



# How to Put the Most Into Worship

## Conclusion

Satisfying myself with what God wills  
for me to receive from worship.

# Everyone Will Worship Someone Or Something In His Or Her Lifetime

- The Unknown - Acts 17:22-30
- Animals and the Self - Rom. 1:19-25
- An Idol - Isa. 40:18-22, 44:9-20
- Anything except God - 2Thes. 2:11-12

# Everyone Will Worship Someone Or Something In His Or Her Lifetime

- “If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world.” (*C. S. Lewis, Mere Christianity*)
- “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” (*Augustine of Hippo, Confessions, 400 AD*)
- “What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself.” (*Blaise Pascal, Pensées, 1670*)

# Everyone Will Worship Someone Or Something In His Or Her Lifetime

- Purpose: To consider the Divinely ordained functions and benefits of worship for the worshiper.
  - How the worshiper is blessed with what God wants him to receive when he worships
- Synopsis: Examine this question from multiple perspectives
  - What contemporary mental and emotional health sciences are belatedly learning about the effect of worship on worshipers,
  - What Bible scholars have learned and written about worship and its effect on worshipers,
  - What God's word says about the effects of worship on worshipers.
  - God ordained that worship profoundly affect the worshiper.

## What Contemporary Mental And Emotional Health Sciences Have Learned About The Effects Of Worship On Worshiper

- *From: “Relationships of Religious Worship Attendance and Spirituality with Major Depression, Anxiety Disorders, and Suicidal Ideation and Attempts” (Journal of Psychiatric Research, v. 45-2011, p. 848-854)*
- “Religious service attendance of monthly or greater reduced the odds of a suicide attempt threefold over a ten-year period.”
- Summary: The more one attends worship, the greater its effect on their lives, primarily in its protective effects. (*Emil Durkeim, The Elementary Forms of Religious Life*)
- “A religious family of origin may increase the likelihood of developing a secure relationship style. A nationally representative U.S. study showed that parental religious attendance showed significant benefits for young children in cognitive, emotional, behavioral and interpersonal domains.” (*Bartowski et al., 2008*)

## What Contemporary Mental And Emotional Health Sciences Have Learned About The Effects Of Worship On Worshiper

- “The majority of the literature in this area suggests that more religious people have less depressive symptoms.” (*Moreira-Almeida et al., 2006*)
- “Aggregates of all studies show an inverse relationship between religiousness and depression.” (*McCullough and Larson, 1999*)
- Summary: Religious worship attendance is associated with a reduction in the odds of developing an anxiety disorder.” (*Shreve-Neiger and Edelstein, 2004*)
- “In conclusion, these results suggest that religious worship attendance may be an independent protective factor against suicide attempts. Seeking spiritual comfort was a protective factor against suicidal ideation but was not associated with development of mental disorders.” (*Department of Psychiatry and Behavioral Sciences, Johns University, Baltimore, MD*)

## What Contemporary Mental And Emotional Health Sciences Have Learned About The Effects Of Worship On Worshiper

- *Protective Associations of Importance of Religion and Frequency of Service Attendance with Depression Risk, Suicidal Behaviors and Substance Use In Adolescents (Journal of Affective Disorders, v. 132-2011, p. 389–395)*
- “Among females, higher personal importance of religion was associated with decreased odds of depression, suicidal ideation, drinking and marijuana use, while more religious attendance was protective for substance use behaviors and suicidal ideation.”
- “In males, religiosity was associated with decreased substance use. Religious importance had protective effects for males in marijuana use and attendance was protective for binge drinking.” *(Department of Community Health and Epidemiology, Faculty of Medicine, Dalhousie University, Halifax, Nova Scotia, Canada)*



## What Contemporary Mental And Emotional Health Sciences Have Learned About The Effects Of Worship On Worshiper

- *Religious Social Capital: Its Measurement and Utility in the Social Determinants of Health (Social Science and Medicine, v. 73-2011, p. 759-767)*
- “40% of Americans report at least weekly engagement with religious communities.” (*Gallup & Lindsay, 1999*)
- “87% of the world’s population affiliates with a religious tradition.” (*Gallup, 2010*)
- “Regular religious service attendance is consistently associated with lower mortality and somewhat less consistently correlated with lower levels of physical and psychological morbidity.” (*Hummer, Rogers, Nam, & Ellison, 1999; Joanna, Maselko, Gilman, & Buka, 2009; Maselko & Kubzansky, 2006*)



