GRACE NOTES

WORSHIP

Date: Sunday, September 18, 2016

Come, let us bow down in worship,
let us kneel before the LORD our Maker…

- Psalm 95:6 -

STUDY NOTES

When you hear the word "Worship," what comes to your mind first?

We often think of worship in terms of music. Music is certainly one way we worship, but what are some others?

Thinking back to Sunday, how did the worship service challenge you, encourage you, or change the way you thought or acted?

If someone were to ask you why you worship, how would you answer?

On Sundays, we see people expressing worship differently. For instance, some raise their hands, some close their eyes, some look up with eyes open, some bow their heads reverently, etc. What posture helps you worship best? Should it be the same for everyone?

Read **Psalm 29**.
Worship is to be God-focused. How does this psalm focus on the Lord? What can it teach us about our worship?

Read **Romans 12:1-2**.
Worship is certainly a spiritual activity, but in what ways does it involve offering our bodies?

Do you believe that genuine worship is one of the means that God uses to change us as people? If so, how?

Read **John 4:23-24**.
What do you think Jesus means by worshiping the Lord "in spirit and in truth"?

How is this reflected in your own worship?

Read **Mark 7:6**.
How might this be true today?

What verses or songs express worship best for you?