



Worship Rx | Shawn Johnson | 2.16.19
Weekly Study

START

To get things started, go around the circle and answer the following question:

What was the worst style choice you ever made?

SHARE

Welcome to Week Three of Take-Home Faith. This year we are getting serious about equipping the church with the necessary tools to follow Jesus throughout the week. Christianity is not about creating churchgoers; it's about building Jesus followers. The calling of Jesus is to follow him in every part and every hour of your life!

This week, Shawn continued our series by talking about the importance of worship. Before we jump in, take some time to jump in with your group by answering these questions:

Rate your week on a scale of 1 to 10. Why did you pick the number you did?

What is one life lesson God is teaching you right now?

**How have the first two take-home assignments gone for you? Have you been praying?
Have you reached out to your mentor?**

GROW

Read Exodus 15:1-18

What stuck out to you about The Song of Moses?

Why do you think singing songs is such a powerful experience?

God's people have been worshipping Him through songs for thousands of years. The passage you just read is the first recorded worship song. Moses and the Israelites pass through the Red Sea, out of slavery and into freedom, and before they go any further, they stop and sing a song of praise.

The Israelites had so much to be thankful for at this moment. They had finally found freedom from the army that kept them in slavery for so many years, and the first thing they decide to do is sing a song. Notice the language they use:

"I will sing to the Lord, for he is highly exalted" (v. 1).

"The Lord is my strength and my defense he has become my salvation." (v. 2)

"The Lord reigns for ever and ever." (v. 18)

Gratitude is a fantastic reason to worship! One of the best ways we can thank God for his faithfulness is to stop and sing. You don't have to sing in your group but take some time to practice gratitude by answering the following questions.

What is one way you've seen God work in your life this week? What are you thankful for?

What is one cool way you've seen God bless a friend, family member, or co-worker this week? Tell your group about it.

M O V E

Read Acts 16:16-30

What is your initial reaction to this passage?

In Exodus 15, we saw God's people worship after a victory, but in Acts 16, we see God's people singing in the middle of a storm.

Paul and Silas were in Philippi trying to plant a church when they were stripped, beaten, and thrown into the inner cell of a prison. All first-century prison cells were brutal, but the inner cell was by far the worst. There was no window, so it was dark and damp every hour of the day. Prisoners were often thrown into the inner cell to stomp out their hope for life. When it's always dark, you lose your zeal.

The goal was obviously to discourage them, but they combat the attempt with worship!

Paul understood that worship is a weapon because it's almost impossible for worry and worship to exist simultaneously.

Have you ever used worship to overcome your worry? If so, tell your group about it.

As we worship, our cares of the world slowly begin to melt away! Let's practice getting into the habit of replacing worry with worship with this week's take-home assignment.

Take-Home Assignment #3: Fight Anxiety With Worship

Write out Philippians 4:6 and put it somewhere you will see it frequently this week. Every time something makes you anxious, repeat this verse to yourself and see it as a reminder to worship.

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

P R A Y

As a group, spend some time praying for the things you wrote down above! If you are in a coed group, consider breaking up into men and women's groups to share more freely.

T O G O

The Lord will fight for you; you need only to be still."

Exodus 14:14

