

I Will Survive – How to Live Through A Bad Day – WORSHIP

Psalm 27:1-6 (NLT) *The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? ²When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. ³Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident. ⁴The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple. ⁵For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. ⁶Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the Lord with music.*

“What are we doing here?”

John 4:23-24 (NIV) *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. ²⁴For God is Spirit, so those who worship him must worship in spirit and in truth.”*

- The father is seeking **honest** and **supernatural** worship!
- *People’s lives are only as good as their worship – Eugene Peterson*
- Worship necessarily includes the full **spectrum** of our emotions and experiences.
 - **Psalm 13:1-6 (NLT) – Pivot:** Honesty takes a turn toward faith.
 - **Psalm 84:4-7 (NLT) – Pilgrimage:** journey, path, hills and valleys.
 - **Psalm 73:12-17 (NLT) – Perspective:** We see things differently.

Paul and Silas – Acts 16:22-34 (NLT)

- The true essence of worship is found in the **crisis**.
- *“Christians don’t tell lies, they sing them.” – Martin Luther*

How Do We Worship Honestly?

Expressions of praise and worship in the Scriptures:

- **The lifting of hands** - 1 Timothy 2:8 (CEV)
- **Clapping our hands** - Psalm 47:1 (NLT)
- **Standing** - Exodus 33:10 (NIV)
- **Kneeling or bowing** - Psalm 95:6 (NIV)
- **Singing** - Revelation 5:9 (NIV)
- **Musical instruments** - Psalm 150:3-5 (NIV)
- **Dancing** - 2 Samuel 6:14-15 (NIV)
- **Shouting** - Psalm 66:1 (CEV)

“Any man or woman on this earth who is bored and turned off by worship is not ready for heaven.” – A.W. Tozer

Whole Person Worship – Mark 12:28-30 (NLT)

1. Worship is a physical demonstration of a **spiritual reality**.
2. Physical actions mixed with faith have spiritual **repercussions**.
2 Kings 5:14; John 9:6-7; James 2:17; 21-22; 26
3. Worship is activating our **mind, will,** and **emotions**.
Psalm 103:1-5

Hypocrisy is **NOT** when your actions are inconsistent with your **feelings**;

Hypocrisy is when your actions are inconsistent with your **convictions**.

Worship is a declaration that God is **worthy** because only HE can deliver the hope, the healing, the provision, or the solution we need on a BAD DAY!