

Spiritual Practices – Worship

There are many aspects to worship, and many angles from which to approach the topic. Please select one of the options below to discuss in your group.

There are many psalms that are meant for use in worshipping God. **Psalm 100** is an example of expressing the worship of praise. **Psalm 150** expresses worship through musical instruments.

1. What is the purpose of worship?
2. How does God benefit from our worship? Does it even matter to Him?
3. How do we benefit from worship?
4. In what ways do we express our worship to God?
5. Name as many situations you can think of where we express our worship of God.

In **2 Samuel 6:12-23**, David dances before the Lord as the Ark of the Covenant was brought to Jerusalem. His wife, Michal, is mortified at his indignity and “despises him in her heart.”

1. Was David worshipping God as he danced before the Ark?
2. Was Michal justified in her embarrassment of how David, the king, was acting?
3. How do you think God viewed David’s dancing before the Ark? How did God view Michal’s response to David’s dancing before the Ark?
4. Why does this matter to us today?
5. Do you feel free to express your worship as you’d like? Do you feel others may judge you if you do? Or are you tempted to judge others?

In **John 4:21-24**, Jesus has a conversation with a Samaritan woman. She asks him where is the right place to worship God.

1. Why does the Samaritan woman ask Jesus this question once she establishes that he’s a prophet?
2. What does Jesus mean when he says, “God is spirit, and his worshipers must worship in spirit and in truth?”
3. Are spirit and truth different things? How so?
4. What does it look like for us to worship in spirit and in truth?