

Spiritual Trainer Series

*Lifestyle
of Worship*

© Copyright 2003 Saddleback Church
1 Saddleback Parkway
Lake Forest, CA 92630
Edition 1.0

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form, without the written permission of Saddleback Church. Published by Saddleback Church.

Unless otherwise noted, Scripture quotations are NIV and are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION. Copyright 1973, 1978, and 1984 by International Bible Society. Used by permission of Zondervan Bible Publishing House. All rights reserved.

Scripture quotations noted TEV are from TODAY'S ENGLISH VERSION (American Bible Society, 1986 Broadway, New York, NY 10023) and are used by permission.

Lifestyle of Worship

*Come, let us bow down in worship,
let us kneel before the LORD our Maker...*
(Psalm 95:6)

Pastor Rick's thoughts on a *Lifestyle of Worship*:

"Anything you do that brings pleasure to God is an act of worship."

"Worship is not just for church services. We are told to 'worship him continually' and to 'praise him from sunrise to sunset.'"

"This is the secret to a lifestyle of worship—doing everything as if you were doing it for Jesus."

"God wants all of you. God doesn't want a part of your life. He asks for *all* your heart, *all* your soul, *all* your mind, and *all* your strength. God is not interested in halfhearted commitment, partial obedience, and the leftovers of your time and money. He desires your full devotion, not little bits of your life."

- Rick Warren, *Purpose Driven Life*

- ❖ When you were growing up, what did the word "worship" mean to you?

Why Should I Worship God?

Paul says in Romans 12:1 that the only reasonable response to a merciful God is to worship Him. God has been faithful throughout history, and He is faithful to you today. You are to praise Him for who He is and thank Him for what He has done for you.

1. **He is worthy of worship.** He is the Creator of the world. There is no other name above His name.

...worship the LORD in the splendor of his holiness.
(1 Chronicles 16:29)

- ❖ Has there been a time in your life when you let something else take first place in your life? (i.e., power, prestige, pleasure, pay check, etc.)

2. **It pleases Him when you worship Him in spirit and truth.** He wants your spirit to communicate with His Spirit. And, He wants you to worship Him based on the truth about Him that is revealed in the Bible.

"Our loving God never ceases to communicate with His children; and our great need is to become attuned to the subtle whisper and workings of His Spirit."

- Bruce Demarest

Yet a time is coming and has now come when the true worshipers will worship the father in spirit and truth, for they are the kind of worshipers the Father seeks.
(John 4:23)

- 3. It brings you closer to God.** Worship will make you more aware of God, so that when you pray, sing, study, or praise Him, He will respond.

Come near to God and he will come near to you.
(James 4:8)

- ❖ How have you noticed *worship* bringing you closer to God?

Worship Must Be a Way of Life!

"Worship doesn't occur in a vacuum, nor is it stimulated by artificial gimmickry. If you have to be in a church building or hear a certain kind of mood music to worship, what you're doing isn't worship. You should be able to worship God on the freeway during rush hour. But to do so, your heart must be right. You see, when we come together in the assembly of the saints to worship God, if it isn't an extension of a worshiping life, true worship won't occur. That is why Hebrews 13:15-16 tells us to assemble collectively to...

...offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name.

But we don't forget to 'do good and to share' as a way of life, or we'll never generate any worship on Sunday. Worship must be a way of life!"

- John MacArthur

Lifestyle of Worship

Worship is not just for Sunday services; it is a lifestyle. You can worship God while...

- ✓ driving to work
- ✓ doing chores
- ✓ helping others
- ✓ walking on the beach
- ✓ visiting someone sick in the hospital
- ✓ volunteering your time

There are countless ways to worship God: singing, reading, studying, dancing, journaling, fasting, tithing, praying, teaching, jogging, painting, etc. A lifestyle of worship is all about how you live your day-to-day life for Jesus Christ. Here are a few other examples of how to worship on a daily basis:

Serve somewhere. Volunteer for a church or community ministry. You can worship God by serving anywhere with the love of Jesus. You may, for example, wash dishes at a homeless shelter or talk with an elderly person at a nursing home.

Spend time outside. Take pleasure in God's creation by doing things outside with loved ones, like going to the beach to watch the sunset. You may want to take a stroll in a park or go to the mountains. No matter where you go, take time to thank God for all the beauty He has created.

Sacrifice something costly. Offer a sacrifice of worship from your time, energy, or resources, even when you don't "feel" like it. Perhaps your sacrifice will be sponsoring an orphaned child or giving up a vacation to go on a mission trip. Tithe and give generously and joyfully to your church. And, take the time to thank God for all your blessings!

