**“The Practice of Worship”**

Going deeper in Psalm 150

**INTRODUCTION –** Jesus teaches that the greatest commandment is to “love the Lord you God with all your heart and with all your soul and with all your mind” and to “love your neighbor as yourself” The spiritual practice of worship is essential to our relationship with God and to our ability to obey these commandments.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it*

**Psalm 150**

**1**Praise the Lord.

Praise God in his sanctuary;
    praise him in his mighty heavens.
**2**Praise him for his acts of power;
    praise him for his surpassing greatness.
**3**Praise him with the sounding of the trumpet,
    praise him with the harp and lyre,
**4**praise him with timbrel and dancing,
    praise him with the strings and pipe,
**5**praise him with the clash of cymbals,
    praise him with resounding cymbals.

**6**Let everything that has breath praise the Lord.

Praise the Lord.

*.*

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. How would you explain spiritual practices to someone new to following Jesus?

2. Which spiritual practices have you found to be helpful in your walk of faith? Are there practices that you’ve found to be a poor fit for your walk?

3. Who initiates worship? You? Your pastor? God?

4. What prompts the Lord’s desire to reach out and seek connection with you?

5. What helps you to enter into genuine worship? Do you feel that you connect with God during worship on Sunday mornings? If not, what do you feel would help you to do so?

**PRAY** – *God has spoken. So, reply.*

\*Give thanks to God for the delight he takes in you and for the songs he sings over you! (Zeph. 3:17)

\*Ask that the Holy Spirit lead you to a spiritual practice that will help you grow closer to your Lord Jesus.

\*Pray that you may worship the Lord with all your heart, soul and mind.

**LIVE** – *This is where the rubber hits the road.*

Worship is essential to our two-way relationship with God and is not to be confined to Sunday mornings. Consider different ways you can worship throughout your day (with music or without 😊) and pay close attention to how entering into worship, even for short periods of time, affects your day, your heart, your attitude, your perspective, your everything.