

# Worship Series Worksheet

## Session 2 – Week 3 (Panel – Steve Gibson, Sara Daka, Tracey Venning, Toby Lee) & Week 4 (Ben Lillie)

**Leaders: Please encourage your group to go back and listen to both Sunday service talks from the panel and Ben. There is a lot more to embrace and discuss alongside these notes.**

- **Week 3: Panel**
  - **The Physical Posture of Worship – Creativity (Sara Daka)**
  - **The Heart Posture of Worship – Lament (Steve Gibson)**
  - **The Singing Posture of Worship – Praise (Tracey Venning)**
  - **The Daily Posture of Worship – Surrender (Toby Lee)**
- **Week 4: Now What? (Ben Lillie)**

Hello everyone and welcome to our second session in the series embracing our worship. This second session uses the Sunday service talks to give space to explore and dig deeper our view of worship and its place in our daily lives as we seek “the plans I have for you” (Jeremiah29:11).

Toby reminds us that we should seek to be “Weekly Worshipers and not just Sunday Singers”. His encouragement to us is to press into the ways of heaven for all our life; seeing worship like the air we breathe to sustain our physical life – our heavenly air sustaining our spiritual life and health.

## Opening

So, let’s look at weeks three and four of the worship series. As with last time, I am reminded that worship will mean different things to different people; from a complete lifestyle to maybe something we experience when we join with others on a Sunday! So, begin with some time catching up; perhaps some reflections from session one, then transition into the study with a prayer of thanksgiving and let’s start.

**Session 2 – Week 3 talk at Bridge Church – the panel of speakers:**

**How do we worship?**

- **The Physical Posture of Worship – Creativity:**

Sara introduced herself and then looked at creative expressions of worship which included flagging, dance, song, and testimony and of how that impacted her relationship with God. She talked around the first time she stepped into that space and what it looks like to surrender all of yourself in such a physical expression/offering to God. She spoke of how this can be a barrier to us as you have to give up something of self and that has a cost. Hebrews 13:15 talks of continually offering a sacrifice of praise; that within worship is doing good and sharing with others and with such sacrifices God is pleased. She also mentioned King David – dancing and worship came with a cost.

**Reflection and Discussion:** Sara indicated that creativity in worship is about letting go and embracing heavens joy – if you look around most Sundays you will now see flagging and dancing during our worship time at the back of the hall. We have artwork in the church, created during times of worship and prayer – a different expression of worship.

- What does the bible say around creative worship (King David – Revelations – Early Church)?
- How open are you to seeking and embracing your own personal creativity within worship?
- What might that look like?

- **The Heart Posture of Worship – Lament:**

Steve, who we know as one of our faithful guest worship leaders, spoke on the topic of lament. He started with what Lament is as an expression of worship, then moved to some testimony of points in his life where lament had been something he'd experienced and how that drew him closer to God. He explained that for him Lament was recognising that both the world and we are broken, yet despite this choosing to always putting our trust in Jesus – life is hard, yet I trust Jesus anyway. He quoted a song that helped sustain him in difficult times – Strength will rise when we wait upon the Lord.

Steve also spoke about Jesus in a posture of Lament in the Garden of Gethsemane when He asked his Father to spare him the cross, yet he was faithful to his Father's will.

**Reflection and Discussion:**

Steve indicated that Lament in worship is not a negative thing, rather a gateway to what is beyond. He reminded us that a third of all Psalms are lament.

- Do we quote and sing psalms knowing this? – Does it make a difference?
- What does the bible say around lament?
- How open are you to seeking and embracing lament within worship?

- **The Singing Posture of Worship - Praise**

Tracey reflected on what it is to sing songs to God! Zephaniah3:17 – As we bring our worship so God will rejoice over us with singing.

We should also remember that singing praises to the Lord defeats the enemy – 2 Chronicles 20:21-22. We can praise at the beginning of the battle even before it is won. God delights in the praises of His people, and He responds to the prayers of grateful hearts who tell others what He has done.

Other texts:

Psalm 66:17 – For I cried out to Him for help, praising Him as I spoke.

Psalm 149:6 – Let the praises of God be in their mouths, and a sharp sword in their hands.