*I will not offer to the LORD my God sacrifices
that have cost me nothing.
(2 Samuel 24:24 TEV)*

Spend time alone with God every day. Dwell in the presence of God daily, communicating with Him in praise and thanksgiving. Sit alone with Him and share with Him how much you love Him. Adore Him!

❖ How do you worship God with your lifestyle?

Other Things to Consider About Worship

A Truth Worth Remembering

If God was small enough for you to understand,
He wouldn't be big enough for you to worship!

- 1. Have a genuine desire in your heart to worship God.** God looks at the attitude of your heart while you worship Him. He wants you to share your honest feelings with Him and love Him deeply.

2. Surrender to God. In order to worship God more fully, learn to let go of your own agenda and let God take charge of every situation. Humbly look to Him for direction and guidance in your life, because He made you and knows what is best for you.

❖ Describe your journey in living a life of worship and learning to surrender. Have you ever had a defining moment of surrender?

3. Prepare your heart before going to public worship. Have a private time of confession before public worship. Let go of distractions. Arrive early to the services to prepare your heart with a sense of gratitude and willingness to respond to whatever He has to say to you. You will find yourself participating more fully, if you seek Him with eager anticipation.

📖 Read the entire story of the Ascension in Luke 24:50-53 that says,

*Then they worshiped him and
returned to Jerusalem with great joy.
(Luke 24:52)*

A Truth Worth Remembering

Worship is your grateful and humble response to your Creator!

❖ What does *worship* mean to you now?

Call to Action

*Jesus said to him, "Away from me, Satan! For it is written:
Worship the LORD your God, and serve him only."
(Matthew 4:10)*

Prayer: Tell the Lord that He is worthy of your worship. Ask Him to take up residency in your heart. Bow humbly and tell Him that you want to honor, praise, obey, and serve Him only.

Circle one or two of the Action Steps below that you will take:

1. Whatever you have planned immediately after this session, plan to do it with a heart of worship - so you can practice Lifestyle Worship!
2. Think about your favorite way to worship God (singing, reading, studying, dancing, journaling, fasting, tithing, praying, teaching, jogging, painting, etc.). Make specific plans to worship Him privately this week.
3. Before going to public worship this week, confess your sins to the Lord, let go of all distractions, focus on gratitude and obedience, and arrive early to prepare your heart to meet with Almighty God.
4. Read the "Spiritual Trainer Challenge" on page 9 to see if you are being prompted by the Holy Spirit to disciple someone on this topic of worshipping God.

Great Resource

Sacred Pathway by Gary Thomas (Grand Rapids: Zondervan) 2002.

This book encourages readers to see strengths, weaknesses, and tendencies in their devotional approaches to God, and thus learn how to improve their quiet time and personal worship of God.

Genuine worship results in submission and obedience.

Spiritual Trainer Challenge

Is the Holy Spirit encouraging you to be a Spiritual Trainer to another Christian in the area of prayer? Is someone in your family, small group, or ministry ready to take the next step in his or her spiritual walk? Would you like to share this booklet with a parent, child, sibling, friend, neighbor, or co-worker? If so, here are simple steps you can take:

Things You Can Do to Prayerfully Prepare for a Spiritual Training Appointment

1. Pick up a copy of *Life Training: Spiritual Habits* and read through it. This booklet will give you a good understanding of why it is important to develop spiritual habits like time alone with God, confession and repentance, prayer, Scripture memorization, worship, contentment, praying the names of God, etc. It will also give you some excellent advice on how to be a great trainer/discipler.
2. Ask someone if he/she (same-sex as yourself, unless it is a family member or your fiancé) would like you to disciple him/her using this booklet, *Lifestyle of Worship*. Pick up a copy for that person. Set a date and time for a one-hour meeting—with a reminder to bring a Bible.
3. Re-read this booklet, *Lifestyle of Worship*, paying special attention to how it is organized and what sections helped you the most.

Things to Do During the Appointment

Important Note: This lesson has five sections, each of which will take approximately six minutes. So, you will probably need 30 minutes to cover the content of the lesson. **Please allow 50-60 minutes for the entire discipleship session, including fellowship and prayer requests.**

1. Open with a brief prayer and a few minutes of fellowship.
2. Read through the booklet with your trainee, taking turns sharing the reading. Ask your trainee the questions as you move through the material. Take your time; don't rush.
3. For the “Call to Action” section, slow the pace as you pray, answer any questions, and discuss the action steps.

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Thank you for using the Saddleback Church Spiritual Trainer Series materials entitled *Lifestyle of Worship*. We hope that this has been a beneficial experience and has provided you with an opportunity to draw closer to God.

If you are interested in exploring more of the Saddleback Spiritual Trainer Series tools, please call the Maturity Team at Saddleback Church, (949) 609-8201.
www.saddleback.com/maturity