



SERMON NOTES

THE WALK

FIVE ESSENTIAL PRACTICES OF THE CHRISTIAN LIFE

Psalm 100

Week 1 (February 21):
“Prayer and Worship:
A Living Hallelujah”

I. What is Worship?

- A. Our response to God’s love and grace is _____.
- B. In her book entitled “Worship”, Evelyn Underhill defines worship as “the response of the creature to the _____.”
- C. Our praise is not merely _____, it is meant to be from the heart and with every part of our being.

II. Worship in Community

- A. Community worship is meant to be a _____ experience, it’s a celebration.
- B. One fundamental theme in worship is to say _____ you.
- C. Jesus is present in community worship in a way that we don’t experience anywhere else and it renews our _____.
- D. When we gather for worship, we are not being entertained, we gather to offer all of _____ to God.

III. Individual Worship

- A. We are meant to live our lives each day, not just on Sunday, as a living _____.
- B. Our basic orientation should be to thank God for everything. One way to do that is daily _____.

Challenge:

- 1) Make it a goal to attend 90% of the worship services (in-person or online) for the remainder of the year.
- 2) Pray five times a day during Lent. (morning, breakfast, lunch, dinner, evening).

Things I Would Like to Remember About This Message

ASBURY DAILY STUDY GUIDE

INTRODUCTION

There are five essential practices of the Christian life: worship, study, serve, give and share. This week we looked at worship. Many of us attend worship services in-person or online, but how would you define worship? Why is it so important to worship for Jesus followers?

Monday: Luke 22:14-19, John 11:35-42

Do you think Jesus' reasons for praying were different from your reasons for prayer? Why do you believe Jesus prayed at all, and didn't just say, "I'm the son of God—I can handle this on my own"?

Tuesday: 1 Thessalonians 5:15-18

A recurring theme in gratitude research is that choosing to be a grateful person does not mean you become blind to the bad things in life, or the sad or angry feelings you may have about them. It does mean, however, that we also choose not to let the bad things blind us to the things for which we are grateful. What way(s) have you found to remember the things for which you are grateful when your life takes a difficult turn?

Wednesday: Philippians 4:6-7

Artists and photographers know that often how we frame a picture alters what we focus on in it. Paul urged a kind of framing in Philippians 4. "When we bring the things that cause us stress into prayer, we put ourselves and our troubles inside a much bigger picture: the story of God's love for us in Jesus Christ....And that leads to thanksgiving."¹ What helps you remember to look at life's big picture more than the unpleasant little details?

Thursday: Psalm 95:1-7

One continual hazard of Israel's sacrificial system was the temptation to see the sacrifices as a way to "buy off" God and win divine favor. Psalm 50:13-14 expressed the reality: God didn't need people's sacrifices, but valued them as an expression of gratitude for God's gifts. How have you learned to "come before him with thanks" in your times of worship?

Friday: Psalm 96:1-2

The Greek word that translates the underlying Hebrew is usually translated as 'good news' or 'gospel.' See Isaiah 52:7, where 'good news' is also associated with the proclamation of God's rule."² What are some ways (besides standing on a street-corner handing out tracts) you can share your gratitude for the good news of God's saving work every day?

MOVING FORWARD

Worship is our response to God's love and grace. We offer ourselves in praise and thanksgiving to our creator. There are fundamentally two forms of worship we see in scripture – community and individual. When we gather in community to worship we encounter Jesus in ways we can't do elsewhere and it renews our soul. But, we are meant to live our lives each day, not just on Sunday, as a living hallelujah. One way to do this is daily prayer. If we can regularly do these two forms of worship, we will grow in our relationship with Christ.

Answers to the sermon notes: IA) worship, B) eternal, C) words. IIA) joyful, B) thank, IIC) soul, D) ourselves. IIIA) hallelujah, B) prayer.

¹ Cynthia M. Campbell, sidebar article "Stress" in *The CEB Women's Bible*. Nashville: Abingdon Press, 2016, p. 1492.

² J. Clinton McCann, study note on Psalm 96:2 in *The CEB Study Bible*. Nashville: Abingdon Press, 2013, p. 946-947 OT.