

Worship And Rest 4113

I. Worship Is One Of The Main Themes Of The Bible

II. Psalm 95—Three Things Closely Associated But Distinct

- A. Thanksgiving—we thank God for what He does
- B. Praise—we praise God for His greatness
- C. Worship—relates us to God in His holiness

III. Worship Is Primarily An Attitude

- A. Bowing down the head
- B. Bowing down the upper part of the body
- C. Stretching hands out—palms upwards
- D. Falling on our face before the Lord

IV. Is. 6:2–3—Relationship Between Worship And Service

- A. Covering the face and feet is worship
- B. Flying is service
- C. Worship comes before service (Matt. 4:10)
 - 1. John 4:23–24—God is looking for worshipers
 - 2. The word “Spirit” is distinctively associated with worship

V. 1 Thess. 5:23—Man Is A Triune Being

- A. Body
- B. Soul
 - 1. Will: “I will”
 - 2. Intellect: “I think”
 - 3. Emotions: “I feel”
- C. Spirit
 - 1. Relates to God
 - 2. Compare 1 Cor. 6:17

VI. Ps. 95—Pattern For Entering Into Worship

- A. Vs. 1 & 2—Enter with *exuberant* praise and thanksgiving
 - 1. With thanksgiving into His gates
 - 2. With praise into His courts
 - 3. No access without thanksgiving and praise (Isaiah 60:18)
- B. Vs. 3–6—Reasons to praise God
- C. Vs. 7—Two reasons to worship
 - 1. He is God—*our* God
 - a. Worship is most distinctive way we have to relate to God
 - b. Whatever we worship becomes our God—whether God or Satan
 - 2. Proper response to God’s care for us
- D. Vs. 8–11—Two alternatives
 - 1. First alternative
 - a. In worship we hear God’s voice, then through obedience we enter God’s rest
 - b. Important to hear God’s voice (Jer. 7:23; Deut. 28; John 10:28)
 - c. Worship is the appointed way to come into that attitude and relationship

where we hear God's voice

2. Second alternative—follow the course of Israel
 - a. They did not worship
 - b. They did not hear God's voice
 - c. Their hearts became hardened
 - d. They provoked God's anger
 - e. They did not enter into His rest

VII. Heb. 4:9–11—Sabbath Rest

- A. Christians are not required to observe the Sabbath as the Jewish people were
 1. Compare Romans 10:14
 2. Example of personal experience and observations
 3. We are not to be legalistic
- B. Example of the Ark of the Covenant
- C. Isaiah 58:13–14
 1. God requires 1/7 of our time as opposed to 1/10 of our money
 2. God first sanctified *time*

VIII. Questions To Ask Yourself

- A. Are you making the best use of your time?
- B. Do you really know what it is to rest?
- C. Can you discipline yourself to stop doing things?