



Making habits

Adapted from resources on www.scriptureunion.org.uk/lightlive

AIMS AND OUTCOMES

- To consider what Worship might mean
- To use the Swedish Bible Study method
- To put prayer support systems in place.

RESOURCES

- o Bibles
- o A copy of Resource page 1 for each participant.
- o A reflection card (Resource page 2) for each person
- o Pens
- o Paper
- o Flip chart and pens: divide a sheet of the flip chart in half with a vertical line

SESSION PLAN

1. Divide participants into groups of three and ask them to discuss the question 'What is worship?' and to write their answers on a sheet of paper.
2. Feed-back and record their answers on one side of the flip chart sheet.
3. Hand out the list of quotes on Resource page 1 and ask people to read them.
4. Divide back into threes and ask them to discuss the question 'What is worship?' in light of the quotes and to jot down their answers on a sheet of paper.
5. Feedback and write answers onto the second half of flipchart page. Are there any significant differences between the two halves?
6. Give out the reflection cards. Ask each person to read Colossians 3:1–17
7. Spend some time reading and reflecting on the passage individually, using the reflection sheets to identify a 'lightbulb' moment and anything they find hard to understand and also to note anything that applies personally to their life.
8. Share together the 'lightbulb' moments and then the 'questions' discuss as openly as possible the challenges that this passage brings as well as the encouragements.
9. Ask the group if they would like to consider ways that they might support each other in prayer and as they try to live a life of worship. They might commit to telephoning each other



regularly, maybe start a prayer chain, commit to reading the bible together weekly, ... the possibilities are as wide as their imaginations.

10. Conclude by praying together.



Making habits: thoughts on worship

'Worship is to feel in the heart, and to express in some appropriate manner, a humbling but delightful sense of admiring awe and astonished wonder.' [A.W. Tozer]

'Worship is about intimacy with God. Worship is the act of freely giving love to God (it forms and informs every activity of the Christian's life). Worship is also an expression of awe, submission and respect towards God.' [John Wimber]

'Worship is to quicken the conscience by the holiness of God, to feed the mind with the truth of God, to purge the imagination by the beauty of God, to devote the will to the purpose of God.' [William Temple, 20th century Archbishop of Canterbury]

'Worship is our response both personal and corporate to God, for who he is and what he has done, expressed in and by the things we say and the way we live.' [Louie Giglio]

'A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behoves us to be careful what we worship, for what we are worshipping we are becoming.' [Ralph Waldo]

'Worship is the submission of all our nature to God. It is the most selfless emotion of which our nature is capable.' [William Temple]

'An authentic life is the most personal form of worship. Everyday life has become my prayer.' [Sarah Ban Breathnach]


'Why did men worship in churches, locking themselves away in the dark, when the world lay beyond its doors in all its real glory?' [Charles de Lint]

'Worship is not only a matter of words [and music] but is a foretaste of the God-related destiny of the world, that longed-for state of creation in which everything can be clearly seen as bearing God's glory and love.' [Rowan Williams 2004]


'I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable worship.' [Romans 12:1]

Resource page 2


REFLECTION




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
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