

So what is this thing called, "Worship?"



Worship is Adoration

Worship is adoration. Whenever we experience something of earthly beauty or majesty, it is a delight to our soul. So much more is the adoration of God! The more we experience the beauty of God's character, the more we will adore Him.

Exodus 20:1-11 (The First Four Commandments)

Exodus 20:1-11 (Interpreted)

- 1 Then God spoke all these words: Okay, lets get some things straight at the outset. This relationship is going to be different from anything you've ever experienced!
- 2 "I am the Lord (lit. the I AM) your God, who brought you out of the land of Egypt, out of the house of slavery; I am fully self-sufficient. I am not like the gods of Egypt who need mortals to worship them. I don't need anything from you. So this relationship will be defined solely by what I am going to do for you.
- 3 You shall have no other gods before me. You've seen my power? I'm just getting started!
- 4 You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. 5 You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, 6 but showing steadfast love to the thousandth generation of those who love me and keep my commandments. From now on, I will be providing everything you need. So I NEVER want to see you groveling before other gods. You belong to me alone.
- 7 You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Let me be blunt: don't be stupid. Idols are the work of human hands and are used by political leaders to keep you in fearful submission. I have set you free, so be free!
- 8 Remember the sabbath day, and keep it holy. 9 Six days you shall labor and do all your work. 10 But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it." I have revealed my name to you, which expresses my true character. I have not done this with anyone else, so treasure our relationship.
- We will be spending a lot of time together, not because I need it, but because you do. One day out of seven, I want your full attention—all day!



Daily Adoration

With each encounter with God, it is right for us to offer our praise and adoration. Wherever we are, whatever we are doing, whatever our circumstances, we can offer God praise, which re-centers us and is a delight to our soul.

Giving God Time

Let's face it—we've lost our Sabbath Day! We flood our days with ceaseless activity and have marginalized our time with God. Is it any wonder that we are so stressed and anxious? God has shown us how to balance. Give God your full attention one day in seven.



Questions *for reflection or group discussion:*

When was the time you felt closest to God and why?

How can we praise God in difficult times?

How much time do you give to God?



Your Notes *what God is saying to you:*
