



A LIFE  
*Transformed*



THROUGH WORTHY

WORSHIP

————— Sojo ACADEMY —————

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# Introduction

Worship.

It's more than singing.

It's more than a corporate gathering.

It's more than prayer or Bible study or any other spiritual discipline.

It's how your heart and mind and body and soul respond to your God.

And it's what you were created to do.

*Put simply, worship can be defined as your right response to all that God is with all that you are.*

When you start to grasp the full scope of this discipline and realize it's more than just your Sunday morning experience, you gain a better understanding of how very important it actually is.

God created you... for His glory. And as we give Him the praise He is due in ALL aspects of our life, we are actually more satisfied! How cool is that?!

“It would be very difficult to draw a line between holy wonder and real worship; for when the soul is overwhelmed with the majesty of God's glory, though it may not express itself in song, or even utter its voice with bowed head and humble prayer, yet it silently adores.” Charles Spurgeon

As we take a look at worthy worship, remember to start each lesson with prayer. Ask God to show you things in his Word in new ways and trust that He will draw you closer to Him through your study.

# Week One

**What** is Worship? And **Who** do we Worship?

## Day 1:

**What is Worship?** As I mentioned above, we often think of “worship” as singing songs of praise or gathering in a corporate setting and although that *IS* indeed a form of worship, it doesn’t come close to the full meaning of the word.

Read Matthew 15:8-9, John 4:23-25 and then Romans 12:1. Write down your reflections on each verse (the main point of the scripture).



What do these verses teach us about the outer practice of worship vs inner, authentic, true worship?

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How does this change or affirm your current thoughts on worship?

## Day 2:

Look up the definition of the word “worship” or do a word study on it. Write down at least two or three definitions or observations you make from this exercise.

Read Hebrews 13:15-16 and compare and contrast the writer’s definition of worship with the dictionary’s.

# Day 3:

**Who do we worship?** I don't think it's possible to truly grasp the full nature of worship until we catch a glimpse of the One we are worshiping.

Don't be fooled, we are all worshipping something. What do you spend most of your time focused on? What holds value in your life? What do you talk about most with others? What brings you the most joy? What are you excited to share with people you meet?

That is what you worship.

Read each of the following verses and write out the attribute of God represented there. Add a few more of your own.

|                     |  |
|---------------------|--|
| Psalm 102:12        |  |
| 1 Kings 8:27        |  |
| Acts 7:49-50        |  |
| 1 Samuel 16:7       |  |
| Nahum 1:7           |  |
| Romans 3:26         |  |
| Hebrews 12:6        |  |
| 1 Peter 1:14-29     |  |
| Romans 11:33        |  |
| Ephesians 1:11      |  |
| 2 Thessalonians 3:3 |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |



What does this list produce in you?

## Day 4:

Read Revelation 5.

Reflect on the praise written in this chapter and let the reality of the worthiness of Christ fill you with a desire to worship Him.

Yesterday, we looked at some of His attributes, but we must also truly realize that the triune God deserves all the glory before we can live in a way that glorifies Him completely.

We must know Him more each day, and allow ourselves to be in awe of His majesty.

Day 5: 

Open the Book of Psalms and write out one of the Psalms of Praise. Read a commentary to understand the context of the Psalm and then journal about what that particular chapter means to you.

# Week Two

**Why** is He worthy of our Worship?

We know that God deserves our worship, but sometimes it's easy to lose sight of WHY He deserves it. Don't get me wrong, when we stop and think about it, most of us can get ourselves back to the place where the "why" becomes obvious. However, as we deal with the ups and downs of everyday life, we can forget. As we become lost in the quagmire of illness, chronic pain, lost loved ones and the tragedies of a dying world, it's often difficult to look up from it all and recognize the "why".

For this reason, our most patient God instructs us to remember. We need to remember that Christ was born, lived a perfect life, died the death we deserved and was then raised so that we can attain HIS righteousness if we trust in Him as our savior. That's the gospel and something we must truly KNOW in our hearts as well as our heads. That is our *WHY*... and it is enough.

## Day 1:

Read Exodus 34:6, Acts 2:25, 1 John 2:25 and 1 Peter 1:10.

Write down the promises in these verses and word them as praise.



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# Day 3:

Read Psalm 145.

List out each reason in this chapter that the Israelites praised God, and think of how each one can apply to your life as well.

# Day 4:

Read Romans 5:1-5.

Focus on the first couple of verses and write out the one true reason God deserves our worship, even if He did NONE of the other things we have looked at so far.

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# Day 5:

Go back and reread Psalm 145.

Look at your list and put everything through the lens of the Gospel that you read in Romans 5. How does this change your praise?

The Psalms were originally written as songs. Take a stanza or two of Psalm 145 and **SING IT**.

Yes, you heard me. Sing it out loud.

Can't compose music? Totally fine. Can't carry a tune in a bucket? Totally fine. Allow your voice and your song... "good" or "bad"... to rise from your spirit and flow directly to the object of your praise!

# Week Three

**When** and **where** do we worship?

These two questions are bundled together because they really have the same answer.

