

## **LIFE WITHIN THE FELLOWSHIP**



### **4. More on Worship**

One of the things we do as God's people when we meet together for fellowship, is to worship God. We have seen three reasons why we should worship God, and in this study we will learn how to worship. First of all we worship God by offering ourselves to him, secondly by offering what we have to him, and thirdly by offering him our praise.

#### **A. We worship by offering ourselves to God**

Jesus said that God is looking for people who would truly worship him. What does worship really mean? It means to love, adore and honour someone. Romans 12:1 tells us that this means we will offer ourselves to God as a living sacrifice, dedicating ourselves to him and living to please him. Each day we can ask him to use us for his glory. When we do this it is an expression of our worship and love for God.

#### **B. We worship by offering him what we have**

Not only can we give ourselves, but we can give what we have, as an act of worship to God. See Philippians 4:18. Paul is writing to thank the Christians in Philippi for their gifts to him, and he says they are like a sweet smelling offering to God, or a sacrifice that is pleasing to him. When we give to the Lord's work or to the Lord's servants, we are expressing our love to God. This is part of our worship.

#### **C. We worship by offering him our praise**

In our previous study we learnt that praise is also called a spiritual sacrifice. When we praise God we are showing him that we love him and are thankful to him for all he has done. Hebrews 13:15

Psalms 103 and verse 1 says, "Praise the Lord my soul. All my being praise his name." It is important that we praise God with all our being – our bodies, minds, emotions and our spirits. When we do this we are offering God the worship that he deserves. Let's look at some of the ways we can express our praise to God.

First of all, we can express praise to God by using our bodies. There are 9 ways we can use our bodies to praise God: 3 with our mouths, 3 with our hands and 3 with our bodies.

##### **1. Praise with our mouths**

God has given us a mouth so we can speak to one another! Let's also use it to praise God! We can do this in 3 ways:

###### **Singing**

One of the most wonderful ways we can praise God is by singing. The Psalms are full of songs that have been written to praise God, and the Psalmist often tells us to praise God. Psalm 47:6 says, "Sing praise to God, sing praise to our King." We can sing in languages we know, or in the new language the Holy Spirit has given us. 1 Corinthians 14:15

### **Speaking**

We can also speak praise to God and declare his goodness and faithfulness. Ephesians 5:19

### **Shouting**

People shout and cheer when they watch sports, or someone famous passes by in a car, so why shouldn't we shout to the Lord? Of course there are times when we are to be quiet and still, but there are also times when we can shout praise to the greatest person of all. Psalm 27:6

## **2. Praise with our hands**

God also made our hands! During the day we use them in many ways: to wash, carry things, type on our cell phone or computer, and we can also use them to praise the Lord. There are 3 ways we can use our hands:

### **Lifting hands**

When we lift our hands in praise we are expressing our love and surrendering ourselves to him. It is an act of dedication. The Psalms often speak of lifting our hands. Psalm 134:2

### **Clapping hands**

We can clap while we sing, especially when the songs have a faster beat. Psalm 47:1

### **Musical instruments**

The Book of Psalms mentions many different instruments that were used during worship. Psalm 147:7, Psalm 150:3-6. Today we can use the instruments we have as part of our worship.

## **3. Praise with our bodies**

Our body is now the temple of the Holy Spirit, and God wants us to use it to express our love and worship to him. There are also 3 ways we can do this:

### **Standing**

Often we stand to honour a person who is important, so standing as we worship is a way to honour the greatest person of all. 1 Chronicles 23:30

### **Bowing or Kneeling**

Another way respect is shown is by kneeling or bowing, and this is another way we can worship God. It is an act of humbling ourselves before the King of Kings. Psalm 95:6

### **Dancing**

For many Christians this may seem strange, and yet the Bible speaks about dancing before the Lord. It is different from much of the dancing in the world, rather it is leaping for joy. Remember this is what King David did when he brought the Ark of the Covenant up to Jerusalem. Psalm 149:3, 150:4

When we come together as a group of believers, one of the most important things we do is to worship God. As we have learnt we do this by offering ourselves to him, by giving to the work of the Lord, and by worshipping him through music. Let's not only worship God when we come together, but let's make it our way of life!