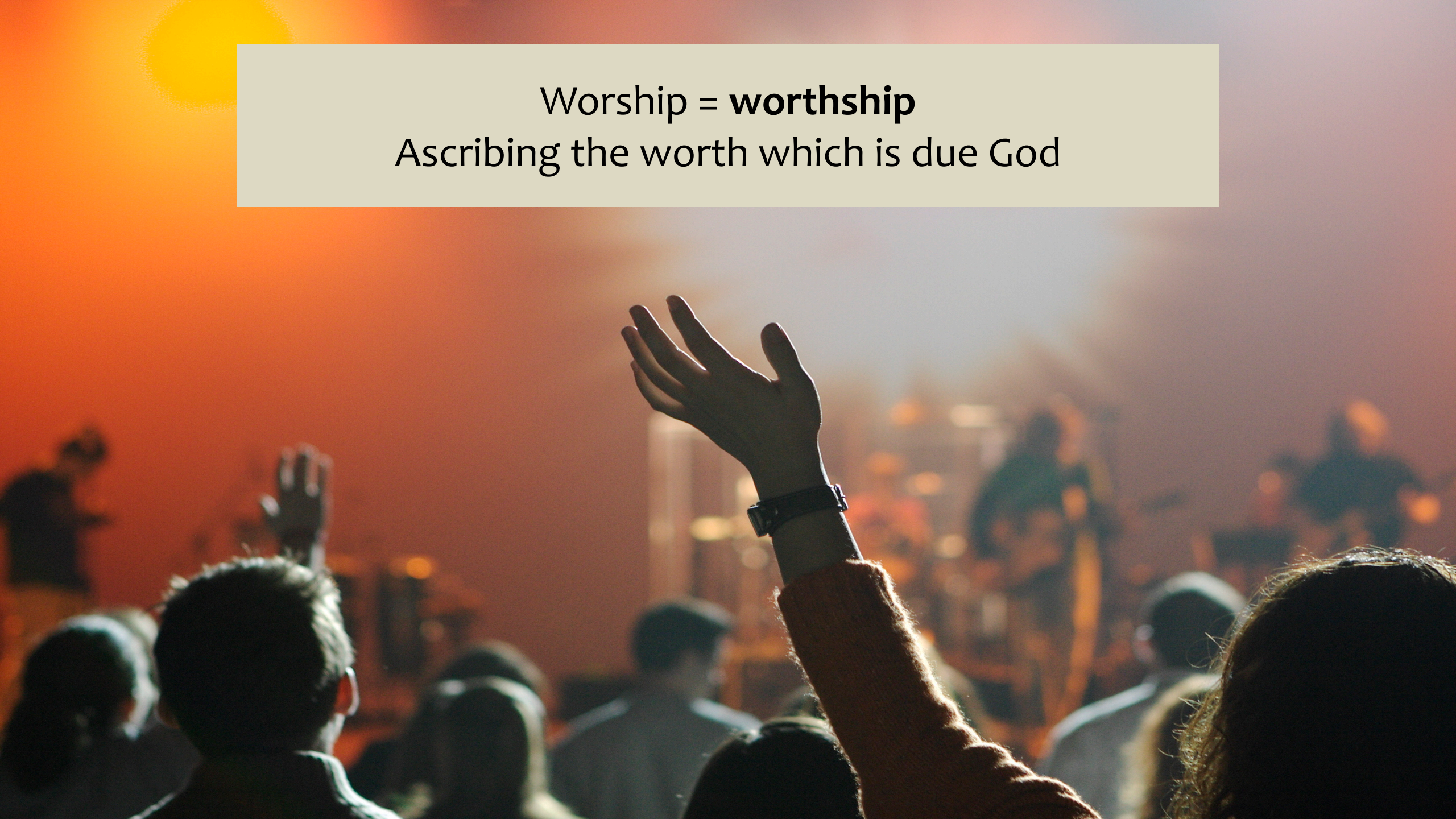


CHRISTIAN SPIRITUAL DISCIPLINES

Psalm 150

Praise the LORD! Praise God in his sanctuary; praise him in his mighty heaven! ² Praise him for his mighty works; praise his unequaled greatness! ³ Praise him with a blast of the ram's horn; praise him with the lyre and harp! ⁴ Praise him with the tambourine and dancing; praise him with strings and flutes! ⁵ Praise him with a clash of cymbals; praise him with loud clanging cymbals. ⁶ Let everything that breathes sing praises to the LORD! Praise the LORD!

