

Basic Training Lesson 7.2

Restoring Worship – Lesson 2

1 Corinthians 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1. Introduction
1. This is the second part of our lesson on restoring worship.
2. Wednesday night we spoke about the Tabernacle of David and how that boisterous worship went on in that tabernacle with all sorts of musical instruments, singing, and physical expressions of worship.
3. That tabernacle fell into ruins after David's death, but the Prophet Amos spoke of a day that it would be restored and when it was, many Gentiles would come to worship the Lord.

4. Then in Acts 15, we read of how the church was the fulfillment of the restoration of the tabernacle of David, and with restored worship many Gentiles came in to worship the Lord. And that includes us.
5. So it is important that the church in our day continue the efforts to restore the kind of worship found in the Tabernacle of David.
6. Today we will cover what some of that worship included.
7. Not everyone is familiar with that kind of worship. I wasn't. And in fact, my first visit to a Pentecostal church in May 1976, was a culture shock. I had never seen or felt anything like that before in church.
8. I grew up in a church that was much quieter and calm. In my church, as you entered, you would pick up a little booklet we called the *Monthly Missalette*. It was like a script for what to expect in the services that month.
9. It included what the minister would say and the congregation was to respond; when to

sit, when to kneel, when to stand, when to make the sign of the cross; when to pray and what to pray and what to say when you asked Mary, the angels and saints to pray for you for forgiveness; when to take communion and what to say when you do; it gave the closing blessing and said when you could leave.

10. We would say what was in the book and otherwise be quiet and respectful.
11. So when I entered the Pentecostal church, it was a great contrast. Folks were raising their hands, shouting praises to God, some even dancing and leaping and speaking in languages I had never heard. They had two books in this church: a songbook and the Bible.
12. But overall, what caught my attention was the unity and expressions of joy I saw. Those people were feeling something and I liked it.

13. I began to study the Bible and realized it had something to say about how to worship God. Jesus said it like this:
John 4:23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.
14. That church seemed to make that their goal. And this lesson series has the goal also to seek the truth about it means to worship God then do it with all our passion or spirit.
15. Let's start by considering why we worship.

II. Why worship?

A. God is great

1. One great reason to worship God is simply because God is great!

Psalms 95:3 For the LORD is a great God, and a great King above all gods.

2. *Psalm 104:1 Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.*

3. *Psalm 48:1 Great [is] the LORD, and greatly to be praised in the city of our God, [in] the mountain of his holiness.*
4. There are other qualities about God that reveals how He is great and like no other:
[slide] God is omnipotent; God is omnipresent; God is omniscient; God is Creator; God is love; God is truth; God is holy!
5. But the best reason to worship God is because God is searching for worshipers.
John 4:23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

III. Our standard – the Bible

- A. The Bible or something else
 1. There are plenty of examples of worship found in the Bible, even commands to worship God in a certain way.

2. Maybe you were like me and had been passed down some religious traditions that you had grown comfortable with.
3. But I want to challenge you to consider what the Bible that speaks of how to worship God, even if it pushes you beyond your tradition or comfort zone.
4. We discussed on Wednesday night that there were examples of worship that God rejected:
 - a. like half-hearted worship that gave less than best; or
 - b. worshiping the one true God alongside other false gods; or
 - c. keeping our filthy ways and hoping God would accept our worship.
5. We discussed the proper attitude that we must have toward worship as Jesus describe it:

Mark 12:30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul,

and with all thy mind, and with all thy strength: this is the first commandment.

6. Let's discover some of the ways to worship that God asked us to give.

IV. Physical expressions of worship

A. The Mouth

1. Ways to use our mouths in worship are talking, shouting, singing, laughing, and speaking in tongues.

2. Talking is what we might do in a testimony: *Psalms 71:24 My tongue also shall **talk of thy righteousness** all the day long: for they are confounded, for they are brought unto shame, that seek my hurt.*

3. Shouting out to God is a more excited expression of praise that involves a louder voice than just talking.

*Psalms 47:1 O clap your hands, all ye people; **shout** unto God with the **voice of triumph.***

4. Singing to God in worship is another way to use our mouths in worship:
*Psalms 47:6 **Sing** praises to God, sing praises: sing praises unto our King, sing praises.*
5. You may recall the story of Paul and Silas in Acts 16, how they had been arrested and beaten and thrown in jail.
Acts 16:23-25
*23 And when they had **laid many stripes** [inflicted many blows] upon them, they cast them into prison, charging the jailor to keep them safely:*
24 Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks.
*25 And at midnight Paul and Silas prayed, and **sang praises unto God**: and the prisoners heard them.*
6. Singing praises to God is appropriate in both good and bad times.

