

The Discipline of Personal Worship

A Study Guide by Michael Hall

- I. The Apostle Paul encourages personal worship
 - A. (Eph 5:17-20) *Wherefore do not be unwise, but understand what the will of the Lord is. {18} And do not be drunk with wine, wherein is excess; but be filled with the Spirit; {19} Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; {20} Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.*
 1. In context, Paul is speaking to individual believers, giving direction.
 2. Notice 18 and 19: *be filled with the Spirit; {19} Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.*
 - a) Filled with the Spirit (HOW?) **speaking** to yourself
 - b) Paul is talking about worship. Part of being filled with the Spirit is worship.
 - (1) Notice Paul is teaching something that a believer does with himself or herself. *Speak to yourselves...*
 - (a) Not collective “yourselves”. The same word is used in same chapter clearly referring to the individual.
 - (2) *Psalms, hymns, and spiritual songs.*
 - (a) No one is certain what those words specifically refer to. The word Hymns is probably Psalms in the Bible. From experience, spiritual songs are spontaneous songs from the Holy Spirit.
 - c) Important—The art of worshipping alone with God is and important discipline to be mastered.
 3. Ministering to God
 - a) *singing and making melody in your heart to the Lord.*
 - b) (Eph 5:20) *giving thanks always for all things, in the name of our Lord Jesus Christ, to the God and Father,*
 4. Ministering to Your own Soul
 - a) We hear what we speak or sing. Remember: *Faith comes by hearing.....*
 - b) As we praise and give thanks to God, We are reminded of God’s goodness and other attributes.- II. How much emphasis should we place on worship as we order our lives?
 - A. (Heb 13:10-16) *We have an altar, whereof they have no right to eat which serve the tabernacle. (Writer is talking now about the Jewish sacrificial system){11} For the bodies of those beasts, whose blood is brought into the sanctuary by the high priest for sin, are burned without the camp. {12} Wherefore Jesus also, that he might sanctify the people with his own*

blood, suffered without the gate. (Now the writer begins to contrast the new system, In Jesus, with the old) {13} Let us go forth therefore unto him without the camp, bearing his reproach. {14} For here have we no continuing city, but we seek one to come. {15} By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name. {16} But to do good and to fellowship forget not: for with such sacrifices God is well pleased.

1. The old sacrificial system is replaced by the new.
 - a) The sacrifice of Praise, Fruit of our lips.
 - (1) Continually - that's the priority
 - b) The sacrifice of doing good
 - (1) Set apart for good works. No longer my will but His
 - c) The sacrifice of fellowship
 - (1) Other's become our focus, not self.
2. All three are forms of worship, Sacrifice of Praise is direct, and the one we are encouraged to make the highest priority.
 - a) The other two are worship in a different way, as we present our bodies (our lives), in all ways, to God, for His use in doing good works and serving others:
 - (1) *{Romans 12:1} I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service (greek = worship).*
 - b) Worship will lead to more and more filling of the Spirit.
 - (1) *be filled with the Spirit; {19} Speaking to yourselves. .*
 - (2) Being filled will empower us to live from the Spirit
 - (a) This will make the other sacrifices, doing good, and serving others easier.

III. Worship, How to:

A. Intentionality

1. Make it our intention to worship.
 - a) Why should I do that?
 - (1) Worship is the way we meet God and build relationship with Him.
 - (2) His greatest goal and desire is to have relationship with us.
 - (a) We are the Bride of Christ
 - (b) We are the apple of His eye

B. Determination

1. Determine when and where, don't let anything interfere.
 - a) Flesh will fight your determination
 - b) World system will try to distract you
 - c) Other people will criticize you and call you a fanatic

C. Concentration

1. The business of our own minds and schedules will distract us.

2. Focus
 - a) Offer Him your full attention.
- IV. Worship = presence.
- A. *(Psa 22:3) But You are holy, O Thou that inhabits the praises of Israel.*
 1. When we praise Him, He visits us, literally living in the Praises we offer Him
 2. As we behold Him in that inhabitation we are transformed:
 - a) *{2 Cor. 3.18} But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.*
 - b) If the Goal of your life is to be transformed into His image, then Private Worship must be **a part** of the disciplines of your life.