

## Worship – Lesson 1

### What is worship?

#### I. Biblical verbiage:

1. As an outward act of the body: to bow, bend, kneel, prostrate, kiss, or lower.

\* This was done before God (Gen. 18:2), false gods (Ex. 32:8), angels (Gen. 19:1), and other people (Gen. 23:7).

2. As an inward act of the heart: to humble, shrink, or lower.

Hebrew – *sāhāh* – tends to emphasize the reason for the gesture of submission.

\* Note \* This is easy to fake or work out in hypocrisy. The act of bowing ones body doesn't necessarily mean that one is bowing one's heart. On the other hand, when one's heart bows, the body may naturally follow.

Greek – *proskuneō* – in general terms this word speaks to the kissing of the feet or ring of a superior as a direct reflection of one's attitude

\* Note \* This etymologically develops the usage in the LXX to that of the N.T. so that in the latter, it is only used of God.

#### II. As a theology:

1. What we believe:

First, worship is the result of understanding.

Who is God? Exodus 3:13-15 – I AM THAT I AM – The foundational identity of God. He has many attributes too wonderful for full comprehension, many names too descriptive to understand, and many works too phenomenal to grasp in their totality.

Who is man? Job 42:1-6 – “I abhor myself” – I hate myself. I want nothing to do with myself. In the light of God's glory, we understand ourselves much better.

What about self-esteem, self-worth, or general selfism? (See Vitz pg. 19)

Second, worship is the result of decision.

“I will love thee, O LORD, my strength.” – Psalm 18:1

“Trust in the LORD... Delight thyself also in the LORD... Commit thy way unto the LORD... Rest in the LORD” – Psalm 37:3-7

Joshua made a bold challenge to Israel to choose – Joshua 24:14-18

Third, worship is a complete activity.

It begins in the spirit – John 4:24

It manifests through the body – Romans 12:1

Clapping – Psalm 47

Lifting hands – Psalm 63

Kneeling – Psalm 95

Dancing – Psalm 149-150

2. How we live:

I Corinthians 6:19-20 – “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”