

NOTES & DISCUSSION QUESTIONS

DO THE ONE THING: WORSHIP

KEY POINTS

- You don't win by trying everything — you win by doing the one thing consistently.
- If we want Jesus' victory, we follow Jesus' practices.
- Worship signals that God matters more than anything else.
 - Worship:
 - Starts the journey
 - Sustains Jesus through suffering
 - Declares God matters more than circumstances
- The discomfort of worship exposes what our culture lacks.
 - Worship feels unusual because it re-centers life around God instead of self.
- Worship is a choice, not a feeling.
- Do the one thing — win at worship by making a joyful noise.

DISCUSSION QUESTIONS

1. **What is one daily discipline that helps you stay spiritually grounded?**
2. **Why do you think worship was important to Jesus before the cross?**
3. **What does your worship communicate about what matters most in your life?**
4. **What makes worship feel difficult or uncomfortable for you at times?**
5. **How can you practice “making a joyful noise” this week, even in hard circumstances?**