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 \textit{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—\textit{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?

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