



Spiritual disciplines as we follow Jesus

What is the series about?

Through a 4 week series we want to encourage and equip people to start and/or grow in spiritual disciplines. At the beginning of a New Year people often join a Gym, but doesn't last much longer than a month. We want to help people at King's to be people who practice what Jesus did, over the long haul. Thus, training themselves in godliness, becoming more Christlike and making more disciples!

Weekly Subjects

14th Jan: Prayer and Fasting
21st Jan: Praise and Worship
28th Jan: Rest and Rhythm
4th Feb: Study and Learning

Listen to the audio

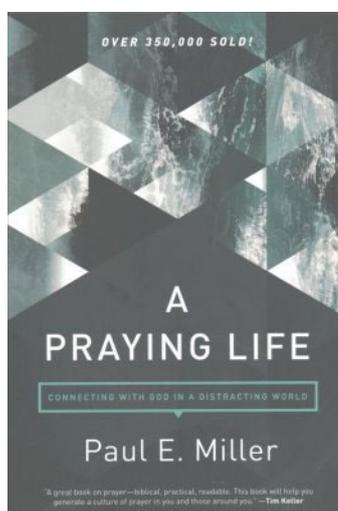
On the King's Norwich app or at:
kingsnorwich.com/godsgym/

Check out the blog

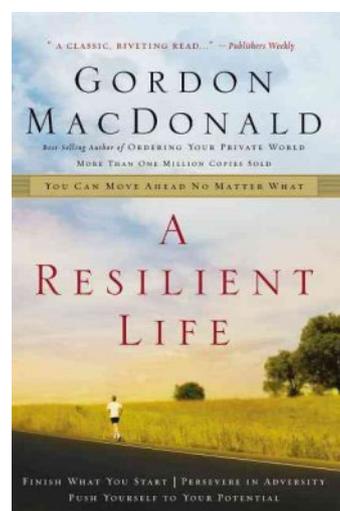
kingsnorwich.com/blog

Recommended Reading

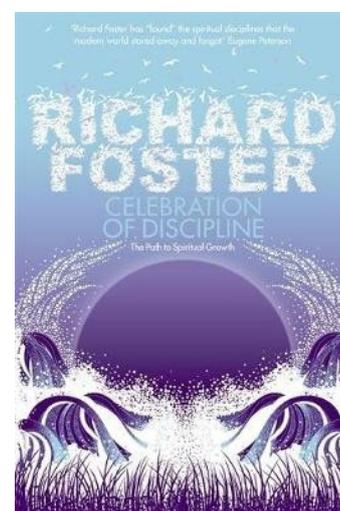
A Praying Life
Paul E Miller



A Resilient Life
Gordon MacDonald



Celebration of Discipline
Richard Foster





Title: Praise and Worship

Speaker: Jon Mullender

Bible reference: Hebrews 13:15-16

Overview

All Christian worship is through Jesus. We simply can't worship God outside of a relationship with Jesus, enabled by the Holy Spirit. The bible tells us our worship is reserved for God alone. The word 'worship' is intertwined with surrender - selfless adoration - losing self in the adoration of another. The bible tells us we are God's possession, that we exist to give him glory. Jesus died for every cell of our bodies and every second of our lives, therefore it's only right that we give everything we have and everything we are back to God as our act of worship.

ROMANS 12v1: "To offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

Worship is so much more than our singing on a Sunday morning. It is living lives of obedience, service and surrender that look like Jesus. Paul is not talking about what we look like - he's talking about how we act, how we behave. It matters to God what we do with our time, our money and our influence. Worship and mission go hand in hand. Mission is worship with a price, with a cost.

MATT REDMAN - FACEDOWN: "Worship is the fuel for missions flame - praise propels us onto the mission field, whether near or far. And worship is also the heart of mission's aim, for effective mission produces more worshippers of Christ."

Response (SOUL)

Run through the following sections. Use smaller groups at any time if helpful.

S = Scripture - Read it, what does it say?

O = Observe - What do you see, context, details, surprises etc?

U = Understand - What truth does God want you to learn?

L = Live - What would it look like to apply this to your life?