

# Way of Discipleship Small Groups

## Worship 2: Worshipping God on my own



### Touching base (5 minutes)

Open in prayer as is helpful for your group.

If this is your first session take time to introduce yourselves and set any ground rules you want to for your time together.

If you met previously take the opportunity either as a group or in pairs to check in with each other about how your response from last time has gone.



### Opening question(s) (5 minutes)

Look at the picture of six activities at the top of the participants' handout (without looking at the text!). Which of these are worship? Why?



### Understanding the information (15 minutes)

Share these thoughts in your own words or read them together:

All six activities can be worship, or not. We often think of worship as something we do with others in church. But God is present in all of our lives, and can be worshipped through all of our lives. Worship doesn't split life up. In fact, to worship God in church, but not to offer that worship in the rest of life is a contradiction. St John Chrysostom (c.347–407) preached, "Do you wish to honour the body of the saviour? Then do not despise it when it is naked. Do not honour it in church with silk vestments while outside you are leaving it numb with cold and naked...Honour him by sharing your property with the poor. What God needs is not golden cups but golden hearts." In Colossians we read, "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him....Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." (Colossians 3: 17;23)



To worship God in our everyday tasks is to do it in His name. In other words, for His glory and not ours. At the Glastonbury Festival in 2019, with millions of people watching him, the artist Stormzy said, "Let all the glory go to God." There is a humility in worshipping God, in which we don't need recognition, but want others to see Him in what we do. The composer Bach was not widely recognised in His lifetime. Whenever he wrote a piece of music he would always sign it "S.D.G." "To God alone be the glory." (Soli Deo Gloria)

To worship God in our daily tasks is to “work for the Lord”. We express God’s worth in our tasks by making obeying Him the priority. The poet George Herbert wrote a poem called “The Elixir” – a potion which changes ordinary things into something wonderful. The “elixir” is worship. He writes that doing things “for Thy sake” can make “drudgery divine”.

Worship will only be our priority if we choose to make it so. God does not force us to worship him. Richard Foster writes, ‘If the Lord is to be Lord, worship must have priority in our lives.’ While we often find it hard to control our emotions and feel joyful, feelings generally follow thoughts, and we can make choices about what we set our minds on. We can’t will joy. But we can will a thought life that opens us up to joy. These habits may help:

**Focussing our attention on what is good.** It is too easy for our minds to be dominated at the beginning and end of the day by negative headlines – news thrives on conflict, difficulty and challenge. But constant bad news is not an accurate picture of the world. While not ignoring difficult things, we can resist letting our news feed set our emotional temperature, Paul writes, “...brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Cultivating this habit above all else will help us be with God in worship.

**Slowing down.** It can take time to notice the goodness of God. To consciously give Him glory as we go about our tasks.

**Being childlike.** Matthew writes, “He called a little child to him, and placed the child among them. And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” Children have humility, but in terms of worship they demonstrate a great capacity for wonder. This wonder is at the heart of gratitude and worship.

**Seeing worship as a gift rather than a task.** It is easy to experience worship as something we do. Going to church, reading the Bible, praying, helping people, giving. This can burn us out – we are never finished - but also runs the risk of putting ourselves at the centre of worship. A different way of looking at worship is as a gift and a privilege. As C. S. Lewis says, ‘In commanding us to glorify him, God is inviting us to enjoy him.’

**Discuss:** What helps you turn your everyday life into opportunities to worship God?

## Reading the Bible (15 minutes)

Read Romans 12 from the Message version - it is printed on the handout.

Discuss the Discovery Bible Study questions:  
What does this passage teach me about God?  
What does this passage teach me about people?  
How does this passage call me to obey God?  
What might I do in response to this this week?



## Seeing how it looks in real lives (10 minutes)

There is no video, but you are invited to discuss what you do on a typical day, and share how those activities can be worship.



## Responding to God's leading (5 minutes)

Give people an opportunity to think about, "What might God be showing me and how might I respond?" They may like to write this down and/or share it with the group and/or share it with one other person. A friendly question is to ask each other, "Is there anything that would be helpful to ask you next time?"



## Group prayer (5 minutes)

Lord, you are ever watchful  
and bless us with your gifts;  
as you provide for all our needs,  
so help us to build only what pleases you,  
through Jesus Christ our Lord.  
Amen.





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### Romans 12: 1-3 from 'The Message'

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. I'm speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it's important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to you. The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.