**Study Series: Spiritual Disciplines**

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**Lesson Title: “Worship…for the Purpose of Godliness” (pp. 106 - 115)**

January 31, 2021 Session 09

**The main point of this lesson is:** Godliness requires both public and private worship done in both spirit and truth.

Focus on this goal: To help adults gauge the acceptability of their worship from God’s perspective.

Key Bible Passage: Matthew 4:10; 15:8-9

To the Leader: **Keep** the spiritual disciplines poster you created for Session 6, Step 1 (p. 78) throughout this entire study.

Before the Session

**Print** Matthew 15:8-9 in several translations and paraphrases, including the NASB, CSB, The Message, and CEV (all available online). **Distribute** to volunteers to read. (Step 2)

During the Session

**Step 1. Introduction / Discussion Starter**

**Ask:**

1. Have you ever left work or a meeting, and thought, “What was the purpose of any of that?”
2. What happens to an individual or group of people when they lose sight of their purpose?

**Read** from Day One (p. 107), “God clearly expects us to worship. It’s our purpose!”

**Analyze** what happens to individual believers or church bodies when they lose sight of their purpose.

**Draw attention** to the spiritual disciplines poster and **declare** believers are to exercise the spiritual discipline of worship for the purpose of godliness.

**Step 2. Day One – What Is Worship**

**Read** Matthew 4:10.

**Assert** the command is straightforward, but obeying that command is not.

**Invite** pre-enlisted volunteers to read their translations / paraphrases of Matthew 15:8-9.

**Evaluate** what it means to worship God in vain.

**State:** If we’re going to avoid worshiping God in vain and achieve the purpose of worship, we must understand what worship really is.

**Read** Revelation 4:8b-11 (begin with “Day and night …”).

**Ask:** Based on that description of worship, how would you define worship?

**Add to the discussion** with definitions offered in Day One (p. 107).

**Declare** we must discipline our minds to focus on God if we’re going to worship for the purpose of godliness.

**Ask** the Day One question (p. 107): “How is God revealed that we might focus on Him?”

**Request a volunteer read** the Day One paragraph (p. 108) that begins “That’s why both public ….”

**Step 3. Day Two – Done in Spirit and Truth**

**Assert** Jesus declared truths about worship in His discussion with the woman at the well.

**Invite a volunteer to read** John 4:19-24.

**Note** the woman brought up the age-old disagreement about the right place to worship, and **ask**:

1. What worship wars do Christians engage in today?
2. What did Jesus say is the only thing that really matters in worship?
3. What is the first step to worshiping God in spirit and truth?

**Relate** from Day Two how people can receive the Spirit of truth (pp. 108-109).

**Ask:**

1. Do you think worshiping in spirit means worship should be emotional? Explain.
2. What must always balance emotion in worship and why?

**Read** the Day Two paragraph (p. 109) that begins, “So we must worship ….”

**Invite responses** to Day Two, activity 1 (p. 109).

**Guide the group** to explore how worshiping in spirit and truth are complementary.

**Request a volunteer read** Mark 12:30-31.

**Explore** how worshiping in spirit and truth enables believers to fulfill this greatest commandment.

**Ask:** Does worshiping in spirit and truth requires that we do, or do not, worship when we don’t feel like it? Explain your reasoning.

**Read** Hebrews 13:15.

**Ask:**

1. When is praising God a sacrifice?
2. Why might worshiping God while in a spiritual desert be the purest form of worship?

**Invite volunteers to share** their responses to Day Two, activity 2 (p. 110).

**Read** the last paragraph of Day Two (p. 110).

**Step 4. Day Three – Expected Both Publicly and Privately**

**Read** Hebrews 10:25.

**Guide the group** to identify reasons Christians are expected to participate regularly in corporate worship.

**Invite responses** to Day Three, activity 1 (p. 111).

**Ask:** Why do people pay to attend a sporting event when they could watch it for free on TV?

**Declare** the power of corporate worship goes beyond the natural synergy that occurs when people gather together, because something supernatural occurs when people gather to worship God.

**Ask:** How did that become apparent to you during the coronavirus pandemic when churches gathered for worship virtually?

**Determine** reasons private worship is as essential as public worship.

**Discuss** Day Three, activity 2 (p. 112).

**Step 5. Day Four – A Discipline to Be Cultivated**

**Read** Matthew 4:10.

**Ask:**

1. Was Jesus talking about an event or a lifestyle? Explain.
2. What does a lifestyle of worship look like?
3. Does that lifestyle happen by default or discipline? Why?

**Request participants identify** the “end” and “means” of worship.

**Discuss** Day Four, activity 1 (p. 113).

**Step 6. Day Five – More Application**

**Read** the bolded question at the beginning of Day Five (p. 114).

**Discuss** Day Five, activity 1 (p. 115).

**Consider** why the phrase “meaningless worship” (p. 115) is an oxymoron.

**Read** the second bolded question in Day Five (p. 115).

**Review** Day Five, activity 2 (p. 115).

**Ask:**

1. What are thoughts that might often go through believers’ minds during a worship service?
2. How can our worship become more like the worship of these creatures and elders?

**Step 7. Live Out the Lesson**

**Read** the last Day Five paragraph (p. 115).

**Ask:** What have you learned from this study that can make your worship of God stronger?

**Urge adults to discipline** themselves to apply what they’ve learned.

**Close in prayer.**