

Booklet ~Series, Summer of Psalms. Worship

DAY 1

What Is Worship?

Scripture

Psalm 95

- 1 Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.*
- 2 Let us come before him with thanksgiving
and extol him with music and song.*
- 3 For the Lord is the great God,
the great King above all gods.*
- 4 In his hand are the depths of the earth,
and the mountain peaks belong to him.*
- 5 The sea is his, for he made it,
and his hands formed the dry land.*
- 6 Come, let us bow down in worship,
let us kneel before the Lord, our Maker;*
- 7 for he is our God
and we are the people of his pasture,
the flock under his care.
Today, if only you would hear his voice,*
- 8 “Do not harden your hearts as you did at Meribah,
as you did that day at Massah[b] in the wilderness,*
- 9 where your ancestors tested me;
they tried me, though they had seen what I did.*
- 10 For forty years I was angry with that generation;
I said, ‘They are a people whose hearts go astray,
and they have not known my ways.’*
- 11 So I declared on oath in my anger,
‘They shall never enter my rest.’”*

**Worship is the act of ascribing ultimate value to something in a way
that energizes and engages your whole person, your entire being.**

Verse 1 we're called to worship him with the emotions. It's emotional language. "Sing, shout aloud, thanksgiving, extol, music." Secondly, in verse 6, we're called to worship him with our wills. The language is that of submission, of volition. "Come, kneel, bow down." Lastly, in verse 8, it's the language of reason. It's the language of thinking. "Hear his voice. Listen to his voice. Accept what he says." It's the language of thinking and understanding. In other words, worship is something that engages your mind, will, and emotions, your entire being. This is extremely important to understand. If you go to some kind of ritual and you go through the ritual, and you affirm the doctrines and beliefs without ever experiencing in your inner being a ravishing sense of beauty and joy, it's not worship.

All of the emotion, all of the worship, all of the life transformation, is coming from something the psalmist is doing. He's taking an inventory of the excellencies of God. He's going over them. He's going through them. He's enumerating them. He's reflecting upon them until there's an explosion in his life.

The English word "worship" comes from the old English "worth-ship." Worship is to see what God is worth and to give him what he's worth, to see and grasp his worth in such a way you begin to live in accordance with it. Many believe in God. In a sense, they have God. They say, "I pray to God sometimes. I believe there's a God. I believe there's a Creator." But they are completely unaffected, completely unaware of the value of him. The difference between a limp-along life, a common, just-limp-along, just-get-along life, and a transformed life, a life just shot through with thanksgiving and joy, is not the difference between not believing in God and just believing in God. It's worship that does it.

Worship is an act of ascribing ultimate value to God, seeing what he's worth and living in accordance with it in such a way it transforms your whole life. That's worship. Nothing less. It's not just a little inspiration. It's not just a little pick-me-up. It's not just something that makes me feel like I'm part of a community. It's an existential essence.

**Worship is ascribing ultimate value to God in such a way
it galvanizes, electrifies, and changes your whole life.**

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

Adapted from "Disciplines of Grace" by Tim Keller

DAY 2

Why Should We Worship the God of the Bible?

Scripture

Psalm 95

- 1 Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
- 2 Let us come before him with thanksgiving
and extol him with music and song.
- 3 For the Lord is the great God,
the great King above all gods.
- 4 In his hand are the depths of the earth,
and the mountain peaks belong to him.
- 5 The sea is his, for he made it,
and his hands formed the dry land.
- 6 Come, let us bow down in worship,
let us kneel before the Lord, our Maker;
- 7 for he is our God
and we are the people of his pasture,
the flock under his care.
Today, if only you would hear his voice,
- 8 “Do not harden your hearts as you did at Meribah,
as you did that day at Massah[b] in the wilderness,
- 9 where your ancestors tested me;
they tried me, though they had seen what I did.
- 10 For forty years I was angry with that generation;
I said, ‘They are a people whose hearts go astray,
and they have not known my ways.’
- 11 So I declared on oath in my anger,
‘They shall never enter my rest.’”

The world is not simply divided into people who worship and people who don't.

You're already ascribing ultimate value to something. Your whole life is already controlled and oriented toward something to which you've ascribed ultimate value.

The world is not simply divided into people who worship and people who don't. The world is divided into people who worship things that will distort your life, people who worship the wrong things, and people

who worship the only proper object worthy of the worship of your soul. Those are the only two prospects. You're either worshipping the wrong things, or you're worshipping the only One whose worship will not distort your life.

Look at verse 3. "For the LORD is the great God, the great King above all gods." Do we say, "Oh, that's just a leftover from the primitive times in which people believed in many gods"? "They were animists. They believed there was a mountain god and there was a sea god, and there was a land god.

