

# A LIFE of WORSHIP

*Romans 12:1-2*

\*\*\*A handout for small group leaders.

## **SCRIPTURE READING & REFLECTION:**

*Welcome and Opening Prayer.*

## **Message**

Welcome to Vertical Small Group. This last Sunday we began our New Year as a church family. Thank you for joining us we are blessed by your faithfulness and dedication. We look forward to life together in community with you this coming new year. We pray for a deepening of our faith with an emphasis on Gods greatness and our desperate need for him this new year. The message this week was from our very own worship pastor Stev Trujillo. His message was on worship. We covered two important texts, but our primary text was found in Romans 12: 1-2. This message was titled:

## **A Life of Worship**

First, Psalm 150: 1-6.

*Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens!  
Praise him for his mighty deeds; praise him according to his excellent greatness!  
Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance;  
Praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing  
cymbals!  
Let everything that has breath praise the Lord! Praise the Lord! (ESV)*

**What is the purpose of this Psalm? This Psalm tells us everything that has breath should praise**

**the Lord. What does this look like practically?**

**What is worship? It is not just singing Stev said that worship in American Christianity has become a “safe space” what did he mean?**

Stev shared with us about his background. he came from a Pentecostal church. How is this attitude of worship different than our own? The spirit moves like breath and sometimes we wait for this movement.

**Do we as believers withhold worship until we feel the movement of God?**

**How is this expressed in our lives?**

**Sometimes we do not feel like worship what do we do then?**

**Is it only about the way we express ourselves outwardly?**

Worship is a vital part of life for the Christian and it is not just at church.

**What do you think are some ways that we misuse this word “worship” and what is the essence of true spiritual worship?**

Sometimes American Christianity demands conformity, but God is not confined to a particular place. God is worthy of worship because he is the author of life. The Psalm we read says let everything that has breath praise the Lord.

Romans 12: 1-2

*“I appeal to you therefore, brothers, by the mercies of God to present your bodies as a living sacrifice holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect,” (ESV).*

What Paul is saying here is based on all the previous things that were said in Romans 1 through Romans 11. Now because of your justification and your salvation, “present you bodies as a living sacrifice holy and acceptable to God which is your spiritual worship.” **What does this mean? Because of the work that God has done in you now present your bodies as living sacrifices and then the passage says this is spiritual worship.**

Your body is presented as a living sacrifice included in this is the understanding that “the body” that is spoken about is your whole self this includes your will and your mind. **What does this mean? If we continue in the passage verse two says,** “be transformed by the renewing of your mind” this is the whole self like it was pointed out you can’t make anyone do what you want you can try but you have a choice.

Worship starts with belief. Hebrews 11: 6 says, *“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”*

**Worship is choosing to give God your body**

Every day is a worship experience when your body is given to the Lord. **Why is this true?**

We learned that this is a process, much like the word “metamorphosis” implies we change over time. This is a life lived to the glory of God in all that we seek to do.

**This might not easy and we are not saying that anyone of us have “arrived” but can anyone look**

## **back on your life and now see God's transforming work in your life up to present?**

The ability to look back on a difficult situation and understand it in light of God's glory is a wonderful gift. Hindsight is for the believer's benefit we can look back on our life and even now before heaven see God's hand on our lives.

## **Give God your mind**

This transformation is again a process it is not done on our own power we are conformed like the text says into the image and likeness of Jesus.

## **Give God your will**

This does not mean, in the words of Stev, "God is going to make all your "ya-ya's" disappear!"

1 Peter 2: 15 says "For this is the will of God, that by doing good you should put to silence the ignorance of foolish people," (ESV).

The will of God is that the Christian do good, be sanctified, be holy, like God who is holy. **How does this practically look?** Giving God our will sounds a whole lot simpler than it sometimes practically is. **How do we actively give our will over to God?**

The Gospel is the light of the world It is the good news of salvation. Christ has entered the world and light has come.

Remember last week we learned that faithfulness is found in imperfect pursuit. We know we are broken, the goal is to pursue Christ and his way is better than our way.

God has called us to live for him and in living for him we truly have life and have it abundantly. God is not seeking to kill your fun but the transformation that occurs when we actively seek God changes our heart and inclines our will toward him.

Reflect on his word in 1 Peter 2: 9, "You are a chosen race, a royal priesthood, a holy nation, a people for his own possession that you may be able to proclaim the excellencies of him who called you out of darkness into his marvelous light," (ESV)

God has provided a way of salvation to all who call upon the name of the Lord. Jesus asks us to repent and believe the good news of salvation. As we learned a few Sundays ago light comes to the land that had fallen under darkness. Jesus Christ is the true light of the world we have been called and the transformation occurs when we look to Jesus and not at the world. **Would anyone care to reflect on these truths with the group?**

***Come to Jesus not only for salvation but for abundant life in him. This means you will be changed you cannot have an encounter with the living God and go away unchanged.***

***Close in prayer after asking for prayer requests.***