



WOMEN WHO PRIZE
BEING FOUND IN CHRIST

A Heart For Worship

By: Katie Quinn

Worship looks different for everyone. It sounds different for everyone. There are all forms of style and expression. All over the world, it's performed for rocks, statues, spirits and ancestors and even things like celebrities and hobbies. Worship is a natural occurrence in the human heart. Often it is misdirected and sadly used for evil. But worship was created by God and for God. **It's the vehicle for connection between us and God's heart.**

When I was about eight or nine, I had a moment with the Holy Spirit that marked me forever. My teenage sister had just come home from youth camp and told me how amazing their worship was. She asked me if I had ever felt God touch me. I knew exactly what she was asking- *had I ever experienced the tangible presence of God?*- but I wasn't sure if I had. We got on our knees on some pillows in the hallway after everyone else was asleep and started worshipping. I felt something blow across the hall. It was warm and comforting and brought so much peace. It was the Holy Spirit. He showed up just for me.

That same Holy Spirit is for every believer, and He never withholds His presence from us. **We can practice His presence by worshipping in everything.** Just like memorizing the pledge of allegiance, once you know it, you can recite it on command without thinking or looking back through notes.

A life of worship is the same. **Luke 6:45** says, "*for of the abundance of his heart his mouth speaks.*" What you put in will always come out. **Spend time worshipping every day like you want to memorize how to get into God's presence and you will.** The more time you spend with Him adoring Him and talking about His goodness, the easier it is to spend an entire day in that attitude.

So, why do we worship God? Honestly, for me, **it's because He's nothing like us.** He's not a liar or a thief or a fair-weather friend. He's always on time and always thinks of others. He never stops thinking about me, even when I'm not thinking about Him. He brings peace when I'm anxious. He never has lack. He only gives good and perfect gifts. He's incapable of breaking a promise, and He always acts with purpose and intention. That is someone worthy of worship.

What is worship? It's simple. **Worship is a response to God's love.** Reciting His attributes. Thanking Him for what He's done and what He will do. It's how we bring Heaven into our sad and ugly Earth. It is an expression of love and desire. It can be messy. **It's when our heart is honest and aware of who God is to us personally.** And the best part is, no matter how imperfect we are, He receives it all.

What is worship not? It is not performance or a show. It is not self-seeking. It is not a form of talent. It is not exclusive to trained musicians or dancers. It is not one specific form of expression. It is not limited to a microphone or a church or Sundays. **It does not require perfection or performance.** It is not neat and tidy. It is not reserved for certain people. It is not limited to a language or a culture.

Nothing can touch you if you live in an attitude of worship. When you become absorbed in something, everything outside of it seems blurry. **When you focus on God, everything else will fall away from your thoughts.** It keeps your heart in a state of thankfulness. It shields you from doubt, depression, worry, and fear because it puts God above circumstance.

Maybe worship intimidates you. Maybe God's presence feels far away. If this is true for you, know that God is not mad at you. **Know that it doesn't require specialized training or a talent or a lifetime of Christianity to know God's presence.** If you don't know where to start, play a simple worship song on YouTube. Set your focus on something you know about God that is Bible-based, like "*Lord, You are good and your mercy endures forever, Psalm 100:5*". Or start reading the Bible in Psalms and read aloud the thousands of praises David writes.

James 1:5 invites us, *"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."* **The Holy God invites us into His throne room (Hebrew 4:16), so there's never a reason to feel unwelcome in His presence.** If a 9-year-old girl can experience Him in a hallway on a pillow, anyone can.

Just respond. He always responds when we respond to His love. He will teach us how to worship in Spirit and in truth, the way He deserves to be worshiped. I believe a life of worship is for every single one of us: to always live in an attitude of love and reverence for God and to dwell in His presence. **He is worthy of more than a song, 20 minutes on Sunday morning, or a quick "Thank you for this food."** He gave us abundant life and eternity with Him. He answers our prayers. He loves us without condition, and He supplies all of our needs. If we're going to spend eternity in Heaven in our mighty God's presence, why not start practicing today?

conversation starters

1. What are some of your favorite ways to express worship?
2. In this season of your life, what attributes of God do you tend to keep coming back to as you worship him?
3. Which Bible verse or song lyric causes your heart to ignite in worship every time you read or think about it?
4. What do you find yourself worshipping that is not worthy of your praise? ie: people, self image, problems, money?
5. Share one of your most memorable moments in the tangible presence of God OR share why you feel it's difficult to connect to God's presence.

his heart work

Study: Study the verse, **John 4:24**, *For God is Spirit, so those who worship him must worship in spirit and in truth.* Memorize it. Use commentaries, blogs, and concordances to dig deeper. Look it up in several translations until you feel like you get personal revelation from the Holy Spirit on it.

Act: Assign days of the week to each person in your group and on their day of the week, have that person send a link to a favorite worship song on YouTube. Listen to and worship along with each song! Spend 30 days worshipping together and sharing what the Holy Spirit reveals as you engage in worship during quiet times, car rides to the grocery store, etc.

Example:

Friend 1 - Monday

Friend 2 - Tuesday

Friend 3 - Wednesday

Friend 4 - Thurs

Friend 5 - Friday

**Repeat for 30 days or until you meet again for small group.*

prayer needs

Write down the prayer requests of your group members, and pray fervently for them! Let your group members know when you are praying for them, if you have any scriptures or encouraging words for them, etc.