## What Contemporary Mental And Emotional Health Sciences Have Learned About The Effects Of Worship On Worshiper

- “Frequent religious service attendance may increase access to social networks and supports, encourage better health behaviors, promote adaptive coping mechanisms, and even encourage volunteering, all of which have been independently associated with better health outcomes.” (*Borgonovi, 2008; Gall et al., 2005; Jonker & Greeff, 2009; Pargament, 1997*)
- “Religion overall, and religious social capital in particular, should be included in the study of social determinants of health.” (*Dept. of Psychiatry and Behavioral Sciences, Duke Global Health Institute, Duke University, 235 Trent Hall, Box 90519, Durham, NC; Dept. of Sociology, University of Chicago, Chicago, IL; University of Pennsylvania School of Nursing, Philadelphia, PA*)

# What Bible Scholars Have Learned And Written About Worship And Its Effects On Worshipers

- Worship in the New Testament is the Greek word “proskuneo” literally meaning “to kiss toward.”
- Our English word “worship” comes from the old Anglo-Saxon word “weorthscipe.” It refers to giving someone their worth. Toward God, it means that we ascribe to Him His worth. It means that we state and affirm His supreme value and glory.

# What Bible Scholars Have Learned And Written About Worship And Its Effects On Worshipers

- Worship is also a means of giving.
  - We do not come to worship “to get a blessing,” or for any other self-oriented purpose.
  - We come together to give honor, respect, and reverence to the Lord God Almighty.
  - However, this does not preclude God from building blessings and benefits for the worshiper into the worship activities.

# What Bible Scholars Have Learned And Written About Worship And Its Effects On Worshipers

- There are 87 Hebrew and Greek words that are used to describe the concepts of praise and worship.
  - There are over 600 references to praise and worship in the Bible.
  - Worship literally fills the pages of Scripture from beginning to end.
  - In the book of Genesis, Adam and Eve fell into sin because they worshiped self instead of God. Cain worshiped God incorrectly.
  - Revelation pulls back the curtain between earth and Heaven and gives us a glimpse of pure worship in heaven.

## What Bible Scholars Have Learned And Written About Worship And Its Effects On Worshipers

- “Worship is an absolute non-negotiable in the Christian life. The Christian must worship. The truly redeemed child of God cannot remain so without worship. It is as natural for a Christian to worship as it is for a person to breathe.”  
*(Alan Carr, The Sermon Notebook)*
- “Worship is the believers’ response of all that they are – mind, emotions, will and body – to all that God is and says and does.” *(Warren Wiersbe)*

# What Bible Scholars Have Learned And Written About Worship And Its Effects On Worshipers

- “Worship is a concept that defies complete definition. Worship must be experienced in spirit and in truth before it can be fully understood. Worship is the submission of all of our nature to God.
  - To worship is to quicken the conscience by the holiness of God,
  - To feed the mind with the truth of God,
  - To purge the imagination by the beauty of God,
  - To open the heart to the love of God,
  - To devote the will to the purpose of God.
- And all this gathered up in adoration is the greatest of human expressions of which we are capable” (*William Temple, Archbishop of Canterbury, 1942-1944*).

- *What is Worship? (Alfred Gibbs, 1950)*
- “Worship is the overflow of a grateful heart, under a sense of Divine favor. True worship does not have to be pumped and primed (John 4:19-26); it is the outpouring of a heart that is filled a sense of God’s goodness, greatness and glory. When David’s full heart overflowed, worship ascended to God.” (Psalm 45:1)
- “Worship is the outpouring of a soul at rest in the presence of God. The believer is at peace with God in right relationship with Him.” (Eph. 1:6)
- “Worship is the occupation of the heart, not with its needs, or even with its blessings, but with God Himself. We often engage in worship because of what we want to get out of it. Genuine Biblical worship is about being moved by the wonder God.” (2Sam. 7:18-27)
- “Consider Revelation 4:11, 5:9-14. In worship before the throne of God in heaven, not a single petition is made, all that is there is pure, unadulterated worship of God.”
- “Worship is the up springing of a heart that has known the Father as the Giver of all good gifts, the Son as Savior, and the Holy Spirit as the Divine Communicator. While anyone in the world, even an unbeliever, can recognize that God exists, not everyone will worship. The lost man can understand the reality of God, but he cannot appreciate the truths about God revealed by the Spirit of God.” (1Cor. 2:12-14)



# What Scripture Says About Effects Of Worship On Worshipers

- John 4:20-24 - ““Our fathers worshiped on this mountain, and you Jews say that in Jerusalem is the place where one ought to worship.’ 21 Jesus said to her, ‘Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. 22 You worship what you do not know; we know what we worship, for salvation is of the Jews. 23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. 24 God is Spirit, and those who worship Him must worship in spirit and truth.’”

