

Physical Worship

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Our Purpose: To be a community of believers where, no matter who you are, you can experience life change through Jesus Christ.

Your Posture **REFLECTS** and **AFFECTS** Your Worship

1. The Bible Instructs Us to Worship with Our **BODIES**

...So glorify God in your body.

—1 Corinthians 6:20 (ESV)

A. **GLORIFY** God with Your Body

27 And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself."

—Luke 10:27 (ESV)

B. **LOVE** God with Your Body

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

—Romans 12:1 (NIV)

C. **OFFER** God Your Body

2. The Bible Gives **EXAMPLES** of Worshipping with Our Bodies

20 Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped.

—Job 1:20 (ESV)

6 And Ezra blessed the LORD, the great God, and all the

*people answered, "Amen, Amen," lifting up their hands.
And they bowed their heads and worshiped the LORD
with their faces to the ground.*

—Nehemiah 8:6 (ESV)

*14 And the four living creatures said, "Amen!" and the
elders fell down and worshiped.*

—Revelation 5:14 (ESV)

Clapping (Ps 47); Dancing (Ps 149-150); Kneeling (Ps 95); Lifting Eyes
(Ps 121)

3. God EXPECTS Our Bodies to Engage in Worship