

THE YEAR OF THE BIBLE



Three Reasons Why We Worship

Icebreaker: What is your favorite song to worship with?

1. Thankfulness

Read Together: Psalms 100:4 (ESV), Psalms 118:19,20 (ESV)

- Only a thankful heart will end up in God's presence. Thankfulness adjusts our spirit to remember who God is and how good He has been to us! Give an example of a time you practiced being thankful and your heart shifted.
- Research shows that white matter in our brain increases when we are thankful. Tell your group 2 things that you are thankful for today!

2. Perspective

Read Together: Psalms 46:10 (ESV)

- We tend to make our problems bigger than they really are! Pastor Marcos used an amazing illustration where focusing on the problem of the water bottle cap caused him to be blinded.
- We often get focused on looking at problems instead of looking at our Almighty God! Name a few things about God that can help you refocus.

3. Warfare

Read Together: Psalms 68:1 (ESV)

- When you worship, God goes to war for you! We release His armies when we worship!
- What are you asking God to battle for you?
- Take some time to worship and release your need to the Lord.

Prayer:

Lord, thank you for the reminder that you are bigger than what I am facing! Please help me to refocus on you. I worship you because you are Good, and your mercy endures forever!