit-empowered dimension of worship this week:

- Which expressions for worship mean the most to you and why?
- How has worship impacted your life and your relationship with God?
- How can you implement worship into your daily routine this week?

## VALUE ADDED

### SEVEN HEBREW WORDS FOR PRAISE

1. **Hallah** appears ninety-nine times in the Old Testament and is the most translated word for “praise.” It was used when David appointed priests to celebrate and praise God before the ark of the covenant (1 Chronicles 16:4). The word *hallelujah* means “praise Yahweh.”
2. **Yadah** is translated “praise” ninety times in the Old Testament and means to lift or throw out the hands to express thanks and worship. Its first appearance in the Bible is when Leah gave birth to her son Judah (Genesis 29:35).
3. **Barak** means “to bless, kneel, salute, or declare the origin of power.” This kind of praise acknowledges the benefits God has given each of us (Psalm 103:1–5).
4. **Tehillah** appears fifty times in Scripture. It means “high praise, or to sing” and describes a spontaneous expression of the spirit in song or prayer (Psalm 145:21).
5. **Zamar** is used forty times in the Old Testament. It means “to touch the strings” and “to sing” (1 Chronicles 16:9).
6. **Todah** describes extending the hands and implies sacrificial praise. It often is translated “thanksgiving” (Psalms 50:23; 95:2).
7. **Shabach** means “to shout” or “address God in a loud tone.” This is not the same word used to describe the shout that brought down the walls of Jericho. Instead, it conveys the idea of a warrior who is focused on God instead of the enemy (Psalm 145:4).