



FOUNDATIONS: LOVE GOD *WORK IT OUT*

LESSON 5: WHY SHOULD I WORSHIP?

QUESTIONS

If you are working out these questions on your own, consider writing down or journaling your thoughts and answers to these questions. If you are working out these questions in a group, share specific and real examples of your experiences.

1. Review your day and your week; what consumes most of your attention and affection? How does this impact your ability to practice stillness?
2. What has been your overall experience with 'worship?' Think about the highs and lows of these experiences and identify both obstacles or memorable moments.
3. What can you put into practice to be able to take your worship journey with God to the next level? Talk about opportunities for encouragement and accountability within the group.
4. Have you ever felt that your experience of God was stale? What changed in your life to shift your experience from being stale into a more dynamic one?

NEXT STEPS

Check out the other Foundations Course videos!

Individuals: Practice stillness, gratitude or meditation this week. Choose a passage or truth from scripture and fix your attention on that throughout the day. Then later, reflect on how this practice affected your day. What did you notice?

Groups (2+): Reflect on how you have experienced God working in and through your life. Share this with your group and then together, praise and thank Him for who He is and what He has done in prayer and/or worship.