

My participation in worship matters because:

- It brings honor and praise to God.
- It transforms us (body, soul & spirit).
- It encourages others around me to do the same.

Progression of Worship

- Observer** - I'm still checking God/church out.
- Singer** - I sing along but that's about it.
- Fair Weather Worshiper** - I wasn't feeling it today or I was feeling it today!
- All-in Worshiper** - I worship ALL IN every time no matter if life is good or bad...it's just what I do.

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 & His church by joining one today! www.seekreallife.com/groups

Share your story

What insight, question, or resolution did you discover from our time of worship together on Sunday?

Where are places that you find yourself surprisingly expressive? A sporting event, a concert, dancing at a wedding, dancing or singing around the house, a protest or rally?

Have you ever been surprisingly expressive in your worship of God? What do you think is the biggest barrier to being freer in outwardly expressing your worship?

What are different ways you've worshiped the Lord in this last week?

Connect to God's story

Read Matthew 26:6-13.

In what way did this woman worship Jesus? What was Jesus' follower's opinion about her act of worship? What did Jesus say about it?

Have you ever made the choice to worship in spite of the risk? What happened?

If you were to identify where you are at in the progression of worship where do you think you'd put yourself? Why? Where would you like to be?

- Observer** (I'm still checking God/church out)
- Singer** (I sing along but that's about it)
- Fair-Weather Worshiper** (I wasn't feeling it today or I was totally feeling it today!)
- All-in Worshiper** (I worship ALL IN every time no matter if life is good or bad....it's just what I do)
- Other:**

In Luke 9:23 (TPT) "Jesus said to all of his followers, 'If you truly desire to be my disciple, you must disown your life completely, embrace my 'cross' as your own, and surrender to my ways.'"

What are some things we would lose in order to become an all-in worshiper? What are some things we could gain?

Your story matters. *Perhaps you'd like to share a time that you really experienced the power and presence of God while worshiping Him? The impact the sacrifice of worship has had in your life? God can use your story to strengthen our Real Life community and you can share it here today: rlc.pub/story*

**Listen, O Israel! The Lord is our God, the Lord alone.
And you must love the Lord your God
with all your heart, all your soul, and all your strength.
- Deuteronomy 6:4-5 (NLT)**

7 WORDS OF PRAISE

YADAH - to revere or worship with extended hands, to hold out hands, to throw a stone or arrow.

"May the peoples praise (yâdâh) you, God; may all the peoples praise (yâdâh) you." PSALM 67:3

HALAL - to boast, to rave, to shine, to celebrate, to be clamorously foolish.

"Let them praise (hâlal) his name with dancing and make music to him with timbrel (tambourine or similar instrument) and harp." PSALM 149:3

ZAMAR - to make music, to celebrate in song and music. To touch the strings or parts of a musical instrument.

"I will sing a new song to You, O God; On a harp of ten strings I will sing praises (zâmar) to You." PSALM 144:9

TOWDAH - An extension of the hand. Thanksgiving. A confession, a sacrifice of praise, thanksgiving for things not yet received, a choir of worshipers.

"In God I have put my trust; I will not be afraid. What can man do to me? Vows made to You are binding upon me O God; I will render praises (tôwdâh) to You." PSALM 56:11-12

BARAK - to kneel, to bless God (as an act of adoration). To praise, salute, to thank.

"Yea, all kings shall fall down before him: all nations shall serve him.... And he shall live, and to him shall be given of the gold of Sheba: prayer also shall be made for him continually; and daily shall he be praised (bârak)." PSALM 72:11

TEHILLAH - Laudation, a hymn, a song of praise, a new song, a spontaneous song.

"But you are holy, enthroned in the praises (thillâh) of Israel." PSALM 22:3

SHABACH - to address in a loud tone. To shout. To commend, glory and triumph.

"One generation shall praise (shâbach) Your works to another, and shall declare Your mighty acts." PSALM 145:4