

## LESSON 3 // WHY WE WORSHIP—PART 1

**Big Idea:** God wants us to understand what true worship is all about and why we do it, so we can worship with a strong faith and focus on Him.

Worshiping God involves every part of us—our heart, soul, mind and strength. Worship is first and foremost for God, but it's also a blessing to us. When we worship the Lord, we welcome His presence and He softens our heart so we can hear and respond to His voice.

**Mark 12:30 (NLT)** *And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.*

### Start Talking:

Why is worship important to you?

### Start Thinking:

**Read Psalms 47:1, 95:6 and 134:2.** In what ways do physical expressions of honor, adoration, praise and thanksgiving help you worship the Lord “in spirit and in truth” (John 4:24)?

What do you understand from God’s Word about who He is and what He’s done that motivates you to worship Him?

**Read 1 Chronicles 13:13-14.** What are some of the blessings that come to us when we worship God?

**Read Hosea 6:3 and 10:12.** How does worship help you “plow up the hard ground of your heart” (Hosea 10:12), soften your heart and prepare the way for God to work in you?

### Start Praying:

Pray for greater understanding and deep appreciation of who God is, based on the truth of His Word, so that your worship will be grounded in Him first and foremost.

### Start Doing:

Spend time in worship this week—personally and at church—recognizing and welcoming the presence of God.

Like Moses in Exodus 33:18, we can call out to the Lord, “Show me your glorious presence.” He wants to make Himself known to us so we can enjoy being with Him and experience the fullness of His Spirit in us. This gives us the confidence and power to live for Him and serve His purposes!