



## Worship is a Verb

- Worship is not \_\_\_\_\_. It is something we \_\_\_\_\_ to engage in (Psalm 138:1-2).
- Worship has \_\_\_\_\_ to do with how you feel and \_\_\_\_\_ to do with what you choose.
- Spiritual worship is expressed through our \_\_\_\_\_.

**Romans 12:1 (ESV)** *I appeal to you therefore, brothers (and sisters), by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*

- \_\_\_\_\_ Hands (Psalm 134:1-2; Psalm 28:2; Psalm 63:3-4; 1 Timothy 2:8).
- In Jewish tradition, open hands was a symbol of \_\_\_\_\_.
- When we lift our hands to the Lord, we are assuming a posture of \_\_\_\_\_ and receptivity to God.
- The lifting of hands is also the universal sign of \_\_\_\_\_.
- It symbolizes reaching out to God and relinquishing our \_\_\_\_\_ to Him.

- Lifting our hands is an outward expression of our giving authority for our lives back to God -- giving Him \_\_\_\_\_ of our lives.
- Clapping & \_\_\_\_\_ (Psalm 47:1; Psalm 33:3; Psalm 95:1).
- \_\_\_\_\_/Lying prostrate (Psalm 95:6-7; Psalm 138:2; 1 Chronicles 29:20; Nehemiah 8:6; Ephesians 3:14; Philippians 2:10; Romans 14:11).
- Like lifting our hands, kneeling and bowing down is a \_\_\_\_\_ of worship.
- \_\_\_\_\_ (Psalm 100:1-2; Ephesians 5:18-19; Colossians 3:16).
- \_\_\_\_\_ Praises (Nehemiah 9:5; Revelation 4:10-11; Revelation 7:11-12).
- **Other Avenues of Worship in Scripture:**
  - Singing a new song (Rev. 5:9; Ps. 33:3; Ps. 40:1-3; Ps. 96:1, 98:1).
  - Dancing (Psalm 150:4; Ex. 15:20; 2 Samuel 6:14).
  - Stillness/Waiting on the Lord (Psalm 46:10; 130:5-6; Isaiah 40:31).

**Romans 15:5-6 (NIV)** <sup>5</sup> *May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus,* <sup>6</sup> *so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.*

## **Psalm 103:1-5 (ESV)**

<sup>1</sup> *Bless the Lord, O my soul, and all that is within me, bless his holy name!*

<sup>2</sup> *Bless the Lord, O my soul, and forget not all his benefits,*

<sup>3</sup> *who forgives all your iniquity, who heals all your diseases,*

<sup>4</sup> *who redeems your life from the pit, who crowns you with steadfast love and mercy,* <sup>5</sup> *who satisfies you with good so that your youth is renewed like the eagle's.*