



DIGGING DEEPER

WEEK 4: Worship

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you and your Life Group.

PRAY Have someone in your group open in prayer.

MESSAGE SUMMARY

This week at Fair Oaks Church we continued our series *Spiritual Fitness* on worship. We learned that worship is any act where we give something to God in response to who he is. A regular habit of worship is an essential practice for our lives, growth, and spiritual fitness.

KEY SCRIPTURE [Read aloud]

"Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven, and you are on earth, so let your words be few."
Ecclesiastes 5:1-2

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Have someone read Psalm 100 to your group. What is one thing the Psalmist is teaching us about the importance of worship? How have you struggled to consistently worship God like this?
3. The writer Dallas Willard defines worship as: "An act of attributing greatness to God in every respect, especially in reflection of his greatness, goodness, knowledge, and power." How can different actions in your life be acts of worship like this? How does your attitude or approach affect your worship?
4. Of the 3 suggestions for the ways that we worship in gratitude to God:
 1. Corporate Worship: Gathering with my church family to worship God through singing, prayer, and the hearing and obeying of God's word.
 2. Giving: Giving money as a tithe or offering to support your local church or invest in a ministry to be a blessing to others.
 3. Serving: Giving your time/energy to serve & bless others in our church or community.

Which of these comes the easiest to you and which is the hardest? How might you commit to grow in one of these areas in cultivating a habit of worship in your life?

5. If you haven't yet, take the worship section of the *Spiritual Fitness Assessment* (available at fopc.org or via the Fair Oaks Church app). If you are comfortable, share your score with your group. Where does your current score for worship land on the Spiritual Fitness Scale at the end? What is one way you might want to respond to where you are with the habit of worship today?

PRAY Close your time in prayer.

Allow time to pray for any needs in your group.