

# Depend on Him in Prayer

***"The life of our life consists in our communion with God, which we maintain not only by the set performances of prayer, morning and evening, . . .but we maintain this communion more especially by a daily and hourly and frequent and constant lifting up of our hearts to God in sighs or groans. . ."***  
**Thomas Horton**

## ***Day 1***

### **Approaching God**

Start your study of prayer with prayer - request God's help to be still that you may hear his voice.

**Psalm 46:10** "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Reflect for a couple minutes on each thought in the passage, before going to the questions.

What is the value of "being still"?

What does it mean to "know that I am God"?

What does it mean for God to be exalted?

This passage clearly implies a command to each of us to exalt God. How do we do that?

Who is God? How would you answer this question for a friend, if their life depended on it?

Throughout history men and women have known the awesome power which monarchs and absolute rulers hold. The significance of this awe may largely escape our American understanding – even so – which of us would enter a king’s presence disrespectfully... that is, if we were even so fortunate as to receive a favorable invitation.

God’s kingship is incomparably more awesome than any earthly king’s; His revelation of himself and invitation for audience – uniquely gracious; His promise of power in us – immeasurably more than all we ask or imagine.

What do the following verses add to your understanding of approaching God in prayer?

**Matthew 6:6 (NIV)** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

**Psalms 37:7 (NIV)** Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

**Ephesians 3:20 (NIV)** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

**Hebrews 4:15-16 (NIV)** For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Habbakuk 2:20 (NIV)** But the LORD is in his holy temple; let all the earth be silent before him."

## **Day 2**

### **Seeking God**

Seeking God and honoring his true nature is one primary objective of our prayer. Begin your time with God today by audibly voicing that God is worthy of praise: for who he has always been and because of all he has done. State several specific traits of His, like: “You created the heavens & the earth” or “You are righteous and pure.”

Why do we pray?

**Matthew 6:33** But seek first his kingdom and his righteousness, and all these things will be given to you as well.

In Matt 6:33, what is the primary thing we are to seek?

When Matt 6:33 says “all these things will be given to you as well”, it’s indicating that “these things” are not the primary things that we should primarily seek after... but rather a bonus that God just gives us. What are “these things”? Hint: You may have to look at the verses before or after Matt 6:33

If we pray for all the right things (maybe even benevolently for other people) but address it to someone other than the true God, will God will be pleased? Do you think believers ever get focused on someone or something other than God and then expect a favorable response from God?

Can prayer be meaningful without asking for anything? Is prayer that starts and ends with praise and thanks to God of any value?

Would you agree that the primary purpose of prayer is to honor God by seeking: Him, His kingdom, and His righteousness?

What do the following verses add to your understanding of seeking God and honoring him in prayer?

**Isaiah 45:20 (NIV)** "... Ignorant are those who carry about idols of wood, who pray to gods that cannot save.

**Luke 9:46 (NIV)** "It is written," he said to them, " 'My house will be a house of prayer...'"

**Jeremiah 29:12-13 (NIV)** Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

**John 6:63, 68, 69 (NIV)** The Spirit is the one who gives life; human nature is of no help! The words that I have spoken to you are spirit and are life. --- Peter answered him, "Lord, to whom would we go? You have the words of eternal life. --- We have come to believe and to know that you are the Holy One of God!"

**Deut 4:39 (NIV)** Acknowledge and take to heart this day that the LORD is God in heaven above and on the earth below. There is no other.

## Day 3

### A template for prayer

Today we'll look at 'The Lord's Prayer.' Luke's Gospel tells us that this teaching was in response to a disciple's request "Lord, teach us to pray, just as John taught his disciples."

**Matthew 6:9-15** "This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

*"Our Father"* Why do you think Jesus said "Our" and not "My"... "Father"? Is it significant he chose the term "Father"? If the word "Father" causes any negative feeling in you, please let one of the elders know so we can pray with you.

