

ICEBREAKER

Let's take a walk down music memory lane together. Can you recall the first song that impacted you as a youngster? Next question - what is your "go-to" Karaoke song? Last question - can you recall a hymn/chorus/song that when you hear the music it brings peace or joy to your Spirit?

SCRIPTURE READING

Read together as a group: **1 Samuel 1:19-28**. Take turns reading a verse at a time.

DISCUSSION QUESTIONS

- Read 1 Samuel 15:22

What does it mean to truly worship God? How can we demonstrate worship to God amongst the many distractions we encounter daily?

- 1 Samuel 1:28 says, "Then he bowed and worshiped the Lord there." - "he" refers to Samuel at age 3.

In our modern society, who or what do we bow down to?

What do non-believers bow down to?

If you answered Jesus GREAT! - how do we bow down to Jesus in our society; our homes; our workplaces; our schools?

- Read Philippians 4:2-14

These verses are filled with actions that you can take to be mindful regarding what we are worshiping.

Rejoice in the Lord always (Phil. 4:4) — Paul says to rejoice in the Lord, not our circumstances. If we really examine things, we can always find a reason to rejoice in the Lord. We can do this in song or testimony and praise.

Instead of being anxious, pray. (Phil. 4:5) — Wouldn't it be great if the onset of anxiety ushered us into prayer? This practice will invite the peace of God to guard our hearts.

Adjust our thought life. (Phil. 4:8) — Directing our focus on the things that are true, right, lovely and honourable will draw our minds to what's praiseworthy.

Which one of these exercises stands out to you the most? Is there anything holding you back from worshiping - from honouring with extravagant love and extreme submission?

- Read Romans 12:1

The kind of worship that God finds acceptable is found in Romans 12:1.

If this is truly the way to worship God, are we following the direction of His Word? If so, how? If not, what can we do to worship Him in the manner that Romans 12:1 describes?

- "There's an element of worship and Christianity that cannot be experienced in private worship or by watching worship. There are some graces and blessings that God gives only in the 'meeting together' with other believers." (Don Whitney Spiritual Disciplines, 92)

Discuss this quote as it relates to your personal thoughts regarding corporate worship, within your church, and how it has an impact on your life and walk of faith.

- **Is it important to prepare yourself for corporate worship? If so, what do you personally do to prepare yourself for corporate worship? What things could you do yourself? - with your family or friends?**

PERSONAL REFLECTION

Continue to reflect on the following two questions and write in your journal what you are hearing from God.

What is Jesus saying? Where is He asking you to trust Him? Where is He encouraging you these days? Where are you feeling His love in your life? What areas in your lifestyle and a habits is He speaking to you about changing?

What am I doing in RESPONSE?

THIS WEEK'S CHALLENGE

Time to worship and celebrate Who Jesus is in your life. The joy of the Lord is within you as a follower of Jesus Christ and while some of us are introverts and some of us are extroverts, that fact is we are all created in His image and created to worship the Creator. Take time this week, however you decide, to worship Him for who He is. That may mean you shout from the rooftops that He is Lord or may mean that you write your thoughts of thanksgiving in your personal journal. We all can worship Him in our own way giving thanks to God. Take a step out of your comfort zone and enter the realm of worship because He is worthy to be worshiped.

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