***SESSION 12: ABOUT WORSHIP***

**Goals**:

- To understand that to be faithful, the only object of true worship is God.
- To realize the importance of bringing our best to worship.
- To emphasize that true worship transforms us.

**Key Scriptures**:

*6 "I am the LORD your God, who rescued you from the land of Egypt, the place of your slavery. 7 "You must not have any other god but me. 8 "You must not make for yourself an idol of any kind, or an image of anything in the heavens or on the earth or in the sea. 9 You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. 10 But I lavish unfailing love for a thousand generations on those[a] who love me and obey my commands. 11 "You must not misuse the name of the LORD your God. The LORD will not let you go unpunished if you misuse his name. 12 "Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. 13 You have six days each week for your ordinary work, 14 but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. 15 Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day. – Deut. 5:6-15*

*23 But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. 24 For God is Spirit, so those who worship him must worship in spirit and in truth." – John 4:23-24*

*12 And so, dear brothers and sisters,[a] I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. – Rom. 12:1*

**Key Points:**

- Worship, in the original Biblical languages, means both "to bow down" and to be " in service to God."
- Our worship must have only one object - that is God.
- True worship requires that we bring our best to God in all parts of our lives.
- Worship draws us closer to God which then transforms us.
- As Methodists, we believe that worshipping in community is important for our faith.

**Color Group Discussion questions:**

- Read Revelation 5:11-13. How does worship on earth reflect the description of worship in heaven?
- What parts of worship make you feel closer to God?
- How can you pray for each other this week? Share your joys and concerns and pray together as a color group.