What is meant by "Hallowing the father's name"?

What are the Father's kingdom and will?

*"Our daily bread"* This request is contained to essentials for the current day...Do you think this was on purpose? Why or why not?

*“as we forgive”* This appears not only in the prayer, but Jesus followed the prayer with further commentary on this subject. What are some consequences of not forgiving others?

*“lead us not into temptation but deliver us from evil”* What temptations do you most struggle with? This prayer was for believers. Do believers need deliverance from evil? What is deliverance from evil?

These requests are sandwiched in between the verses about the need for debt forgiveness. Has someone left you with an unresolved hurt? Have you left someone else hurting? What is a debtor?

List a few things about this prayer that speak strongly to you?

This prayer suggests many key elements to prayer: Recognition of the person and authority of God, his nature, and his purposes; some guidelines regarding praying for our needs; the need to be right with others (both those who “owe us” and those whom we’ve wronged); our very great reliance on God’s provision for our spiritual well being.

There are many other prayers, principles, and promises through-out the scriptures that provide good templates for us to use in prayer. If God’s word tells us something is true and good, then we can recount it before God. For example, stating truths from the Psalms in our prayers is a common practice of many, yet an uncommonly powerful method of praying according to the will of God... so long as our attitude is grounded fully in the desire to please God.

## **Day 4**

### **Led by the Spirit**

Ask God to use you in a way today that is clearly his doing. Tell God this is his day. Commit to looking for his intervention in your day and expect it.

**Ephesians 6:18 (ESV)** praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

Suggestion: Reading this from different translations can help you see different emphases from the original Greek

This passage tells us to ‘pray at all times’ or “Always pray”... or as I Thes 5:17 says “pray continuously”. Do you pray through-out the day, as the Spirit allows thoughts and promptings to be brought to your attention?

What does it mean to “pray in the Spirit”?

**James 5:16 (NIV)** Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

James speaks of powerful, effective prayer. The word translated “powerful”, and “effective” or “fervent” is *energeō* in the Greek – or literally “powerful energy”. James 5:16 also traces this power to righteousness, but other places tell us that none are righteous except God. God through the father’s generosity and the righteous work of Jesus empowers us by His Spirit to pray. Can we pray without the Spirit’s help?

Ephesians 6:18 above talks about persevering in our supplications (petitions). What do you think this might mean?

The Scripture often speaks of “crying-out” to God. Do you ever (often) allow yourself to be totally open and vulnerable to God in prayer? Do you allow enough prayer time to “get real” before God? Do you ever express gut-level emotion before God?

Think of a time when God tenderly and tangibly met you in prayer? What circumstances led to that time? How can you make that your expectation?

What further insight do you gain about the Spirit’s role in prayer from these verses?

**Romans 8:26 (NIV)** In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

**Matthew 4:1-2 (NIV)** Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

**Rom 8:27 (NIV)** And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

**1Cor 14:15 (NIV)** So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind.

## Day 5

### Praying for others

Ask God for a strong desire to pray... even if it means total self-sacrifice

John 17 is Jesus' great prayer of intercession. As you read it, notice who he prays for and what he prays.

**John 17:1-26 (NIV)** After Jesus said this, he looked toward heaven and prayed: "Father, the time has come. Glorify your Son, that your Son may glorify you. <sup>2</sup>For you granted him authority over all people that he might give eternal life to all those you have given him. <sup>3</sup>Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. <sup>4</sup>I have brought you glory on earth by completing the work you gave me to do. <sup>5</sup>And now, Father, glorify me in your presence with the glory I had with you before the world began.

