

**Worship WORDshop**  
Originally taught on April 15, 2007

**Welcome and Prayer**

**So What's a WORDshop?**

- An opportunity to add specific tools to your Toolbox for a Life of Faith

**Equipping Your Toolbox for a Life of Faith**

◆ **The Gift of Sabbath**

“In creating Sabbath, God set aside a time for rest and for worship, a time for humankind to recognize its relationship to the Creator and all created things.”

- Real Faith for Real Life, Mike Foss, pg. 39-40

“The sacred meeting time called worship happens when God’s Sabbath gift to us meets our reverence, and praise is our response to this giver and gift.”

- Real Faith for Real Life, Mike Foss, pg. 41

*What worship experience sticks out in your mind as the most meaningful?*

◆ **Our Soul’s Revival**

“When [Jesus] came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom.”

- Luke 4:16

“Without worship, we confuse the temporary satisfactions of pleasure for the eternal joy of God’s gift of purpose for our lives. And our souls begin to shrink. In our culture, we have talked ourselves into the idea that weekly worship is optional. Unfortunately, the Bible tells us something very different. Worship is essential. To be truly, fully human is to worship - regularly. . . . Worship is God’s gift to renew our souls, to meet our need for life at its deepest”

- Real Faith for Real Life, Mike Foss, pg. 43-44

*Do you expect to meet God in worship? What effect can meeting God in worship have on your life?*

◆ **Honoring God in Worship**

“If worship is God’s gift to us to satisfy the hunger in the human soul, then there is an eternal purpose to worshipping with others in church. In fact, the Bible tells us that we honor God when we worship God in the company of the saints. In the Bible, there is no calling to any individual that doesn’t lead that person into community. Christian faith is deeply personal, but never private. We honor God when we worship with others in church. . . . Worship is our invitation to come into a time and place where heaven and earth touch.”

- Real Faith for Real Life, Mike Foss, pg. 46

“I would propose a three-step process for honoring God in our worship: First, enter the worship space, take your seat, and, when all the greetings of those around you have ended, take a moment of silence and pray, “*Lord, I come to honor you in worship today. I ask that all the things of this week that can crowd you out of my heart be set aside by the power of your Holy Spirit. Open my heart and mind to meet you and receive you today.*” Second, think of those whose lives have provided a faithful witness to you. . . . Then simply pray, “*Gracious Father, I do not come to honor you alone. Thank you for those with whom I worship you today-both here and in eternity. Especially I remember before you \_\_\_\_\_.*” . . . Third, take time to thank God for all that you have received. Thank God for the relationships you have been blessed with; the guidance you may have received at just the right time; the opportunities you may have found; and the support, healing and love you know when you needed it the most. Take a moment to reflect on how God can take away our sin and provide a new beginning. Thank God that the promised forgiveness of Jesus is yours.”

- Real Faith for Real Life, Mike Foss, pg. 47-48

*How might worship as honoring God change or enhance your approach to worship?*

◆ **Worship As Witness**

“Honoring God in our worship witnesses to the world. When we worship, we do not worship for ourselves alone. We worship for those who, unknown to us, have a need of seeing us there. God takes our worship and translates it into a powerful testimony, the significance of which we may never know until, in eternity, we see with spiritual eyes the life we have lived.”

- Real Faith for Real Life, Mike Foss, pg. 50

“In countless communities around the world, Christian worship is a silent but powerful witness to the world that hope still exists - hope for changed human hearts as well as a world changed for good. . . . For most of us, worship is all about new beginnings that God promises and gives, beginning with the greatest gift of all: the life and resurrection of Jesus of Nazareth. When we worship, the Savior takes our faltering voices, our feeble attempts at amendment of life, and makes an oasis of hope in the world. . . . Worship honors God *before the world*. And the world is change because of it.”

- Real Faith for Real Life, Mike Foss, pg. 51-52

*Have you been inspired or touched by seeing someone in worship?*

*How does our worship witness to the world?*

◆ **Worship As Weekly Compass**

“To be human is to lose our way in the noise and busy-ness of our lives. And the daily-ness of life can pull us away from what we really believe, drag us away from how we long to behave, or seduce us into following after all the lesser goods that clamor for our allegiance. Weekly worship is a heaven-sent compass to reorient our lives and point us to spiritual “true north.” When I practice worship as a spiritual compass, I strive to live a five-step process:

1. The first step is to take a moment, as I enter worship, to reflect on the occasions of anger and hurt from the past week.
2. The second step is for God to show me “my stuff.” I pray that the Holy Spirit will show me what I did that I need to own and learn from. I also ask for the spiritual wisdom to discern what is “their stuff”; that is, what I cannot and should not take on to myself because it belongs to someone else, or the circumstances of that time.
3. The third step is to pray for the persons involved. I lift them up to God asking God to heal and bless them, even as I ask God to heal and bless me by taking the anger and hurt and preventing them from becoming grudges.
4. The fourth step is to ask God to tell me what would be a healthy response to those events.
5. The last step is to develop a strategy for making amends when that seems necessary.

This is a form of confession in its best sense.”

- Real Faith for Real Life, Mike Foss, pg. 55-56

*How is, or could, weekly worship be a compass for your life?*

◆ **Sent into the World**

“I want to challenge you to worship weekly for just three months. Go with high expectations. Go seeking God. Let your soul watch for the coming of the Savior. Open your heart and mind to the gift of worship and see what happens.”

- Real Faith for Real Life, Mike Foss, pg. 44

*This WORDshop is based on “Real Faith for Real Life” by Michael Foss, Augsburg Fortress, 2004. All page numbers above refer to the book.*