

Daily Worship

Leader Guide



Speaker: Casey Scott

Series: Growth Spurt

Scripture: Psalm 63:1–8; selected NT passages

Big Idea: When you respond often to Jesus, He shapes you.

I. Sermon Outline

1. Intro: Brother Lawrence & the Kitchen

- Monk in a noisy monastery kitchen chooses to treat dishwashing as holy.
- Practices simple, constant prayers: “Lord, I love You... Jesus, help me... Thank You, God.”
- Over time he changes—calm, joyful, people seek him out.
- Book: *The Practice of the Presence of God*.
- Point: A growth spurt doesn’t always come from one big spiritual event, but from **small, daily responses** to God.

2. Psalm 63: Daily Longing in a Desert

- David likely in the Judean wilderness, on the run.
- He seeks God **early**, worships through the day, remembers God on his bed, meditates in the night, clings to God while trusting God is upholding him.
- Daily worship = a whole-day rhythm of turning toward God.

3. What is Formation?

- Everyone is being formed all the time—by habits, environments, media, rhythms. No “neutral time.”
- Christian goal: to be formed into the **image of Christ** (Col 1:28–29; Gal 4:19; Rom 8:29; 2 Cor 3:18).
- Question isn’t *whether* we’re formed, but **by which story** and **into whose image**.

4. What is Liturgy?

- Not just “smells and bells” or dead ritual.
- Greek *leitourgia* = “work of the people.” Our shared actions in worship.
- James K. A. Smith: liturgy = rituals loaded with an ultimate Story about who we are and what we’re for.
- Every “story of the good life” has a liturgy—ads, malls, Netflix, our habits of rest.
- Habits are “tools”: cue → craving → response → reward (James Clear, *Atomic Habits*).

5. How Daily Worship (Liturgy) Shapes Us

- **Corporate:** Lord’s Day worship re-situates us in the Gospel Story week after week, resisting consumer and comfort liturgies.
- **Individual (Mon–Sat):** biblical examples of fixed rhythms—David, Daniel, Jesus.
 - Fixed times (morning, evening, 3x/day), postures, practices create **availability** to God.
 - “Rule of Life”: simple, intentional structure for returning to God regularly.
- Practical ideas:
 - Start small: 5–10 minutes morning, 1–2 midday, 5 evening.
 - Use tools like Lectio 365 or simple Psalms/Gospels.

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- Read Scripture as daily bread (for presence, not performance).
 - When you miss: **return, don't restart.**
6. **Tools, Not Rules**
 - Liturgy and habits don't transform us by themselves—**God does.**
 - We are called to **train**, not just try (1 Tim 4:7–9).
 - Practices are ways of answering a God who is already speaking—overflow, not input-only.
 7. **Conclusion: God Has Come Near in Christ**
 - Psalm 63's longing is fulfilled in Jesus: by the Spirit we are now God's dwelling.
 - It's actually "easier" for us to seek God's presence than it was for David—He is with us (Immanuel).
 - Communion: weekly re-entry into the Story of Jesus' death and resurrection—our core liturgy.
 - Big Idea restated: **When you respond often to Jesus, He shapes you.**
 - Invitation: let Jesus rewrite your story; step into daily worship rhythms as response to grace.

II. HEART – “This is Me”

1. **Kitchen or Sanctuary?**
When you think about your normal week (work, dishes, errands), do you tend to see those spaces as spiritually “neutral,” or as places where God can meet you? How does Brother Lawrence's story challenge or encourage you?
2. **Desert Longing**
Have you ever had a “wilderness” season like David—dry, pressured, or lonely—where you actually longed for God more? What did that feel like?
3. **Formed by Which Story?**
If you're honest, which “story of the good life” feels most powerful in your heart right now—comfort, success, entertainment, approval, or Christlikeness?
4. **Emotional Response to Rhythm**
When you hear about fixed times of prayer and Scripture (a rule of life), what do you feel first—freedom, resistance, guilt, relief, or something else? Why?
5. **Presence of God**
How does it strike you that, in Christ, we are now the “sanctuary” David longed for and that the Spirit is always with us?

III. HEAD – “This is What I Need to Think About”

1. **Read Psalm 63:1–8.**
 - What specific times of day and images does David use to describe his seeking and clinging to God?
 - What does this passage teach us about worship as a whole-day, whole-life posture rather than just an event?
2. **Formation Passages**
Pick one of these: Colossians 1:28–29, Romans 8:29, or 2 Corinthians 3:18.
 - What does it say is the goal of spiritual formation?
 - Who is ultimately doing the transforming work?

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3. Liturgy as Story-Loaded Ritual

In light of the sermon's definition, how are things like commercials, social media, or your "rest routine" examples of secular liturgies? What story are they telling about who you are and what you're for?

4. Habits as Tools

Using James Clear's cue-craving-response-reward framework, can you identify one existing habit in your life (good or bad) and how each of those four parts shows up?

5. Corporate vs. Personal Liturgy

Why do we need both **Sunday worship** and **Monday-Saturday habits** if we want to grow into the image of Christ? What happens if we try to rely only on one or the other?

6. Tools, Not Rules

How does the idea that these practices are "tools, not rules" protect us from both legalism on one hand and passivity ("I'll grow without doing anything") on the other?

IV. HANDS – "This is How I Need to Act"

1. Name Your Current Liturgy

Look at one part of your day—morning, commute, lunch, or bedtime.

- What is your current "liturgy" there (what you routinely do)?
- What story is that routine forming in you?

2. Design One Small Daily Worship Rhythm

Choose *one* new daily practice this week that helps you "respond often to Jesus":

- 5–10 minutes with a Psalm or Gospel passage each morning,
- A midday 1–2 minute prayer pause ("Lord, I'm here; help me notice You"),
- A simple examen at night (Where did I notice Your presence today?).
What exactly will you do, and when?

3. Scripture as Daily Bread, Not Fuel for Performance

Pick a short text (e.g., Psalm 63, a short Psalm, or a Gospel story).

- How will you read it slowly and repeatedly this week—not to "get through" it but to be with God in it?

4. Return, Don't Restart

Decide now how you will respond when (not if) you miss a day.

- What will it look like for you to "simply return" at the next prayer time instead of quitting or beating yourself up?

5. Invite Someone Into Your Rule of Life

Who could you share your simple daily worship plan with so they can encourage you and ask how it's going?

- How and when will you tell them?

6. Connect Sunday to Monday

Think ahead to next Sunday's gathering.

- What is one intentional way you can treat the service not as a one-off event but as the "anchor" of your week's liturgy—something that spills into and shapes your Monday-Saturday practices?