# What Scripture Says About Effects Of Worship On Worshipers

- Worship of God is not restricted to a single geographical location nor necessarily regulated by the temporary provisions of OT law.
- With the coming of Christ, all of God's children gained equal access to God through Him. Worship became a matter of serving God from the heart, not through complex ritual, and directed by truth rather than pomp and ceremony.
- Deut. 6:4-5 - "Hear, O Israel: The LORD our God, the LORD is one! 5 You shall love the LORD your God with all your heart, with all your soul, and with all your strength."
- Mark 12:30 - Our worship of God is directed and driven by our love for Him; as we love, so we worship

# What Scripture Says About Effects Of Worship On Worshipers

- True worship must be “in spirit,” that is, engaging the whole heart.
  - Unless there is real passion for God, there is no worship in spirit.
- At the same time, worship must be “in truth,” that is, properly informed by the word of God.
  - Unless we have knowledge of God and His will, there is no worship in truth. Both are required for God-reverencing worship.

# What Scripture Says About Effects Of Worship On Worshipers

- Spirit without truth leads to a shallow, overly-emotional experience that could be compared to a high. As soon as the emotion is cooled, so does the reverence for God.
- Truth without spirit can result in a dry, passionless encounter that can easily lead to a form of tedious legalism.
- “I should think myself in the way of my duty to raise the emotions of my hearers as high as possibly I can, provided that they are affected with nothing but truth.”  
*(Jonathan Edwards, 18th century American theologian)*

# What Scripture Says About Effects Of Worship On Worshipers

- Immediate effects of worship
- Worshiping God puts us into and maintains the proper relationship with Him, in the sense that we are acknowledging that He is God and deserves worship, and acknowledging His worthiness by worshiping in the manner He wants. This allows us to have a closer and more fulfilling relationship with God
  - Psalm 122:1 - “I was glad when they said to me, ‘Let us go into the house of the LORD.’”

# What Scripture Says About Effects Of Worship On Worshipers

- Immediate effects of worship
  - Psalm 84:1-4 - “How lovely is Your tabernacle, O LORD of hosts! 2 My soul longs, yes, even faints For the courts of the LORD; My heart and my flesh cry out for the living God. 3 Even the sparrow has found a home, And the swallow a nest for herself, Where she may lay her young-Even Your altars, O LORD of hosts, My King and my God. 4 Blessed are those who dwell in Your house; They will still be praising You.”

# What Scripture Says About Effects Of Worship On Worshipers

- Immediate effects of worship
- Worshiping God fulfills us and makes us complete and pleased. We enjoy giving people we love praise and reward for goodness. How much more so with God Whom we love above all and acknowledge as worthy of all praise?
  - Isa. 25:1 - “O LORD, You are my God. I will exalt You, I will praise Your name, For You have done wonderful things; Your counsels of old are faithfulness and truth.”



# What Scripture Says About Effects Of Worship On Worshipers

- Immediate effects of worship
  - Psalm 98:1-4 - “Oh, sing to the LORD a new song! For He has done marvelous things; His right hand and His holy arm have gained Him the victory. 2 The LORD has made known His salvation; His righteousness He has revealed in the sight of the nations. 3 He has remembered His mercy and His faithfulness to the house of Israel; All the ends of the earth have seen the salvation of our God. 4 Shout joyfully to the LORD, all the earth; Break forth in song, rejoice, and sing praises.”

# What Scripture Says About Effects Of Worship On Worshipers

- Public worship is how some learn about God
  - Col. 3:16 - “...teaching and admonishing one another in psalms and hymns and spiritual songs...”
  - 1Cor. 14:31 - “...that all may learn and all may be encouraged”

# What Scripture Says About Effects Of Worship On Worshipers

- God is not vain
  - Acts 17:24-25 - “God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples made with hands. 25 Nor is He worshiped with men's hands, as though He needed anything, since He gives to all life, breath, and all things.”
  - When we love God and realize how awesome He is, worship and praise naturally follow.

# What Scripture Says About Effects Of Worship On Worshipers

- God's instruction to worship Him is only a demand in the sense that God's other moral laws are demands. God doesn't command us not to murder because He is a dictator, but because it's morally right (and therefore ultimately in our best interests).
- Similarly, God tells us to worship Him because it's the proper way for us to relate to him and because it is in our best interest to do so.
- If God were vain, one would think He would want pictures and statues of Himself everywhere, yet He commanded that no one make images of Him. Instead, he told the Israelites to keep copies of his commands everywhere - Deut. 6:6-9.