“Worship is not merely, or even mainly, what we do on Sunday morning. Worship is a 24/7 matter. We worship God when we give ourselves to him in service. We worship God when we show love to others, when we do our jobs faithfully and with integrity, when we play with our kids and nurture our families. God wants us always to be bringing glory to him by the way we live.” Douglas J. Moo

## Day 1:

**When do we worship?**

Read the following verses and write out the circumstances under which each person is praising God. Add more instances of worship found in the Scripture at the bottom.

|                     |  |
|---------------------|--|
| 1 Samuel 12:20      |  |
| Acts 16:24-26       |  |
| Genesis 22:12-14    |  |
| Luke 22:41-43       |  |
| Matthew 28:17-18    |  |
| Luke 24:50-53       |  |
| 1 Samuel 1:19       |  |
| Habakkuk 3:17-18    |  |
| Psalms 71:8         |  |
| 2 Corinthians 1:3-4 |  |

|               |  |
|---------------|--|
| Psalm 68:4-5  |  |
| Isaiah 25:1-2 |  |
|               |  |
|               |  |
|               |  |

What does this list strengthen you to do? How will it change your attitude when facing the good and the hard things in life?

Day 2: //////////////////////////////////////////////////////////////////

Honestly consider your first response when you see God do something amazing in your life? List 3 examples of God's grace in your life, and then write how you did or did not give Him the praise He was due for it.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is your first instinct when you face trials in your life? List 3 of these difficult times and what your response was to them. In particular, who did you turn to first?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can a better understanding of worship, and the One who deserves our worship, affect our attitudes and responses to all of life's circumstances?

## Day 3:

### ***Where do we worship?***

Read the account of the Samaritan woman at the well in John 4: 20-24. What were this woman's confusion and question about where to worship?



What was Jesus' response to her?

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How does this apply to our lives today?

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## Day 4:

Read 1 Corinthians 3:16-17 and Ephesians 2: 19-22.

What do these verses tell us about the temple?

How does this help us answer the question of “where do we worship”?

Now, let me be clear, God says plenty about the importance of the local church and we cannot neglect corporate worship (Hebrews 10:24-25 for example). The point of this exercise is to come to a better understanding that we must not leave our worship at the doors of the church on Sundays.

## Day 5:

Draw a timeline of an average 24 hour day for you (feel free to do this for several days if you want and be creative with this). Evaluate when in your day you are focused on God and when you are not. Pray that God will remind you to keep an attitude of worship at all times, wherever you are.

# Week Four

**How** do we worship?

Remember that at the beginning of this study, we said that we exist to bring glory to God, as does everything else in this created universe. So, with this in mind, how do we do this on a very practical level.

Let's land this plane, get some boots on the ground and do this!

## Day 1: Focus on God

Read Romans 11:36.

Write down this entire short verse below.

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What are the implications of each portion of this verse in the world? And in your life?



Think of ways you can set your focus on God each day... from your rising in the morning to the setting of the sun.

## Day 2: Serve Others

Read Hebrews 10:19-25.

Pay special attention to verses 24 and 25. What very practical steps does the writer of Hebrews instruct us to do?

How are you encouraging others in your influence today?

Write down some realistic goals for this below and work diligently toward them this week.

## Day 3: worship whole-heartedly

Read Deut. 6:4-5, Matthew 22: 25-40, and Malachi 1: 6-14.

Write out your observations on these passages, including any comparisons between them.

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Are you giving God your very best? How are you loving the Lord with all of your heart?

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How are some ways you can prepare for worship (alone or with others)?

## Day 4: Enabled by Christ

Read 1 Timothy 1:12-17 and Colossians 3:14-17.

How do these passages reflect the transforming nature of the gospel?

How can this encourage you on your journey to Christlikeness through worship?

What steps will you take today to grow in this discipline in light of what Christ has done for you?

## Day 5: Bible Journal

Yep, you heard me right. Today, we are going to actually do some Bible Journaling, even if you are uncomfortable even hearing the word.

1. Choose a passage of Scripture from the Worthy Worship study you just completed or the 21-day Reading Plan.
2. Choose a “canvas”. This could be an actual Bible (although I never recommend covering pages of your only Bible), a journal, or the blank page provided in this workbook.
3. Meditate on the passage you have chosen and allow God to give you a visual representation of the Scripture.
4. Begin to doodle... then add color. Repeat the verses over and over as you create and/or pray over the truth of the words you are repeating.
5. That's it! NOTE: we are adding more and more creative Bible Journaling and Bible Study Techniques in Sojo Academy so feel free to branch out when you are ready!





# In Summary

We come to God the Father through the Son, empowered by the Spirit, so others might see.

We worship as a result of who God is to give Him the glory He deserves. And in doing this, we point an onlooking world to the only One who can save.

John Piper puts it like this:

“The inner essence of worship is to know God truly and then respond from the heart to that knowledge by valuing God, treasuring God, prizing God, enjoying God, being satisfied with God above all earthly things. And then that deep, restful, joyful satisfaction in God overflows in demonstrable acts of praise from the lips and demonstrable acts of love in serving others for the sake of Christ.”

Let's worship God with everything that we are today and every day.

