



The Will to Worship

Focus The essence of worship is yielding one's whole being—spirit, soul and body—to the Lord as an offering to Him.

Open What is your favorite summertime activity? Why?

Read In Romans 11 and 12, Paul urges other believers in the strongest way he can to offer their whole being to God—spirit, soul and body—as an act of spiritual worship. His personal understanding of the unfathomable greatness of God *compelled* Him to worship God with everything he could, including outward, physical expressions of worship.

Physical expressions of worship, such as the lifting of hands and kneeling, are not a set of spiritual exercises to complete or an outward way to demonstrate the greatness of our faith. Physical expressions of worship are an act of obedience to God that unite all three parts of our being (spirit, soul and body) as a complete sacrifice to God. In Romans 12:1–2, Paul says this is our spiritual worship.

Talk

1. For most people, physical expressions of worship feel awkward at first. Has this been the case for you? Have some physical expressions of worship felt more awkward than others? Why?

2. Familiar expressions of worship are lifting hands in praise and kneeling in prayer. What other expressions of worship are we to engage in? (Look up the following verses, and/or come up with a list on your own.)

Ephesians 5:19–20

Psalm 47:1

Psalm 66:4

Psalm 150

Psalm 132:7

Hebrews 13:15–16

3. Why are many people resistant to expressing themselves outwardly in worship?
4. Why do you think God asks us for physical expressions of worship? What are we missing if we only engage with Him with our spirits and not our body and/or soul?

Live

1. What physical expression of worship do you sense the Lord asking you to embrace—to push through your awkwardness? Right now, how do you feel about doing so?
2. With a partner, make a commitment to the Lord to continue to “flatten” your pride and engage in the physical expression of worship you named in the previous question. Pray for one another in this area.

Pray

Ask the Lord to show you the “position” to take for your prayer time as an outward expression of worship: standing, kneeling, raising your hands, etc.

Offer yourself to God as a sacrifice—a gift of worship to Him. Ask Him to show you more about Who He is, and for the Holy Spirit to show you how to respond with your whole being. Take several minutes to thank Him and praise Him as a group.