

Fit in 50

Worship

A Full Body Workout



CORE VALUE

LIVING A LIFESTYLE OF WORSHIP

We embrace worship as a way of life and not just an event

A Full Body Workout

(Deuteronomy 6:1-14)

A. What Is Worship [Deuteronomy 11:13]

"A life lived in love and service to God that flows form a deep adoration and respect for who He is"

B. The why of Worship [Deuteronomy 6:1-14]

- "Because I said so"
- "It's for your own Good"
- Because He is worthy!

C. What Does God Desire of Us [Romans 12:1]

- "To offer all that we are in worship"
- "Me'od"

"While our worship takes on expressions of external actions... They are not the essence of our worship. Our external actions of worship come form a heart that Loves God"

** Paraphrase from desiring God article "Worship in Spirit and Truth" [David Mathis]*

Deuteronomy 11:13 And if you will indeed obey my commandments that I command you today, to love the Lord your God, and to serve him with all your heart and with all your soul

Deuteronomy 6:1-14 "Now this is the commandment—the statutes and the rules—that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, 2 that you may fear the Lord your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. 3 Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey.

4 "Hear, O Israel: The Lord our God, the Lord is one.

5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.

10 "And when the Lord your God brings you into the land that he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you—with great and good cities that you did not build, 11 and houses full of all good things that you did not fill, and cisterns that you did not dig, and vineyards and olive trees that you did not plant—and when you eat and are full, 12 then take care lest you forget the Lord, who brought you out of the land of Egypt, out of the house of slavery. 13 It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear. 14 You shall

Personal Reflection Questions

1. What Do you Love? Spend time this week thinking through these questions.

1. *What do I enjoy the most? What do I spend the most time doing? Where does my mind drift to when I don't have anything to do? What am I passionate about? What do I spend my money on? What makes me angry when I don't get it? What do I feel depressed without? What do I fear losing the most?

**Taken from Worship Matters by Bob Kauflin*

2. Review your week and spend some time reflecting on how you can worship God in the situations that await you this week.

3. Worship flows out of what we love. What is something you can do this week that will help you draw you closer to God?