Of course, what the psalmist is doing in verses 3–5 is he's saying, 'No, the Lord God is the great God above all of the gods. The mountains are his. The sea is his. The land is his.' This is of mere antiquarian interest to us because we're not primitives. We're not animists. We don't believe in many gods, and that's all there is to it." Wrong. Verse 3 tells us the very essence of worship is to recognize what you worship. You will not be able to worship the True God unless you recognize your heart has already ascribed ultimate value to something. The process of true worship of God is to recognize where your worship already is and transfer your ultimate value to God. In other words, true worship is not whomping up something you don't have already. It's transferring the ultimate value ascription your heart has already made from the things where it already is to God. That's what changes your life.

**The process of true worship of God is to recognize where your
worship already is and transfer your ultimate value to God.**

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

Adapted from "Disciplines of Grace" by Tim Keller

DAY 3

How Can We Worship Well?

Scripture

Psalm 95

- 1 Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
- 2 Let us come before him with thanksgiving
and extol him with music and song.
- 3 For the Lord is the great God,
the great King above all gods.
- 4 In his hand are the depths of the earth,
and the mountain peaks belong to him.
- 5 The sea is his, for he made it,
and his hands formed the dry land.
- 6 Come, let us bow down in worship,
let us kneel before the Lord, our Maker;
- 7 for he is our God
and we are the people of his pasture,
the flock under his care.

We are being called to worship in a community.

Communally! Notice all the plural personal pronouns in the Psalm. We are being called to worship in a community. Of course, you're supposed to be good at individual worship. Your own personal, individual ability to praise him and pray, and so on is very important. My sense of the Scripture over the years is that individual worship is a preparation for corporate worship, which is the real transforming experience.

C.S. Lewis some years ago put it in an unsurpassed way. He was part of a little trio of incredibly intimate close friends: Jack (C.S. Lewis was called Jack), Ronald, and Charles. They were extremely close. Then suddenly Charles died. When Charles died, Jack said, "This is terrible, but I guess now my friendship with Ronald will be such that I'll get more of Ronald than I had before. I won't have to share him with Charles. To his surprise, he discovered there were certain things in Ronald only Charles brought out. There were certain parts of his heart and personality only Charles drew out. So C.S. Lewis realized, ironically, paradoxically to him, surprisingly, that when Charles died, he did not get more of Ronald; he had less of Ronald. No one individual can draw out the entire personality. You can only know somebody entirely well in a community.

This goes against our modern, Western, individualistic, consumer understanding of spirituality. "I'll drop in on this church, I'll drop in over here, but mainly I have my own spirituality." You will never know God as he

is unless you are in a worshiping community, preferably a small group of people you pray with regularly, and a larger one you worship with corporately.

This is the only way you're ever going to know him as he really is, the only way you're ever really going to get an accurate vision. The one-on-one thing with God alone doesn't work. It will not really show you all of the facets. It won't show you all of the excellencies. It won't give you a vast inventory.

The more diverse that worshiping community, the better. Doesn't it make sense? The more you have young and old, male and female, all of the races, all of the classes ... The more diverse your worshiping community, the more you're going to get an accurate picture of God, the more you're going to understand him.

Not only that, a worshiping community will not just heal you psychologically and individually, but it'll begin to heal the breaches that divide the human race. It'll start to bridge the gaps between cultures. It'll start to bridge the gap between races and classes and so on. So, first of all, you need a community much more than you think you do.

You will never know God as he is unless you are in a worshiping community, preferably a small group of people you pray with regularly, and a larger one you worship with corporately.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

Adapted from "Disciplines of Grace" by Tim Keller

DAY 4

Worship Renews Your Strength

Scripture

PSALM 100:2

Worship the Lord with gladness. Come before him, singing with joy!

Psalm 122:1

I was glad when they said to me, 'Let us go to the house of the Lord'.

To strengthen your faith, you must unite with others in worship.

Worship is for God, but it also has benefits for you. Here are two of the biggest benefits of corporate worship: It renews your faith, and it restores your joy. Isaiah 40:31 says, "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" (NIV).

How many times have you gotten up on a Sunday morning and said, "I am so tired; I really don't have any energy to go to church," but then you went to church and worshiped, and afterward you were more energized? That happens because worship renews you. It strengthens you. It strengthens your faith. You're not going to get your strength renewed by watching golf on tv. That's just going to make you lazier and lazier. You get renewed by worshiping God with other believers.

As a pastor, sometimes I think of myself like the coach in the boxing movie Rocky. Rocky is out there in the fight, and he's pouring his heart out and just getting beat to a pulp. The bell rings and he goes, "Thank God." He comes to the corner, and the coach says, "You're doing a good job." The coach throws some water on him, pats him on the back, and says, "Now get back out there." Sometimes I feel like that's what I'm doing on Sunday for my church. I'm telling people, "You're doing a good job. Now get back out there. You can do this!" But that's not me renewing people's strength. It's the Word of God. It's music and praying and worshiping together with other believers.

