

# CHOSEN

## ATTRACTING GOD'S ATTENTION

### LESSON 5 // A WORSHIPING HEART

**Big Idea:** One of the reasons David attracted God's attention was his heart of worship. While David was a man of great military strength, strong leadership skills and great accomplishments, all of these were grounded in his life of worship.

What can we learn from David about worshipping God? First of all, we need to know the difference between true worship and false worship. Then we must give God our full trust, practice praise and honor the Lord in every aspect of our lives.

**Psalm 51:16-17 (NIV)** *You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.*

**John 4:23-24 (NIV)** *Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.*

#### Start Talking:

What are some of the challenges that try to keep you from worshipping God? In what ways can you counteract these to pursue a life of worship?

#### Start Thinking:

**Read John 4:23-24.** What does it mean to you to worship God "in the Spirit and in truth"? How should this make a difference in your relationship with Him?

**Read Psalm 62:8.** Why is trusting God a vital part of worshipping Him?

**Read Psalm 34:1 and Psalm 100:4.** What are some ways you can express the praise that comes from a heart of worship?

**Read Proverbs 3:5-6 and Colossians 3:16.** In what ways can true worship touch and transform every part of your life?

#### Start Praying and Doing:

Pray for God to stir up in you a fresh sense of wonder and true worship. Let His Word "dwell in your richly" as you "sing psalms, hymns and songs from the Spirit ... to God with gratitude in your hearts" (Colossians 3:16).

Practice praise in all things, allowing this to impact every aspect of your day so that "the joy of the Lord is your strength" (Nehemiah 8:10) and "his praise will continually be" in your mouth (Psalm 34:1).