

How to Worship Deeply

Text: Luke 7:37–38

Opening Reflection — Share

- Begin by inviting each person to share:
“How did it go this past week with the commitment you made in your deep practice? What did you learn, what was hard, and what gave you joy?”
 - Remember: this isn’t about perfection, but progress. Celebrate effort and growth, not just results.
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Sermon Outline:

Worship isn’t about what’s *popular* or what’s *expected*.

It’s not chasing trends or defending traditions.

This woman in Luke 7 shows us real worship: pouring out her heart to Jesus.

A Posture of Worship (Luke 7:37–38)

Worship is the overflow of a forgiven heart.

1. Come Prepared — Intentional Pursuit

She brought her alabaster jar. Worship begins before the room.

2. Come Humble — Lowly Position

She stood at His feet. Worship bows low before the One who is high.

“Humility in worship is not about making ourselves small; it’s about recognizing how great Jesus is and gladly taking our place at His feet.”

3. Come Honest — Emotional Surrender

She wept. Worship is heartfelt honesty, not performance.

4. Come Self-Sacrificing — Laying Down Pride

She wiped His feet with her hair. Worship costs dignity and comfort.

5. Come Loving — Adoring Devotion

She kissed His feet. Worship is passionate love for the One who first loved us.

6. Come Surrendered — Honoring His Sacrifice

She anointed Him. Worship is full surrender to the One who gave His all.

Summary: *“True worship is the overflow of a forgiven heart.”*

HEART — Experiencing His Love Anew

It’s one thing to know God forgives. It’s another to feel the weight of that grace.

- Pharisee saw sin; Jesus saw love.
- Do you worship to earn His love — or because you’ve already received it?
- **Core Line:** *“When you know you’re loved and forgiven, you stop performing and start pouring your heart out.”*

HANDS — Responding in Worship

Her worship wasn’t words alone — it was action.

- Come **Prepared** — ready, intentional.
 - Come **Humble** — lowly, focused on Him.
 - Come **Honest** — no mask, just your heart.
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Learning Together — Sermon Reflection

Summary Statement: True worship breaks out of cultural boxes. It isn’t about trends or traditions but flows from a forgiven heart that prepares, humbles itself, surrenders, and adores Jesus.

Bloom’s Taxonomy Questions

Remembering

- What specific actions did the woman in Luke 7 take as acts of worship toward Jesus?
- What does Jesus say in response to her worship (Luke 7:47–48)?

Understanding

- How would you explain in your own words what it means that “true worship is the overflow of a forgiven heart”?
- Why do you think the Pharisee could not see her act as worship?

Applying

- How can you “come prepared” for worship in your daily life, not just at church?
- In what ways could being more honest in your worship free you from trying to perform for God or others?

Analyzing

- Compare the Pharisee’s response to the woman’s. What do these two responses reveal about how forgiveness (or the lack of it) shapes worship?
- Which of the six “postures of worship” (prepared, humble, honest, self-sacrificing, loving, surrendered) is most challenging for you, and why?

Evaluating

- Do you think churches today tend to lean more toward performance-driven worship or heart-driven worship? What evidence do you see?
- How would you evaluate your own worship: Is it more about habit and routine, or is it an overflow of love and forgiveness?

Creating

- If you were to describe “true worship” to a new believer in a single sentence or image, what would you say?
- Design a personal rhythm or practice that would help you enter worship with more honesty and humility this week.

Storying Exercise — Related Scripture

Story: John 12:1–8 (Mary anointing Jesus’ feet with costly perfume)

Tell the story in your own words or read it aloud. Then invite discussion:

1. What details stand out most to you in this story, and why?
 2. How does Mary’s act of worship compare with the woman in Luke 7? What similarities or differences do you see?
 3. What do these two women teach us about the heart of worship that goes beyond words or songs?
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Deep Practice Commitment — Live

- Participants may want to write down something that they are continuing to work on or choose to practice something based on this weeks scripture study.
- Take a few moments of silence. Ask each participant to prayerfully consider:
“How will I practice worship this week in a way that is intentional, humble, and honest?”
- Encourage them to write down one specific action they will take this week.

Examples:

- Prepare my heart before Sunday by setting aside time to pray or journal.
 - Take a humble posture in private prayer (kneeling, bowing, or lifting hands).
 - Spend time alone with God, pouring out my heart honestly instead of using rehearsed words.
- Share commitments aloud with the group for encouragement and accountability.

Closing Prayer Prompt:

“Lord Jesus, you are worthy of our whole hearts. Teach us to worship not with performance, but with love overflowing from your forgiveness. Help us come prepared, humble, honest, and surrendered this week.”