<sup>6</sup>"I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. <sup>7</sup>Now they know that everything you have given me comes from you. <sup>8</sup>For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. <sup>9</sup>I pray for them. I am not praying for the world, but for those you have given me, for they are yours. <sup>10</sup>All I have is yours, and all you have is mine. And glory has come to me through them. <sup>11</sup>I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name--the name you gave me--so that they may be one as we are one. <sup>12</sup>While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled. <sup>13</sup>"I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. <sup>14</sup>I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. <sup>15</sup>My prayer is not that you take them out of the world but that you protect them from the evil one. <sup>16</sup>They are not of the world, even as I am not of it. <sup>17</sup>Sanctify them by the truth; your word is truth.

<sup>18</sup>As you sent me into the world, I have sent them into the world.  
<sup>19</sup>For them I sanctify myself, that they too may be truly sanctified.  
<sup>20</sup>"My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup>that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. <sup>22</sup>I have given them the glory that you gave me, that they may be one as we are one: <sup>23</sup>I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. <sup>24</sup>"Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world. <sup>25</sup>"Righteous Father, though the world does not know you, I know you, and they know that you have sent me. <sup>26</sup>I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them."

Jesus begins by praying for God's glory. Briefly summarize verses 1-5 in your own words.

How did Jesus pray for himself in this prayer?

Who else did Jesus pray for in this prayer? What did he pray?

Jesus' prayer was effective because he was sold out to God on behalf of others. His prayer involved personal sacrifice. Does/should sacrifice ever play a role in our prayers?

Jesus prayed for you that evening knowing that he would be crucified in the morning (v. 20-26). What did he pray for you?

What do the following verses add to your understanding of intercession?

**James 5:13-18 (NIV)** Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops

**II Chron 7:14 (NIV)** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

**Phillipians 2:7-8 (NIV)** But made himself nothing, taking the very nature of a servant being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross!

**1 Samuel 12:23 (NIV)** As for me, far be it from me that I should sin against the LORD by failing to pray for you.

**1 Tim 2:1-2 (NIV)** I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone-- for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

Having completed the week's study on prayer, how important do you think prayer is to the fulfillment of Trinity's vision?

How much of a prayer contribution are you making to the life of the church?

Is there anything you personally need to change to enable you to depend on God in prayer or to intercede for your brothers and sisters in Christ?

# Exalt Him Through Worship

***"Worship is the submission of all our nature to God.  
It is the quickening of the conscience by His holiness;  
the nourishment of the mind with His truth;  
the purifying of the imagination by His beauty;  
the opening of the heart to His love;  
the surrender of will to His purpose -  
and all of this gathered up in adoration,  
the most selfless emotion of which our nature is capable,  
and therefore the chief remedy of that self-centeredness  
which is our original sin and the source of all actual sin."  
(William Temple, 1881 – 1944)***

## ***Day 1***

Worship must be done in “spirit and in truth”.

**John 4:20-24 (NIV)** Our fathers worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." <sup>21</sup> Jesus declared, "Believe me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup> You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. <sup>23</sup> 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. <sup>24</sup> God is spirit, and his worshipers must worship in spirit and in truth."

What does it mean to worship God in spirit?

What insight do you get on this question from the following verses

**Psalms 103:1 (NIV)** Praise the Lord, O my soul; all my inmost being, praise his holy name.

**Psalms 24:3-4 (NIV)** Who may ascend the hill of the Lord? Who may stand in his holy place? <sup>4</sup>He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

What does it mean to worship God in truth?

What insight to these verses add?

**Psalms 145:18 (NIV)** The Lord is near to all who call on him, to all who call on him in truth.

**Psalms 86:11 (NIV)** Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.

In the Old Testament we see this 'spirit and truth' worship expressed and modeled in the sacrifices, offerings, tithes, festivals/feasts, rituals, singing, instruments, dancing, etc. IN the New Testament the same 'spirit and truth' worship is seen in sacrificing of your life, loving with all your heart, soul, mind and strength, giving, singing psalms, hymns and spiritual songs, etc.

## Day 2

**Worship requires a proper understanding (truth) of who God is.**

**Isaiah 6:1-4 (NIV)** In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. <sup>2</sup>Above him were seraphs, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. <sup>3</sup>And they were calling to one another: "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory." <sup>4</sup>At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke.

