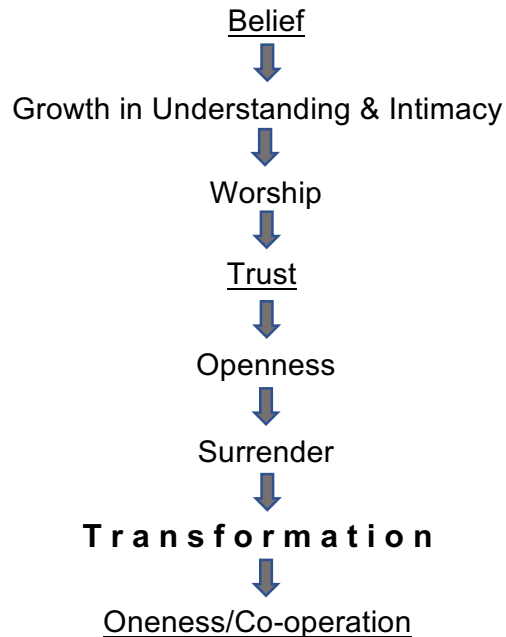


Worship: We are all hard wired for it.

Worship is a relationship building exercise vs. religious activity.

Transformation Cycle



Peace Freedom **Authority** Significance **Passion** Revelation **Gratitude**
Clarity **Joy** Willingness **Love Intimacy** Teachability **Security** Selflessness
Hope Inspiration **Connection** Unity **Motivation** Submission

How to start: Use the model of **C H U R C H**

PRAY - Be open, confess sin, acknowledge God's goodness, declare trust in Him. (Psalm 26:2; Isaiah 55:8-11)

WORSHIP - Whether it's through song, prayers of praise, journaling, nature, spend some time building relationship with God. (Psalm 96:1-5; Romans 12:1-2; Romans 11:33-36)

WORD - Focus on a portion of the Bible (once for the head, once for the heart and once for the hands). (James 1:5-8)

RESPOND – Holy Spirit, what are you wanting me to see in this passage? How do I need to respond to this? (Psalm 26:2; Psalm 139:23-24)

Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! www.seekreallife.com

Connecting

Looking back over your notes from Sunday, was there something that stood out that you would like to share?

When you think of the practice of Worship what comes to mind? What sort of expressions of Worship do you most relate with or enjoy?

Does your mindset of worship change at all when you think of it as a relationship building exercise vs. a religious activity?

Digging Deeper

Read Proverbs 3:5-12.

What are the benefits of worship-trust-listening that are listed in this passage?

How does this sound more like relationship vs. religion?

Read Psalm 96:1-5.

This verse is calling us to worship because God is worthy of our praise. Some of the barriers to worship (which hinder transformation) are:

LACK OF TRUST (in certain areas) BOREDOM (relationships need variety)
UNCONFESSED SIN EXCUSES ("worship is not my thing")

Which of these do you most relate with? Are there other barriers to your personal worship?

Read Romans 12:1-2.

What is the difference between transformation & conformation?

Galatians 5:22 (NLT) says: *But the Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.* According to this passage who produces the transformation?

If the Spirit produces the transformation in us then our main job is to remain **surrendered and open**. Will God transform us against our will?

How can living in a "***spirit of worship***" help us to remain surrendered and open to the Holy Spirit?

What is one thing I want to try and change up/add into my personal worship this week that will lead to a deeper relationship with God and allow Him to continue to transform me?

Life Groups exist to promote spiritual maturity and personal growth through meaningful relationships with Jesus and each other through the study of God's Word (Romans 8:29 & Hebrews 10:24-25). Here's how we accomplish this in our community throughout the week:

SHARE

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions." But after the first few weeks, it will become more informal and personal as we feel more comfortable.

STUDY

Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life.

SUPPORT

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another and meeting real needs.

SERVE

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to the community in which we live (Ephesians 4:11-16).

Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's kingdom!

Winter Session of Life Groups has begun so take that next step and sign up today!

www.seekreallife.com/ministries/groups