# What Scripture Says About Effects Of Worship On Worshipers

- Every aspect of worship of God has a Divinely ordained purpose and benefit for people who worship in spirit and in truth. Illustration: obedience to the Gospel
  - Hearing
  - Faith
  - Repentance
  - Confessing Faith
  - Baptism

# God Ordained That Worship Profoundly Affect The Worshiper

- Singing
  - Job 38:4, 7 - “Where were you when I laid the foundations of the earth? ... 7 When the morning stars sang together, And all the sons of God shouted for joy?”
  - “As Judah was told to ‘break up the fallow ground’ (Jer. 4:3) so that the seed will grow; after singing praises in worship, I simply to get up and just drop the seed in prepared soil. Half of the gospel is preached before the sermon even starts.” *(Robert Morris)*

# God Ordained That Worship Profoundly Affect The Worshiper

- Praising God connotes gratitude and reverence toward Him as an action of worship.
  - He is praised by singing and speaking - Judges 5:3; Psalm 145:21
  - No one is exempt from praising God - Psalm 67:5
  - We can also praise Him more and more, and forever - Psalm 71:14, 52:9
  - We must praise Him unashamedly, unconcerned about what others think of our ability to sing - 2Sam. 6:14-16, 21-22



# God Ordained That Worship Profoundly Affect The Worshiper

- Praising God is full of benefit for worshipers.
  - It enables us to enter into the presence of God - Psalm 100:4
  - It enables us to more clearly perceive His Glory - Psalm 95:1-2; Col. 3:16; Eph. 5:19; James 5:13; Psalm 147:1, 13:6

# God Ordained That Worship Profoundly Affect The Worshiper

- Prayer

- James 5:16-18 - “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. 17 Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. 18 And he prayed again, and the heaven gave rain, and the earth produced its fruit.”

# God Ordained That Worship Profoundly Affect The Worshiper

- Prayer:
  - Brings us closer to God.
  - Brings Divine help.
  - Keeps our selfishness in check.
  - We obtain forgiveness.
  - We receive strength.
  - Our attitude is improved.
  - Offers us hope.
  - Reduces stress.
  - Gives us a better understanding of ourselves.

# God Ordained That Worship Profoundly Affect The Worshiper

- Preaching:
  - Displays the word of God to humankind - Titus 1:3; 1Cor. 1:21
  - Reveals the Kingdom to draw men to God - Mark 2:2; Luke 8:1
  - Magnifies the Savior of men - Acts 17:2-4
  - Warns the lost - 2Cor. 5:10-11
  - Encourages the saved - 1Thes. 3:2
  - Transforms lives - 1Cor. 15:1-2

# God Ordained That Worship Profoundly Affect The Worshiper

- Communion:
  - Fellowship with the Lord - Matt. 26:29
  - Fellowship with each other - 1Cor. 11:20, 33
  - Periodic self-examination - 1Cor. 11:28-29
  - Declaration of faith in the second coming -  
1Cor. 11:26
  - Remembrance of the price of salvation -  
Matt. 26:26-28

# God Ordained That Worship Profoundly Affect The Worshiper

- Giving:
  - Periodic opportunity to test our commitment, honesty, and generosity - 2Cor. 8:8, 9:7
  - Participation in the work of the church - 2Cor. 9:10-12; 1Cor. 9:14
  - Reciprocal fellowship with preachers - Phil. 4:16-17; Rom. 15:26-27
  - Fellowship with saints in need - 2Cor. 9:8-9
  - Periodic opportunity to remember God's blessings - 2Cor. 8:9

# Putting the Most Into Worship

- “Worship has been misunderstood as something that arises from a feeling which ‘comes upon you,’ but it is vital that we understand that it is rooted in a conscious act of the will, to serve and obey the Lord Jesus Christ.” (*Graham Kendrick*) - John 4:24
- “No man gives anything acceptable to God until he has first given himself in love and sacrifice.” (*A. W. Tozer*) - Heb. 13:15; 2Cor. 8:3-5
- “Worship changes the worshiper into the image of the One worshiped.” (*Jack Hayford*) - 2Cor. 3:18



# Putting the Most Into Worship

- “Worship is first and foremost for His benefit, not ours, though it is marvelous to discover that in giving Him pleasure, we ourselves enter into what can become our richest and most wholesome experience in life.” (*Lamar Boschman, A Heart For Worship, p. 58*)
- “For we ... worship God in the Spirit, rejoice in Christ Jesus, and have no confidence in the flesh” (Phil. 3:3).