The Bible also says in Psalm 100:2, "Worship the Lord with gladness. Come before him, singing with joy" (NLT).

I think it ought to be fun to go to church. That may seem strange to you if it's not how you were raised or how you felt about a certain church you've attended. But the Bible says to worship the Lord with gladness — not boredom, sadness, or anger, or out of duty. You should be singing for joy in church! Church should have that effect on you. Worship should renew your faith and restore your joy. "I was glad when they said to me, 'Let us go to the house of the Lord'" (Psalm 122:1 NLT).

Worship should renew your faith and restore your joy.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

Adapted from <https://pastorrick.com/devotional/english/full-post/worship-renews-your-strength1>

DAY 5

Replace Worry with Worship

Scripture

Matthew 6:25

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life[e]? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**If you’re going to put your security in something,
you need to put it in something that can never be taken from you.**

God is the source of everything you need to live. He is the Good Shepherd who feeds, leads, and meets your needs. You don't have to look anywhere else. You don't have to look to Wall Street. You don't have to look to the government. You don't have to look to your spouse, your individual retirement account, your Social Security, or your job.

If you're going to put your security in something, you need to put it in something that can never be taken from you. You can lose your health. You can lose your job. You can lose your good looks. You can lose your family. You can lose your life. You can lose your mind. You can even lose your way.

God, however, is never lost. And there is nothing you need that God can't supply. Philippians 4:19 says, "God will supply every need of yours according to his riches in glory in Christ Jesus" (ESV).

So why do we worry so much? Worry may be the most common sin on the planet. It is the direct result of forgetting that God is good all the time. You can pray, or you can panic. If you're not praying, you're panicking. You can worry, or you can worship. If you're not worshipping, you're worrying. As soon as you invite worship in the front door, worry goes out the back door.

The Bible says, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" (Matthew 6:25 NIV). Clearly, God doesn't want you worrying about anything. Yet it's hard for all of us to stop the worry habit. It's just in our nature!

The best place to start is prayer.

Once you've recognized how worry keeps you from the goodness of God and you've decided that you don't want it to get the best of you, you can take things to God in prayer instead.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

Adapted from <https://pastorrick.com/replace-worry-with-worship/>

houseChurch Discussion

- 1. Have different readers read the Bible passage from 2 or more different translations.**
- 2. Reflect & meditate between each reading.**

Psalm 95

*1 Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
2 Let us come before him with thanksgiving
and extol him with music and song.
3 For the Lord is the great God,
the great King above all gods.
4 In his hand are the depths of the earth,
and the mountain peaks belong to him.
5 The sea is his, for he made it,
and his hands formed the dry land.
6 Come, let us bow down in worship,
let us kneel before the Lord our Maker;
7 for he is our God
and we are the people of his pasture,
the flock under his care.
Today, if only you would hear his voice,
8 “Do not harden your hearts as you did at Meribah,
as you did that day at Massah in the wilderness,
9 where your ancestors tested me;
they tried me, though they had seen what I did.
10 For forty years I was angry with that generation;
I said, ‘They are a people whose hearts go astray,
and they have not known my ways.’
11 So I declared on oath in my anger,
‘They shall never enter my rest.’”*

Application

1. What did you hear during the reading? What did the Holy Spirit say to you?
2. What do you think and how do you feel about what the Holy Spirit said?
How do you feel comforted, convicted & challenged from the reading?
3. What does the Holy Spirit want you to do now?
4. Share any of the above discoveries with your houseChurch. Ask each other, “What is your nugget?”

Discussion Questions

1. The English word “worship” comes from the old English “worth-ship.” Worship is to see what God is worth and to give him what he’s worth, to see and grasp his worth in such a way you begin to live in accordance with it. Share your thoughts on the following statement: “Worship is the act of ascribing ultimate value to something in a way that energizes and engages your whole person, your entire being.”
2. “You’re already ascribing ultimate value to something. Your whole life is already controlled and oriented toward something to which you’ve ascribed ultimate value. The world is not simply divided into people who worship and people who don’t. The world is divided into people who worship things that will distort your life, people who worship the wrong things, and people who worship the only proper object worthy of the worship of your soul. Those are the only two prospects. You’re either worshipping the wrong things, or you’re worshipping the only One whose worship will not distort your life. The process of true worship of God is to recognize where your worship already is and transfer your ultimate value to God. ” Do you agree or disagree with the above paragraph? Discuss your opinions.
3. Notice all the plural personal pronouns in the Psalm. We are being called to worship in a community. Of course, you’re supposed to be good at individual worship. Your own personal, individual ability to praise him and pray, and so on is very important. My sense of the Scripture over the years is that individual worship is a preparation for corporate worship, which is the real transforming experience. Why does God desire our communal worship? How does worshipping God in a community shape the way we relate to the Lord in ways our private worship cannot?

Now talk to Jesus...