

# UP&DOWN

THE POWER AND BLESSINGS OF WORSHIP

## LESSON 1 // WHAT IS WORSHIP?

**Big Idea:** As we begin our journey of growing as worshipers, we need to know the God we worship. The more we know about Him, the greater our worship will be.

What do we know about the Lord? He is awesome—unequaled in authority, brilliance, beauty, might, power, majesty and supremacy. He is also actively at work in the world creating, delivering, fulfilling promises of potential, healing, providing and answering prayer. Amazingly, God is also available to us, as we see through His interest, initiative and invitation to us.

**Hebrews 12:28 (NLT)** *Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe.*

### Start Talking:

What does it mean to you that God is “awesome”? What difference should this make in your worship?

### Start Thinking:

**Read Exodus 20:2-5.** Why is it so important that we worship only the Lord and not other “gods”?

How is God active in the world today and in your life? How should this impact your worship of Him?

**Read John 3:16 and Romans 5:8.** What do these verses tell you about God’s initiative toward us?

**Read Hebrews 4:14-16.** How is your spiritual confidence and worship strengthened by these verses?

### Start Praying:

Pray for a deeper sense of awe and love for God that leads to heartfelt worship and surrender to Him.

### Start Doing:

Choose several promises from the Bible verses shared in this study, memorize these and let them inspire your worship. Remember that God’s Word reveals the truth of who He is and what He’s done—the basis of genuine worship “in spirit and in truth” (John 4:24).