

Authentic Worship

SESSION 5



BIG IDEA

Authentic faith includes growing in the expression of devotion to God through worship & praise.

KEY SCRIPTURE

Psalm 150 (NKJV)

- 1 Praise the LORD!
Praise God in His sanctuary;
Praise Him in His mighty firmament!*
- 2 Praise Him for His mighty acts;
Praise Him according to His excellent greatness!*
- 3 Praise Him with the sound of the trumpet;
Praise Him with the lute and harp!*
- 4 Praise Him with the timbrel and dance;
Praise Him with stringed instruments and flutes!*
- 5 Praise Him with loud cymbals;
Praise Him with clashing cymbals!*
- 6 Let everything that has breath praise the LORD.
Praise the LORD!*

MESSAGE SUMMARY

Pastor Mark talked about two forms of expressing devotion to God: 1) WORSHIP, which includes adoration and admiration and adulation, and 2) PRAISE, which is an exuberant expression of our love and our thanksgiving for who God is and what He has done.

Praise is more about celebration and worship is more about surrender. Praise includes rejoicing, thanksgiving, clapping, singing, and dancing. But worship is a far more subtle thing because it's more intimate and it's more introspective.

Human beings are neurologically hardwired for worship, as demonstrated by the discovery of a "worship centre" on the periaqueductal gray, a region on the brainstem.

If we do not worship God, we will worship something else—like sports, possessions, celebrities, ideologies, etc.—because there is a God-shaped void in all of our hearts (Ecclesiastes 3:11).

WORSHIP

- The book of Revelation is fundamentally a book about worship, not merely a book of prophecy or judgment, containing more praise and adoration of God than any other book in the Bible
- Counterfeit worship is depicted in Revelation 13, where the entire world worships the beast, with the exception of those whose names are written in the Lamb's Book of Life
- Genuine worship is depicted in Revelation 4, where the four living creatures and the 24 elders fall before God and cast their crowns before the throne, representing complete surrender.
- The picture of casting one's crown before God carries historical weight, as defeated kings would lay their crowns before a conqueror as an act of surrender.
- Whatever one carries (whether accomplishment, brokenness, offense, or trauma) may also be seen as a "crown" to surrender to God in worship.
- Throughout Scripture, when people encountered the presence of God their response was to fall on their face (e.g. Abraham, Moses, Joshua, Paul, John).

PRAISE

- Worship and praise are distinct expressions: worship is intimate, while praise is exuberant and outward.
- King David's example (2 Samuel 6:12–23) demonstrates that true praise requires setting aside status, dignity, and self-image.
- Self-consciousness is the primary obstacle that prevents believers from praising God freely.
- Personality type is not a valid excuse for withholding praise, as genuine excitement naturally produces outward expression regardless of temperament.
- Praising God is not performed for the approval of others but is directed entirely toward God.

ICEBREAKER

In Canada, hockey is like a national religion. **What would be some other places we see counterfeit worship in our culture? What actions can you identify that are similar to a Christian worship setting?**

QUESTIONS FOR DISCUSSION

1. We all worship something, whether we realize it or not. It might be our work, our hobbies, relationships, or even our own achievements.

What are some things that can easily take first place in our lives without us even realizing it?

2. Worship is more than singing songs on Sunday. It's about surrendering our lives to God and expressing that surrender.

What does that look like in everyday life?

3. Throughout the book of Revelation, worship is described as a full-body experience (singing, shouting, bowing, becoming prostrate, etc.).

What are ways of having what's in your heart become expressed with your words and your body movements, etc.?

If you were in a place where no one was looking and you wanted to move into a greater level of surrendered worship, how would you express yourself?

4. In Revelation 4, the elders lay their crowns at the feet of Jesus. We all have things we can be proud of (e.g. accomplishments, using our spiritual gifts, talents, successes), but worship calls us to recognize that everything we have comes from Him.

What do you think it means to lay these crowns before Jesus?

Why can that sometimes be difficult for us?

5. Psalm 150 talks about praising God with singing, dancing, clapping, and instruments. David even danced before the Lord when the Ark of the Covenant was brought back.

Why do you think we sometimes feel self-conscious about expressing our praise to God? What helps you become more free in your praise?

6. **Have you ever gone through a difficult season when worship & praise helped you get through it? Share your story with the group.**
7. **What is one thing you could do this week to make praise & worship more a part of your everyday life, rather than just something you do at church?**

ACTIVATION

Within your group, play a song like **“Agnus Dei / King of Kings”** (links below) and throughout the song, use your voice and body (e.g. *raise hands, bow down, clap, etc.*) to express what is in your heart to give to God (e.g. *adoration, awe, surrender, thanksgiving, etc.*).



[YouTube
Video link](#)



[Spotify
audio link](#)



[Apple Music
audio link](#)

TAKE IT HOME

Your Next Step: Make Room for Worship

Sometime this week, set aside 10–15 minutes to spend with God without distractions.

- **Surrender:** Ask the Holy Spirit to show you if there is anything you need to surrender to God. (*Am I giving God first place in my heart, or have other things begun to take His place?*)
- **Praise:** Put on a worship song and spend time praising God for who He is, not just for what He has done for you.
- **Respond:** If God has shown you something you need to let go of, choose to trust Him with it and take one practical step of obedience.

