

## The Heart of Worship

### One-Page Lesson Recap & Weekly Personal Practices

#### **WHAT IS WORSHIP?**

In Scripture, worship is not limited to music or gathered services. Worship is a **whole-life response** to who God is and what God has done.

#### **Key Biblical Words for Worship**

##### **Hebrew (Old Testament):**

- **Shachah** – to bow down, to yield oneself (Genesis 22:5; Psalm 95:6)
  - Worship begins with humility and surrender.
- **Abodah** – service, work rendered to God (Exodus 3:12)
  - Worship is expressed through faithful obedience.
- **Yadah** – to give thanks, to lift hands (Psalm 138:1)
  - Worship includes gratitude and public acknowledgment of God.

##### **Greek (New Testament):**

- **Proskuneo** – to fall before, to express reverence (John 4:23–24)
  - Worship flows from relationship, not ritual.
- **Latreia** – sacred service, offering one's life (Romans 12:1)
  - Worship becomes embodied through daily living.

#### **Core Truths from Scripture**

- Worship is **directed toward God**, not toward our preferences.
- Worship involves **posture** (humility), **practice** (obedience), and **presence** (attentiveness to God).
- True worship forms us into people who live aligned with God's heart.

“True worshipers will worship the Father in the Spirit and in truth.” —  
John 4:23 (NIV)

## WHY WORSHIP MATTERS

Worship shapes what we love, what we trust, and how we live. Over time, we become like what we consistently honor.

Biblical worship:

- Reorients our hearts toward God
- Forms our character
- Prepares us to live faithfully in the world

## PERSONAL PRACTICES FOR THE WEEK

These activities are designed to help you **practice worship beyond Sunday**. Choose one or two each day.

### 1. DAILY POSTURE PRACTICE (5–10 MINUTES)

Once each day, pause and physically express humility before God (bow your head, sit quietly, or kneel if able). Pray:

“Lord, I yield myself to You today.”

Reflect:

- What feels hardest to surrender right now?

### 2. WORSHIP THROUGH OBEDIENCE

Each morning, ask:

- “God, what act of faithfulness are You inviting me into today?”

At the end of the day, reflect:

- Where did I notice God’s presence in my obedience?

### 3. GRATITUDE AS WORSHIP

Write down **three things** each day for which you thank God.

Ask:

- How does gratitude change my perspective?

#### **4. SCRIPTURE & STILLNESS (10–15 MINUTES)**

Read one passage from the Bible reading plan. Sit quietly afterward and listen.

Ask:

- What does this passage reveal about who God is?
- How does it invite a response from me?

#### **5. OFFERING YOUR LIFE**

At the close of the week, reflect on Romans 12:1.

Journal:

- Where am I already offering myself to God?
- Where do I sense resistance or hesitation?

Pray:

“Lord, receive my life as an act of worship.”

#### **CLOSING REMINDER**

Worship is not something we attend—it is something we **practice**. As we cultivate hearts of worship, we prepare ourselves to recognize God’s presence in every season of life.

*From preparation to praise, may our lives declare God’s worth.*