In the New Testament we are commanded to sing Psalms, hymns, and spiritual songs to one another when we meet (Ephesians 5:19; Colossians 3:16). Praise changes atmospheres and is defence against the evil one. Why wouldn't you want to embrace Praise?

### **Reflection and Discussion:**

We encourage you to go back and relisten to Tracey; this is so much of who we are together on a Sunday – a praising people seeking our Lord.

- Why does God so often tell us not simply to praise him but to sing his praises when we meet?
- Why not just pray and preach – why sing?
- How do you style your life for worship?

- **The Daily Posture of Worship – Surrender:**

Toby gently challenged us to consider what it means to worship in Spirit and in Truth. He framed this within our vision as a church “Not to be just Sunday singers, but weekly worshippers” and where we say we are “Planted for the Community”.

- What does it look and feel like for us to worship with a Monday morning faith?
- How do we point to Jesus in all that we do?
- What does surrender to God look like in daily spiritual rhythms?
- How do we worship God with our work, personal gifts, friendships?
- What does it feel like and look like for me/us to be in worship under the REALITY of who God is – in RELATIONSHIP with him?

### **Spirit and Truth = Relationship and Reality**

### **Reflection and Discussion on the 4 topics of worship from the panel**

- What do you notice from the panel's words and heart attitudes?
- What will you do or change in the light of what you have read and heard from the panel?

### **Session 2 – Week 4 talk at Bridge Church – Ben Lillie**

#### **The Now What in our lives of Worship?**

Deuteronomy 6:5

The 'Now What' of life can often seem complicated and cause us to create a master plan. Not this time. For the final week of this Worship series, Ben honed in on the first and greatest command. **“Love the Lord your God with all your heart and with all your soul and with all your mind.”** - What does it look like as disciples of Jesus to worship with this as our song, focus, love, offering? Worshipping with ALL OF US. The 'now what' of worship is simply this commandment. Let's not overcomplicate this! Let's Get back to basics. As we are planted for community, our posture of worship MUST point to Jesus, not a brand, person, event, job etc. “Seek first the kingdom of God and HIS righteousness”. It's all about Jesus.

## Reflection and Discussion

Ben highlighted that we live in a world that by design is constantly trying to unsettle us – a world that is constantly telling us that we need the next new thing to be satisfied and often that we're not good enough – are we strong enough to recognise these as lies and our strength and confidence must come from the Lord

Together with biblical teaching and prayer, worship is a holy habit that needs to be lived regularly; like part of our daily routine. All three of these should permeate the whole of our lives; biblical teaching informing and guiding, prayer being the spiritual air we breathe and worship being a way of life. BUT all three need their regularly focused moments in our day, in our week and when we are together. Hallelujah!

- What are your reflections on the place of worship in your life?
- What are the things of this world that challenge our supernatural and God given identity?

### Action plan this week:

- How might I/we adjust to press more into the love of Father, Son and Holy Spirit in worship?

## Closing

If helpful remind your group that the bible tells us to enter his gates with thanksgiving and his courts with praise; this should be our approach to worship in our daily lives.

If excited that's good and can form part of closing prayers. If a little unsure, please reassure people its ok if they feel any sense of trepidation in any of this – God loves us to seek him out - we're in God's hands – hallelujah! This can also be lifted back to God in prayer.

So, try to finish well. This might not mean a tidy finish – there may be much left unresolved – that's ok and please feed questions back to us.

It's always good to end in prayer so draw conversations to a close and let's get praying –

- Themes from this evening can be lifted in prayer.
- If excited, then let God know.
- If reassurance needed, then seek God's grace and peace in people's hearts.
- Other prayer needs in the room.

If you're on track with all of this then let the group know that next time, we'll be exploring more of what worship might be for us both personally and collectively as the Bride of Christ.

Leaders, please provide feedback from your session 1 to us by dropping an email to:

[grahambates54@gmail.com](mailto:grahambates54@gmail.com) and [pinktraceyj@yahoo.co.uk](mailto:pinktraceyj@yahoo.co.uk)

How did the session go?

Significant points raised?

Areas that need further/future support/clarification?

Thanks