

ChaseteamMalvern

All Saints - St Andrews - St Mary's

Partnering with God in the flourishing of our communities



Week 1: What is Worship? (25th Oct)

Psalm 95:1-7

John 4:19-26

Worship is our wholehearted response to God's greatness, offered in spirit and truth.

Week 2: Whole-life Worship (1st Nov)

Romans 12:1-2

Colossians 3:12-17

Worship is the offering of our whole lives to God.

Week 3: When We Worship Other Things (8th Nov)

Exodus 32:1-14

Matthew 6:19-24

We become what we treasure, so God calls us to worship Him alone.

Week 4: Transformed by Worship (15th Nov)

2 Corinthians 3:7-18

As we behold Christ in worship, the Holy Spirit changes us into His likeness.

Week 5: Joining Heaven's worship (22nd Nov)

Revelation 7:9-17

Every time we worship, we join the praise of heaven and anticipate God's coming kingdom.

Session 1: What Is Worship?

Bible passages: Psalm 95:1–7; John 4:19–26

Aim: *To broaden our understanding of worship and explore what it means to worship God “in spirit and truth.”*

Opening question

What comes to mind when you hear the word “worship”? Where or when have you most naturally felt that you were worshipping God?

Read Psalm 95:1–7

- What different responses to God do you see in this passage? Notice singing, shouting, thanksgiving, kneeling and attentiveness.
- What does the passage tell us about *why* God is worthy of worship?
- Verse 7 moves from praise to listening: “Today, if only you would hear his voice.” What connection might there be between worship and listening?
- Is it possible to worship enthusiastically while still resisting God? What might genuine responsiveness to God look like?

Read John 4:19–26

- What question about worship is the Samaritan woman asking Jesus?
- Jesus shifts the focus from *where* people worship to *how* they worship. What difference does that make?
- What might “in spirit and truth” mean in the context of this conversation?

Bring it together

- Which aspect of worship comes most naturally to you? Which is harder: celebration, surrender, listening, honesty, gratitude, obedience or reverence?
- What would it look like to approach this Sunday’s worship service with greater intentionality?

Practise

During the coming week, pause once each day for two minutes. Name one thing about God that you are grateful for, then sit quietly and ask: “Lord, what are you inviting me to notice today?”

Closing prayer

God of glory, teach us to worship you with our whole selves. Free us from performance and distraction, and draw us into worship that is honest, attentive and rooted in who you are. Amen.

Session 2: Whole-Life Worship

Bible passages: Romans 12:1–2; Colossians 3:12–17

Aim: *To explore worship as the offering of our whole lives to God, including ordinary choices, relationships, work and character.*

Opening question

What parts of everyday life do you instinctively think of as “spiritual”? What parts do you tend to separate from your life with God?

Read Romans 12:1–2

- What does Paul mean by offering our bodies as a “living sacrifice”?
- How is this different from simply attending worship or doing religious activities?
- What might it mean to be “transformed by the renewing of your mind”?
- Where might God be inviting you to resist being shaped by the patterns around you?

Read Colossians 3:12–17

- List the qualities Paul tells the Christians to “clothe” themselves with. What do these have to do with worship?
- How do forgiveness, patience and love become acts of worship?
- Which relationship or everyday responsibility might God be inviting you to see as an offering of worship?

Bring it together

- Can ordinary rest, friendship, work, hospitality, creativity or caring for someone be worship? Why?
- What would whole-life worship look like without becoming another way of trying to prove that we are good enough?

Practise

Choose one ordinary activity this week—work, cooking, driving, parenting, cleaning, caring, exercise or rest. Before doing it, consciously offer it to God: “This belongs to you too.”

Closing prayer

Generous God, receive our whole lives. Teach us to see ordinary things through the lens of your presence, and to offer ourselves freely rather than trying to earn your love. Amen.

Session 3: When We Worship Other Things

Bible passages: Exodus 32:1–14; Matthew 6:19–24

Aim: *To explore idolatry, misplaced desire and the things that compete for our trust, attention and allegiance.*

Opening question

What things do people commonly build their identity or security around?

Read Exodus 32:1–14

- Why do the people make the golden calf? What fear or uncertainty seems to be underneath their behaviour?
- What does the episode reveal about our desire for something visible, controllable or immediate?
- What do you notice about Moses' response to the people and to God?

Read Matthew 6:19–24

- What does Jesus mean by storing up treasures in heaven?
- How are treasure, the heart and the “eye” connected in this teaching?
- Jesus contrasts God and wealth as competing masters. What makes something a “master” rather than simply a possession?

Bring it together

- How can good things—relationships, ministry, achievement, money, reputation, comfort or security—become distorted when they carry the weight that belongs to God?
- How might we notice our idols without responding with shame or self-condemnation?

Practise

For one week, notice what receives your first attention when you are anxious or your deepest satisfaction when things go well. Keep a brief, non-judgemental record and bring one observation to God in prayer.

Closing prayer

Lord, you know what we treasure and what we trust. Help us to receive your gifts without turning them into gods. Reorder our loves so that our hearts are free to rest in you. Amen.

Session 4: Transformed by Worship

Bible passages: 2 Corinthians 3:7–18

Aim: *To explore the connection between beholding Christ, the work of the Spirit and becoming more like Christ.*

Opening question

Who or what has shaped you over time—positively or negatively? What kinds of people or influences tend to change us without us noticing?

Read 2 Corinthians 3:7–18

- What contrast does Paul make between the old covenant and the new?
- What does Paul say happens when the veil is removed?
- Verse 18 describes believers as beholding the Lord's glory and being transformed. What does that suggest about how Christian change happens?
- How is transformation different from simply trying harder to behave better?
- How might gathered worship—Scripture, prayer, communion, singing, silence, preaching and blessing—form and change us over time?
- How can we make room for God to change us rather than trying to control the outcome?

Bring it together

- Where might you already be seeing evidence of transformation that you tend to overlook?
- What would it mean to trust that God is at work in you even when change feels slow?

Practise

Choose one short phrase from Scripture that draws your attention to Jesus. Repeat it slowly for a few minutes each day, not as a technique to achieve something, but as a way of turning your attention towards him.

Closing prayer

Holy Spirit, turn our faces towards Christ. Where we are striving, teach us to receive; where we are resistant, soften us; and where you are already changing us, help us to notice and give thanks. Amen.

Session 5: Joining Heaven's Worship

Bible passages: Revelation 7:9–17

Aim: *To see Christian worship in the context of the great multitude before God's throne and to connect present worship with hope for God's coming kingdom.*

Opening question

Have you ever experienced worship as something that connected you with Christians beyond your own congregation or generation? What did that feel like?

Read Revelation 7:9–17

- Who is gathered before the throne? What does the diversity of the crowd tell us? What are they doing, and what are they saying?
- What does the passage say about where this multitude has come from?
- Notice the images of shelter, hunger, thirst, tears and the Lamb. What kind of future is being pictured?
- How does the identity of Jesus as the Lamb shape this scene of worship?
- How does future hope affect present worship?
- What difference might it make to know that Christian worship is part of something much larger than one congregation?
- How can worship hold both joy and suffering together?

Bring it together

- What do you hope God's kingdom will make right?
- How might worship become an act of resistance to despair?
- Looking back over the series, what have you learned about worship that you did not previously recognise?

Practise

At the next worship service you attend, deliberately imagine yourself joining the worship of the whole people of God—across nations, generations and circumstances. Give thanks that your worship is part of a much larger story.

Closing prayer

Lamb of God, gather your people into your kingdom. Give us a vision of the worship that surrounds your throne, and let that hope shape the way we worship, live and love now. Amen.