What do you think the angels (seraphs) mean when they cry "Holy, holy, holy?"

What additional insight into worship do you find in this parallel passage:

**Revelation 4:1-8** After this I looked, and there before me was a door standing open in heaven. And the voice I had first heard speaking to me like a trumpet said, "Come up here, and I will show you what must take place after this." <sup>2</sup>At once I was in the Spirit, and there before me was a throne in heaven with someone sitting on it. <sup>3</sup>And the one who sat there had the appearance of jasper and carnelian. A rainbow, resembling an emerald, encircled the throne. <sup>4</sup>Surrounding the throne were twenty-four other thrones, and seated on them were twenty-four elders. They were dressed in white and had crowns of gold on their heads. <sup>5</sup>From the throne came flashes of lightning, rumblings and peals of thunder. Before the throne, seven lamps were blazing. These are the seven spirits of God. <sup>6</sup>Also before the throne there was what looked like a sea of glass, clear as crystal. In the center, around the throne, were four living creatures, and they were covered with eyes, in front and in back. <sup>7</sup>The first living creature was like a lion, the second was like an ox, the third had a face like a man, the fourth was like a flying eagle. <sup>8</sup>Each of the four living creatures had six wings and was covered with eyes all around, even under his wings. Day and night they never stop saying: "Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come."

What do the following verses teach us about the one we worship?

**Psalms 145:1-6 (NIV)** I will exalt you, my God the King; I will praise your name for ever and ever. <sup>2</sup> Every day I will praise you and extol your name for ever and ever. <sup>3</sup> Great is the Lord and most worthy of praise; his greatness no one can fathom. <sup>4</sup> One generation will commend your works to another; they will tell of your mighty acts. <sup>5</sup> They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works. <sup>6</sup> They will tell of the power of your awesome works, and I will proclaim your great deeds.

**Psalms 19:1-4 (NIV)** The heavens declare the glory of God; the skies proclaim the work of his hands. <sup>2</sup> Day after day they pour forth speech; night after night they display knowledge. <sup>3</sup> There is no speech or language where their voice is not heard. <sup>4</sup> Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun,

**Colossians 1:16 (NIV)** For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.

**Psalms 115:3** Our God is in heaven; he does whatever pleases him.

## **Day 3**

### **Worship is both an attitude and an act.**

In the following verses, comment on whether worship is an attitude, an act, or something of both;

**Psalms 27:8 (NIV)** My heart says of you, "Seek his face!" Your face, Lord, I will seek.

**Matthew 22:37-40 (NIV)** Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.'<sup>38</sup> This is the first and greatest commandment.<sup>39</sup> And the second is like it: 'Love your neighbor as yourself.'<sup>40</sup> All the Law and the Prophets hang on these two commandments."

**Job 1:5 (NIV)** When a period of feasting had run its course, Job would send and have them purified. Early in the morning he would sacrifice a burnt offering for each of them, thinking, "Perhaps my children have sinned and cursed God in their hearts." This was Job's regular custom.

**Job 2:3 (NIV)** Then the Lord said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason."

Consider the case of Mary and Martha. What were the actions of each? Were their actions necessarily worshipful or non-worshipful? What were the heart attitudes of each?

**Luke 10:38-42** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

How does the following verse address attitudes and actions?

**Isaiah 29:13 (NIV)** The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men."

What is the right balance in worship? Draw a line between worship attitudes that must be held in balance. Make a mark on each line to show where you tend to fall.

