



LESSON 1 // PRACTICE REVERENCE

Big Idea: We live in a crazy world in troubled times. How do we stay sane and maintain our spiritual and emotional health in the midst of the chaos and turmoil around us?

It all starts with reverence for God. Genuine awe and worship of the one true God is vital to every aspect of our well-being. This includes reverence for God's instructions—the manual He has provided to guide us into a holy and healthy life. And we must also reverence God's "rhythm of life" by giving proper attention to worship, work, rest, recreation, renewal, exercise and nutrition.

Mark 12:30 (NIV) *Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*

Hebrews 12:28 (NIV) *Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe.*

Psalms 111:10 (TLB) *How can men be wise? The only way to begin is by reverence for God. For growth in wisdom comes from obeying his laws. Praise his name forever.*

John 14:15 (NLT) *If you love me, obey my commandments.*

Colossians 3:23-24 (NLT) *Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.*

Start Talking:

How have recent world events affected your spiritual and emotional health?

Start Thinking:

Read Mark 12:30; Hebrews 12:28. In what ways is reverence for God the foundation for a sane and healthy life?

Read Psalm 111:10; Ecclesiastes 12:13-14. What does it mean to revere God's Word? What difference should this make in your life?

Read John 13:17; 14:15. What is the relationship between our love for God and reverent obedience to His Word?

Read Proverbs 16:3; Colossians 3:23-24. How does a commitment and ethic of working diligently as unto the Lord contribute to our spiritual and emotional health?

Start Praying and Doing:

Cultivate a sense of reverence for God—the fear of the Lord—in all your worship, work, rest and recreation this week. "Commit to the Lord whatever you do" (Proverbs 16:3) and trust that He will give you everything you need to be holy and whole.