

STRENGTHWORSHIP: LOVING GOD WITH YOUR BODY

What are the physical things we do when we attend a worship service?

If authentic worship is our genuine response to what God has already done. How do we respond to God's love, grace and blessing through what we do physically in worship? What physical expressions of worship have you seen that are different from what you are used to?

What did you think or feel about the "Mass: We Pray" video? What is wrong with this kind of "game?" How does this reflect our attitude toward worship?

What does Dr. Martin mean by "spiritual schizophrenia?" How are our spiritual lives influenced by our physical actions (and vice versa)?

Read 1 Corinthians 6:16-18. What is this passage say about our physical activity and our relationship with God?

What do you know about body language? How do you feel if someone's body language says you are ignoring them? What must God's response be to our body language in worship?

What do the Psalms say about our physical expressions in worship? Psalm 47:1, Psalm 95:6; Psalm 134:2; Psalm 149:3

Read 1 Corinthians 6:19-20. What does it mean that our bodies are a Temple of the Holy Spirit? Verse 20 says that we are to "let people see God in and through your body." How do we do that in everyday life? In worship?

What physical positions for prayer do you practice? What other physical positions of prayer or worship are you aware of? What new way would you be willing to try?

What is it that stops us from expressing our love to God in worship through our bodies?