Awe and fear

Reflective

Objective content (knowledge),

Intimacy and love

Exuberant

Personal commitment

Pure praise

Subjective response (emotions)

## Day 4

**Worship is expressed individually and corporately.**

Underline the places in this passage where corporate worship happens. Circle the moments of private worship:

**1 Samuel 1:1-16** There was a certain man from Ramathaim, a Zuphite from the hill country of Ephraim, whose name was Elkanah son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. <sup>2</sup>He had two wives; one was called Hannah and the other Peninnah. Peninnah had children, but Hannah had none. <sup>3</sup>Year after year this man went up from his town to worship and sacrifice to the Lord Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the Lord. <sup>4</sup>Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. <sup>5</sup>But to Hannah he gave a double portion because he loved her, and the Lord had closed her womb. <sup>6</sup>And because the Lord had closed her womb, her rival kept provoking her in order to irritate her.

<sup>7</sup>This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat. <sup>8</sup>Elkanah her husband would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

<sup>9</sup>Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on a chair by the doorpost of the Lord's temple. <sup>10</sup>In bitterness of soul Hannah wept much and prayed to the Lord. <sup>11</sup>And she made a vow, saying, "O Lord Almighty, if you will only look upon your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head." <sup>12</sup>As she kept on praying to the Lord, Eli observed her mouth. <sup>13</sup>Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk <sup>14</sup>and said to her, "How long will you keep on getting drunk? Get rid of your wine."

<sup>15</sup>"Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. <sup>16</sup>Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief." <sup>17</sup>Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

Underline and circle this passage in the same way.

**1 Chronicles 15:25-29** So David and the elders of Israel and the commanders of units of a thousand went to bring up the ark of the covenant of the Lord from the house of Obed-Edom, with rejoicing. <sup>26</sup>Because God had helped the Levites who were carrying the ark of the covenant of the Lord, seven bulls and seven rams were sacrificed. <sup>27</sup>Now David was clothed in a robe of fine linen, as were all the Levites who were carrying the ark, and as were the singers, and Kenaniah, who was in charge of the singing of the choirs. David also wore a linen ephod. <sup>28</sup>So all Israel brought up the ark of the covenant of the Lord with shouts, with the sounding of rams' horns and trumpets, and of cymbals, and the playing of lyres and harps. <sup>29</sup>As the ark of the covenant of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David dancing and celebrating, she despised him in her heart.

What is Michal's attitude toward David's 'worship style'? What would your attitude be if you witnessed similar worship today? How are corporate worship and individual response to be related?

What is the relationship between individual worship and corporate worship in these texts?

**Hebrews 10:25** Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.

**1 Corinthians 14:26** What then shall we say, brothers? When you come together, everyone has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. All of these must be done for the strengthening of the church.

## Day 5

### Worship must impact my daily lifestyle.

Isaiah had one of the great experience of worship in all Scripture:

**Isaiah 6:1-8** In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. <sup>2</sup>Above him were seraphs, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. <sup>3</sup>And they were calling to one another: "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory." <sup>4</sup>At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. <sup>5</sup>"Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty." <sup>6</sup>Then one of the seraphs flew to me with a live coal in his hand, which he had taken with tongs from the altar. <sup>7</sup>With it he touched my mouth and said, "See, this has touched your lips; your guilt is taken away and your sin atoned for." <sup>8</sup>Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

What was the impact of God's presence on Isaiah's actions?

**Romans 12:1-2** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. <sup>2</sup>Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

In what sense can the offering of your body be considered worship? How about the transforming of your mind?

**Hebrews 13:15-16** Through Jesus, therefore, let us continually offer to God a sacrifice of praise--the fruit of lips that confess his name. <sup>16</sup>And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Once again, we see the Biblically attested need for balance between words and acts in worship. What are the two ends of the scale in these verses? Where do you fall on this scale?

**1 Thessalonians 5:16-18** Be joyful always; <sup>17</sup>pray continually; <sup>18</sup>give thanks in all circumstances, for this is God's will for you in Christ Jesus.

What does this verse say to those who contend that worship takes place during a specific hour on Sunday morning?

**Colossians 3:16** Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

How will a right attitude toward worship make us better disciples of Jesus? How will it make us a stronger Christian community?