Worship = **worthship**
Ascribing the worth which is due God



WORSHIP AND THE EXODUS

The defining archetype of Redemption in the OT was the story of the Exodus from Egypt. The **centrality** of worship in the Exodus story is too often overlooked. It is the very reason why God tells Pharaoh to let His people go.

Exodus 10:13: “Let my people go, so that they may **worship** me.” [cf. Ex. 4:23, 7:16; 8:1; 8:20, 9:1, 13]

Pharaoh won't let them go, then decides they can go if they leave their herds behind, and finally tells them to leave. The remainder of the Old Testament is the story of the attempt of Israel to properly live out this basic instruction. Exodus 20:5

God
Desires
Worship

- The Westminster catechism states that “The chief end of man is to **glorify** God and to **enjoy** him forever.” God desires worship, there are even heavenly creatures who ceaselessly worship God for eternity.
- **Idolatry** – the worship of that which is not God - is the ultimate sin. Exodus 34:14
- Why is God jealous? Why does God desire worship? Is he a super-egomaniac in the sky?
- No. Worship brings **healing** to our lives. It is the recognition of **Reality** (Foster, 158). In it we face up to the way things really are – the result of a Creator. Only by recognizing and voicing this do we as humans find fulfillment and purpose in our lives. To put something before God is to skew the nature of reality and ensure we do not live the life we were intended to live.

God
Desires
Worship

“People become like their focus” (Whitney, 95).

- Focus on God so we may be like Him.
- Jesus is an appropriate recipient of worship (John 9:38). Even the angels worship Christ (Heb. 1:6).

- The form of worship is secondary; real worship takes place in the heart.
- **Emotions** and worship (Mark 12:30): Worship cannot be entirely cerebral; it must be both our mind and heart, intellect and emotions. Our personality traits will be obvious in our worship but we cannot make excuse for either worshipping with no enthusiasm or worshipping in a way that does not engage our mind.
- **Corporate** worship is to occur weekly. The gathering of so many people together weekly is a sign of true unity and allows God to work in ways he cannot in our individual interactions with Him. Hebrews 10: 25

THE
FORM
OF
WORSHIP

- **Personal** worship is to occur daily, hourly, every moment. 1 Thess. 5:17
- Worship God through **holiness!** Romans 12:1
- **Kneeling.** Psalm 95:6 The origin of worship is “to prostrate” and *bless* “to kneel”.
- **Dance.** Ps. 149:3, cf. 1 Ch. 15:29; Jer. 31:13.
- **Song.** Eph. 5: 19, cf. Col. 3:16.
- **Sincerity.** Isaiah 29:13, cf. Hos. 6:6
- Worship is not a matter of form; there is no perfect type of worship. We must not let our worship become a matter of outward forms. (Col. 2:20-23)

THE
FORM
OF
WORSHIP

- Remember, “Going through a routine is not the same as rightly practicing a Spiritual Discipline (Whitney, 95).” Just because we attend Church regularly does not mean we are *worshipping*. Likewise, just because you reject certain forms of worship does not mean you are worshipping.
- *In **Spirit** and **Truth***. John 4:19-23
- In summary, God wishes us to worship with our very being, and our very best. God will reject half-hearted worship; worship which only makes a display at honouring God. (Mal. 1:7-11)

THE
FORM
OF
WORSHIP

Intimacy With God Demands 3 Things

1. Taking time
2. Being real-honest-transparent
3. Willfully submitting or surrendering



- Worship is a key component of our anticipated future with Christ.
- The OT saw worship as a defining part of the eschaton. (Isaiah 19:23, cf. Zep. 2:11; Zec: 14:16-17). Likewise, the NT speaks of the entire earth worshipping God (Rev. 15:4).

Eschatological
Worship



The Result of Worship: Joy & Celebration

- “To worship is to change”(Foster, 173). We cannot truly worship God without it affecting us in some manner, whether we recognize it or not.
- **Joy** is a fruit of the spirit (Gal. 5:22), an inward disposition that characterizes our attitude even in the most difficult situations. Paul’s letter to the Philippians, although written while he was in prison, is distinguished by its overtly joyful tone, including instructions to “Rejoice in the Lord always. I will say it again: Rejoice!” (Phil. 4:4; cf. 3:1). God Himself celebrates with us in our victories! (Zeph. 3:17)
- Christians need to both relax and liven up. **SABBATH-KEEPING**. God-centered art!