



WELCOME TO THE

*table*



# FOR ME

*Practices of Grace from the Giver of Grace*



# *The Discipline of Worship*

*To Worship God is to be known as one after God's own heart. Not perfect in our life and offering but to continually run to the one offering you LIFE.*

*The primary focus for worship should not be the how or when, but rather the who and why.*



# *What is Worship?*

*“worship is not primarily your activity; worship is first your identity as a human being. Human beings were created by God to be worshipers. You can't divide people into two groups, as if there are some who worship and others who don't.” PD Tripp*

**Worship is adoring reverence, honor and homage to God.  
To put it in our current cultural context, we worship by giving  
our attention.**



# *What is Worship?*

**We live in an “ATTENTION ECONOMY”**

**The attention economy is the collective human capacity to engage with the many elements in our environments that demand mental focus. The term reflects an acknowledgement that the human capacity for attention is limited and that the content and events vying for that attention far exceed that capacity.**

**So, there are way more things trying to get our attention than we have attention to give.**



# *What is Worship?*

**The problem with “ATTENTION ECONOMICS”**

**On one side, it offers a tailored world where our preferences and interests guide the content and opportunities presented to us. On the other, it poses significant challenges that threaten to undermine the quality of our attention, our relationships, and our understanding of the world.**

**-Forbes Magazine article Feb 6, 2024**



# *What is Worship?*

## John 4:19-26

[19] The woman said to him, “Sir, I perceive that you are a prophet. [20] Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship.” [21] Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. [22] You worship what you do not know; we worship what we know, for salvation is from the Jews.



# *What is Worship?*

**John 4:19-26**

**[23] But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. [24] God is spirit, and those who worship him must worship in spirit and truth.”**  
**[25] The woman said to him, “I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things.”**  
**[26] Jesus said to her, “I who speak to you am he.”**





# *Misconceptions with Worship*

1. That worship happens at a particular place and time.
2. Praise and Worship are synonymous.
3. Worship is at its peak when we are freely expressing our emotions.
4. “One of the major issues with Christianity is thought to be that we are not praising the God that we know, but in reality it’s that we are praising and trying to love a God that we do not know.” JT English



# *Biblical Background For Worship*

**We were made for worship**

**Worship is mentioned 180+ times in scripture**

- John 4:21-24
- Romans 12:1-2
- Psalm 63:1-4
- Exodus 20:1-6
- Luke 4:5-8
- Psalm 42:1-5
- Hebrews 12:28-29
- Psalm 100
- Revelation 4:9-11
- Psalm 95:1-9



***If the heart can't love what the mind doesn't know, then our experience of Him must be rooted in what is true of Him.***

***These Four truths are helpful and transformative***

- 1. God is GOOD So we don't have to look elsewhere for satisfaction***
- 2. God is GREAT So we don't have to be in control***
- 3. God is GLORIOUS So we don't have to fear others***
- 4. God is GRACIOUS So we don't have to prove ourselves***



- Praise is the fruit of meditating on the truths of who God is.
- We do not let our circumstances dictate our praise. We allow God's character to fuel our praise.
- Knowing these truths of His character fuels our love and therefore our worship.



**We become a people after God's own heart**

**John 4:23-24**

**[23] But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. [24] God is spirit, and those who worship him must worship in spirit and truth."**





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