

The Overflowing Life – Part 1

Worship: Responding to God’s Overflow Study Questions

1. What were your experiences in worship as you grew up? Were they positive or negative? If your family did not attend church, what did you do on Sunday mornings? And what did you think about people who did go to worship services?
2. Harold Best said, *“At this very moment, and for as long as this world endures, everybody inhabiting it is bowing down and serving something or someone ... We are, every one of us, unceasing worshippers and will remain so forever.”* What does that mean? Can you give specific examples of Best’s statement?
3. Do you agree with the statement that we live in a body-conscious culture? Is “body-hatred” an accurate way to describe what many feel in our culture? Why is this so powerful? How does the Gospel help us with body image? If you have children, how can you help them in this area?
4. *“The essence of our worship – and all of Christian spirituality - is found in these two words – through Jesus.”* Read Hebrews 3:15-16. What does that mean?
5. Matt said, *“Let every act of your body declare that God is your treasure.”* Do you have a hard time with this statement? Do you really live that way? If you don’t like the way Matt said, then read Romans 6:13 and 6:19. What does it mean to offer the “parts of your body as instruments of righteousness”? Be practical and specific to your life.
6. What is the difference between “thinking about God” and “delighting in God”? Can they actually work together? How so? And how do you “taste God”? Again, be specific to your life.
7. John Piper said, *“For many Christianity has become the grinding out of doctrinal laws from collections of biblical facts. But childlike wonder and awe have died. The scenery and poetry and music of the majesty and wonder of God, the generosity of God’s outpouring love, have dried up like a forgotten peach at the back of the refrigerator.”* Has this happened to you? Does it describe the state of your soul right now?

Action Point: What do you need to do (or what can we do for you) to “re-delight” yourself in the Lord?

Action Point: Identify and pray for someone who needs to taste or “re-taste” that the Lord is good. What can you do to reach out to this person?