



Sept 20, 2026
Series: Week 3
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THE ESSENTIAL PRACTICE OF WORSHIP

What is Worship?

Worship = "Worth-ship"- "Ascribing supreme worth or value to someone or something."

Consider:

- Does it change your perspective on worship if you see that God commands it of us? (Exodus 20:3-5)
- What if the command is not only built out of God's complete and total deserving of glory, but out of His desire for us to experience the fullness of His love, peace, and joy? (Psalms 63:1-5, Psalm 16:11)

As those being "Formed by Jesus," we desire to follow...

...**The Essential Practice of WORSHIP** - Authentically responding to who God is, and what He has done for us.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." Romans 12:1

Consider:

- What mercies of God have you viewed? What stories from scripture lead you to a place of awe and amazement? Have you encountered the presence of God? Have you felt His kindness, peace, joy, etc.?

Jesus gave us the ultimate example of how to bring glory to God. (Phil. 2:5-11)

May we follow Him...

... by surrendering our **"Bodies"** (physical, mental, emotional, spiritual)...

...and our **"Living"** (time, schedules, plans)...

...in true and proper worship.

(Romans 12:1, 1 Cor. 6:19-20, 1 Cor. 10:31, 2 Cor. 10:15)

Consider:

"Does this bring glory to God?..."

"...What I eat and drink?"

"...What I listen to and look at (inflow), sing and speak (outflow)?"

"...How I use my hands, and where I go with my feet?"

"...What I problem-solve, contend with, get excited for, can't stop thinking about, become frustrated by?"

"...How I categorize, identify, vilify or idealize myself and the people around me?"

"...In my moment-to-moment awareness?"

"...In my daily, weekly, yearly rhythms, commitments, and goals?"

...In my Sabbath rest?"

-Sabbath is a gift from God to us. (Mark 2:27)

-Sabbath is a time to give and receive God's mercy. (Matt. 12:12:1-14, Luke 13:10-17)

-Sabbath points to our ultimate rest, found in the finished work, and living presence of Jesus. (Matt. 12:8, Heb. 4)

Tim Keller's "Six Ways to Practice Sabbath" Article:



"Through Shadows" Playlist



Apple



Spotify

"Without Words" Playlist



Apple



Spotify

"Hallelujah Anyway" Playlist



YouTube Music

