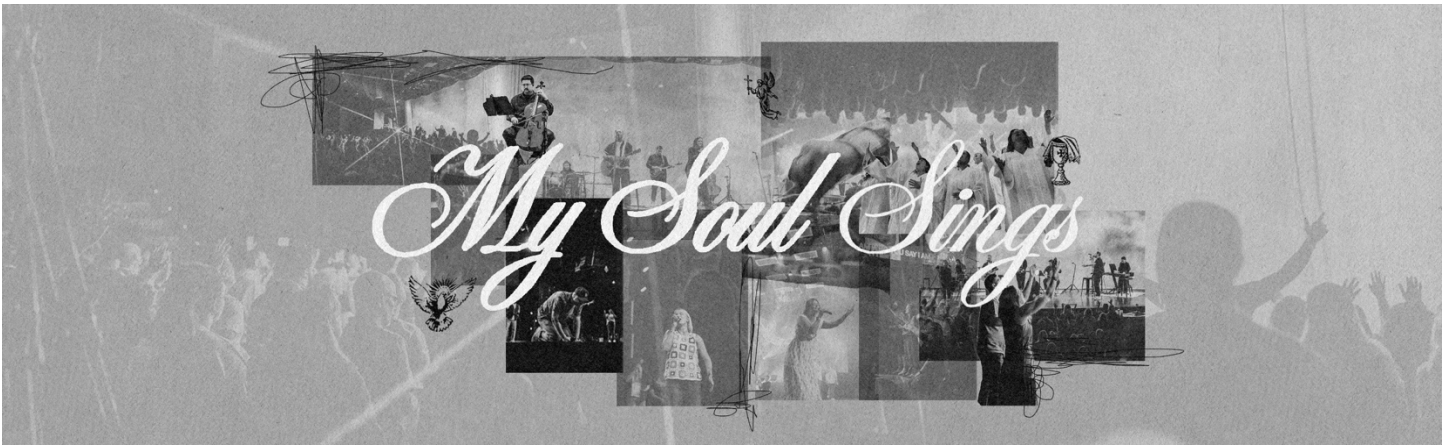




The Heart of XWRSHIP

My Soul Sings // Week 4

XWRSHIP Team

Overview

This week, our XWRSHIP team gave us a behind-the-scenes look at the heart of worship. Not just what happens on stage, but why we worship in the first place. Worship is our response to who God is and what He has done, redirecting our attention from our circumstances to His greatness. Whether we're celebrating or walking through difficult seasons, God invites us to worship honestly, together, and from a heart that overflows with His goodness.

Opening Conversation

Music has a way of sticking with you and taking you back to a specific moment. Share your favorite current worship song or a throwback. What worship song was popular when you graduated high school?

Read Psalm 150:1-6

Worship is living for and responding to the Glory of God.

- Why is it important to praise God and give him glory?
- Our time alone with God to praise and worship him is so needed. Just as important as it is to spend time alone with God, it's important to worship together.
 - Why do you think the time of worshipping together is so impactful?
 - Share a moment you have experienced during worship that you'll never forget.

Worship Values and applying them to individual worship time.

- **We get to do this.**
 - Do you look at your ability to worship as an opportunity and privilege? What does worship look like and mean to you? Discuss among your group the price that was paid that allows us to worship.
- **We get out of the way.**
 - How can you take the focus off yourself during worship and put it on glorifying God?
- **We lead out of overflow.**
 - Read Colossians 3:16
 - What are some practical ways you can make worship a daily lifestyle instead of something that only happens on Sundays?
 - What does it mean to lead out of overflow? When life feels overwhelming, what might it look like to choose to worship even when you don't feel like it?

Three Practices of Worship

1. **Focus on one lyric and pray it.**
 - Most worship songs are written from Scripture. What is a lyric that you sing on repeat, and how can you turn that into a prayer?
2. **Change your posture.**
 - How would you describe your worship posture?
3. **Acknowledge where you are with God.**
 - Are you honest with God when you come before Him?

Application

The Psalms is filled with songs and prayers written from every kind of season – joy, sorrow, gratitude, fear, and hope. This week, spend time reading through this beautiful book applying the three practices of worship: focus on one lyric or verse and pray it, change your posture, and honestly acknowledge where you are with God.

Listed below are a few Psalms to get started:

- Psalm 1
- Psalm 8
- Psalm 42
- Psalm 63
- Psalm 150

Closing Prayer – Psalm 138

- ¹ I will praise you, Lord, with all my heart; before the “gods” I will sing your praise.
- ² I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness, for you have so exalted your solemn decree that it surpasses your fame.
- ³ When I called, you answered me; you greatly emboldened me.
- ⁴ May all the kings of the earth praise you, Lord, when they hear what you have decreed.
- ⁵ May they sing of the ways of the Lord, for the glory of the Lord is great.
- ⁶ Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.
- ⁷ Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me.
- ⁸ The Lord will vindicate me; your love, Lord, endures forever—do not abandon the works of your hands.

Upcoming Events:

- 8/2 – Educators Weekend
- 8/5 – First Wednesday Prayer
- 8/20 – Women’s Circle Leader Team Night
- 8/22 – Lead Day
- 8/26 – Co-ed, Men’s Circle Leader Team Night

Resources:

- To request prayer: <https://thexchurch.churchcenter.com/people/forms/13150>
- To meet with a Pastor: <https://thexchurch.churchcenter.com/people/forms/534644>
- Financial Assistance, Sobriety Resources, grief support, and more: <https://thex.church/care/>

X Church Podcast: https://www.youtube.com/playlist?list=PL8rUS49luWYwojA6eKIA_VuAO592ZYQgd