

Sacred Rhythms Discussion Questions on Worship

- 1) In the message, Pastor Aaron taught us that the word worship, from the old English definition, means the thing that we give worth to or whatever we give the highest value to, what we esteem and hold up as most important. When you think of worship, do you consider this definition? What do you think of when you think of the word worship?
- 2) In Ecclesiastes 3:11, we learn that God has put eternity into our hearts. Each of us has a space within us that will only be filled when we recognize we were created to worship God. People try to fill the empty space within with things like shopping, entertainment, work, sports, sex, money, relationships, technology, politics, achievement, accomplishment, education, clothes, appearance, success, fame, pleasure, popularity, possessions, video games, chemicals, substances, and more. Take a moment to assess your life honestly. What are you running after? What do you give the highest value to?
- 3) In the message, Pastor Aaron helped us see that our lives will always orbit around somebody or something. Life only works best when Jesus sits in His rightful place in our hearts, and we grow to trust, honor, and serve Him. When Jesus becomes the source from which we find satisfaction, fulfillment, significance, and purpose, our worth and identity come from Him. However, it requires intention and focus because our hearts are quickly drawn elsewhere. During Lent, how will you create space for God to move into His rightful place in your life?
- 4) Read Romans 1:21-25. Pastor Aaron reminded us that we, too, have exchanged the glory of God, the love of God, the grace of God, and the mercy of God for idols. Pastor Aaron shared that when he heard Pastor Louie Giglio's question, "What is on the throne of your heart?" he realized that good things become bad when they become ultimate things. He shared his example of worshipping CrossFit. Is there any good thing that has become the ultimate thing in your life? If so, confess to God in prayer and ask Him to help you turn back to Him as most important.
- 5) Pastor Aaron explained in the message that (1) Idols can't sustain us, and they will eventually enslave us. (2) Eventually, idols will fail us. (3) We become what we worship. Psalm 115:8: "Those who make them become like them; so do all who trust in them." Pastor Aaron taught us that when we worship Jesus, we become more like Him. As we enter the season of Lent, pray about picking up the "From the Inside Out" Journal and committing to the thirty days of devotions to become more like Jesus. We cannot become like a person we do not know. If you can't commit to the study book during Lent, commit to reading through one of the Gospels. Maybe commit to watching the Chosen series. Take time to pray and ask God what would be best for you during Lent.