As you do this, you are giving God first place in your heart—that is worship!

FOR FURTHER STUDY

1. Praise and Thanksgiving – What praise is and how we practise it.

Psalms 9:1–2	Psalms 66:1–4	Psalms 103:1–5	Isaiah 12:4–6
Psalms 18:3	Psalms 67:3–5	Psalms 106:1	Jeremiah 20:13
Psalms 22:3	Psalms 69:30	Psalms 107:1–2	Hebrews 13:15
Psalms 30:4–5	Psalms 71:8	Psalms 111:1	James 5:13
Psalms 34:1–3	Psalms 92:1–2	Psalms 118:1–4	
Psalms 47:1–2	Psalms 95:1–7	Psalms 145:1–7	
Psalms 63:3–4	Psalms 100:1–5	Psalms 147:1	

2. Worship as surrender and wholehearted devotion

Genesis 22:1–14	Psalms 51:16–17	John 4:19–24
Exodus 20:3–6	Psalms 86:11–12	Romans 12:1–2
Deuteronomy 6:4–5	Psalms 95:6–7	1 Corinthians 6:19–20
1 Samuel 15:22	Proverbs 3:5–6	2 Corinthians 5:14–15
1 Chronicles 16:29	Isaiah 6:1–8	Philippians 3:7–8
2 Chronicles 7:3	Micah 6:6–8	Colossians 3:17
Psalms 24:3–6	Matthew 4:8–10	Hebrews 12:28–29
Psalms 27:4	Matthew 16:24–25	Revelation 4:8–11
Psalms 40:6–8	Mark 12:29–30	

3. Praise expressed through singing, dancing, and instruments.

Exodus 15:1–21	Psalms 30:11–12	Psalms 150:1–6
1 Samuel 16:14–23	Psalms 33:1–3	Ecclesiastes 3:4
2 Samuel 6:12–16	Psalms 47:1	Luke 19:37–40
1 Chronicles 15:16–29	Psalms 81:1–4	Acts 16:22–26
1 Chronicles 16:8–36	Psalms 95:1–2	Ephesians 5:18–20
2 Chronicles 5:11–14	Psalms 98:4–6	Colossians 3:16
2 Chronicles 20:18–22	Psalms 149:1–5	James 5:13

4. Worship in difficult seasons

Praise isn't only a response to good circumstances. These passages show how we can turn to God in hardship, grief, and uncertainty.

Job 1:20–22	Psalms 57:7–11	Habakkuk 3:17–19	2 Corinthians 4:16–18
Psalms 13:1–6	Psalms 63:1–8	Matthew 11:28–30	Philippians 4:4–7
Psalms 34:1–8	Psalms 71:14–18	John 16:20–24	1 Thessalonians 5:16–18
Psalms 42:5–11	Psalms 77:1–14	Acts 16:22–26	James 1:2–4
Psalms 46:1–11	Psalms 91:1–4	Romans 5:1–5	1 Peter 1:6–9

5. Counterfeit worship, idols, and misplaced devotion

Exodus 20:3–5	Ezekiel 14:1–6	1 John 5:21
Deuteronomy 8:11–18	Matthew 6:19–24	Revelation 13:4–8
Joshua 24:14–15	Matthew 15:7–9	Revelation 14:6–7
1 Kings 18:20–39	Acts 17:22–31	Revelation 19:9–10
Psalms 115:1–8	Romans 1:21–25	Revelation 22:8–9
Isaiah 42:8	1 Corinthians 10:14	
Isaiah 44:9–20	Colossians 3:5	

6. Worship in the presence of God's glory

Exodus 3:1–6	Psalms 29:1–2	Revelation 4:8–11
Exodus 33:18–23	Psalms 96:7–9	Revelation 5:8–14
Exodus 34:5–8	Isaiah 6:1–5	Revelation 7:9–12
Leviticus 9:22–24	Ezekiel 1:26–28	Revelation 11:15–17
1 Kings 8:10–11	Matthew 17:1–6	Revelation 15:2–4
2 Chronicles 5:13–14	John 12:1–8	Revelation 19:1–7
Job 42:1–6	Revelation 1:12–17	

7. Jesus, the object of our worship

Matthew 2:1–11	Luke 24:50–53	Hebrews 1:5–8
Matthew 14:22–33	John 5:22–23	Revelation 5:11–14
Matthew 28:8–10	John 9:35–38	
Matthew 28:16–20	Philippians 2:9–11	

8. Worship as a way of life

Worship extends beyond a church service. It includes our attitudes, actions, gratitude, obedience, and the way we live before God.

Deuteronomy 10:12–13	Matthew 6:9–13	Philippians 2:14–16
Psalms 19:14	John 15:1–8	Colossians 3:12–17
Psalms 34:1	Romans 12:1–2	1 Thessalonians 5:16–18
Psalms 40:8	1 Corinthians 10:31	Hebrews 13:15–16
Psalms 86:11–12	2 Corinthians 9:11–12	1 Peter 2:9–12
Matthew 5:16	Ephesians 5:18–20	