7. It sounds odd, but laughter is also an appropriate response of worship:
Psalms 126:1-2
1 When the LORD turned again the captivity of Zion, we were like them that dream.
*2 Then was our mouth filled with **laughter**, and our tongue with singing: then said they among the heathen, The LORD hath done great things for them.*
8. Another form of worship using our mouths, is speaking in tongues. That involves an utterance by the Spirit of God using our mouth to speak.
9. Used in worship, it is our spirit speaking directly to God's Spirit.
10. Speaking in tongues has a three-fold purpose in scripture:
 - a. The initial evidence of receiving the Holy Ghost,
 - b. A form of private communication with God in prayer, and

- c. When interpreted, a way that God communicates a message to the church.
11. When speaking in tongues as worship to God, it accomplishes us praying mysteries directly from our spirit to God. It's kind of like God's secrets being shared between us and Him in that special kind of worship.
 12. But even though we don't know what we are praying in that worship time, it edifies or builds us up.

1 Corinthians 14:2 *For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in **the spirit he speaketh mysteries.***

1 Corinthians 14:14 *For if I pray in an unknown tongue, **my spirit prayeth**, but my understanding is unfruitful.*

1 Corinthians 14:4 *He that speaketh in an unknown tongue **edifieth himself**; but he that prophesieth edifieth the church.*

B. The hands

1. Lifting hands and clapping hands are appropriate expressions of worship. Lifting the hands is a sign of surrender because it reveals empty hands and submission.

Psalms 134:2 Lift up your hands in the sanctuary, and bless the LORD.

1 Timothy 2:8 I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.

2. Clapping hands is another form of worship. It expresses approval, admiration and respect. We also can clap our hands in rhythm to a song.

Psalms 47:1 O clap your hands, all ye people; shout unto God with the voice of triumph.

3. Raising your hands and clapping your hands fit in well in the biblical worship zone.

c. The feet

1. Feet can be used in worship through standing, leaping, running and dancing.
2. We stand in the house of the Lord to show honor to God, to express praise, to sing:
Ps 135:1-3
1 Praise ye the LORD. Praise ye the name of the LORD; praise him, O ye servants of the LORD.
*2 Ye that **stand in the house of the LORD**, in the courts of the house of our God,*
3 Praise the LORD; for the LORD is good: sing praises unto his name; for it is pleasant.
3. That is also why we stand when we introduce the scripture:
*Neh 8:5 And Ezra opened the book in the sight of all the people; (for he was above all the people;) and when he opened it, **all the people stood up:***
4. Running and leaping are also expressions of extreme joy and excitement we find used for worship. Like when a crippled man was healed:

Acts 3:8-9

*8 And he **leaping** up stood, and walked, and entered with them into the temple, **walking, and leaping, and praising God.***

9 And all the people saw him walking and praising God:

5. Jesus said to leap for joy (He did in Luke 10:21) when we are treated badly for the Lord's sake:

*Luke 6:23 **Rejoice** ye in that day, and **leap for joy:** for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.*

6. If you are poorly treated, you can sing in worship, and leap for joy. When you do, then you are in the company of some really great people like the prophets of old and like Paul and Silas.
7. It also demonstrates great trust in the Lord and honors His name when we respond with worship in negative circumstances.

8. People's faith is inspired when they see others go through trials and still worship God.
9. Jesus said that leaping for joy should be our response when people hate us, use us, separate from us, reproach us, and speak evil of us for Jesus' sake.
10. So running and leaping are physical acts of worship that may not be part of your tradition or be in your comfort zone, but they are certainly in the biblical worship zone.

D. Dance

1. Many cultures use dancing to express joy and celebration.
2. The scripture includes dance as an acceptable form of worship to God:
Ps 149:3 Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.
Ps 150:4 Praise him with the timbrel and

dance: praise him with stringed instruments and organs.

3. The word “dance” is used seven times in the Bible in relation to worshiping the Lord.
4. When you study the Hebrew and Greek words that are translated as “dance” or similar words, you get these literal definitions: circle in joy, circle dancing, leap, jump up and down, play, dance.
5. Being under the influence of the Holy Ghost makes you want to move!
6. That is probably why on the Day of Pentecost, the onlookers on the street accused the disciples of being drunk. Perhaps the combination of tongue talking and shouting and dancing of those who had just received the Holy Ghost made them think they were drunk.
7. Based on personal experience, I have found that when we begin offering physical expressions of praise to the Lord, like clapping, raising our hands, speaking praises

to the Lord, leaping, or dancing, it is often the case that the Spirit will move on our obedience and will take us into deeper worship.

8. What begins as a physical expression of our own will to please God, ends up with the Holy Ghost pouring all over it so that it becomes something more deep and spiritual.
9. We know that when King David danced before the Lord, it was not because he had the Holy Ghost like we do:
2 Sam 6:14 And David danced before the LORD with all his might; and David was girded with a linen ephod.
10. So it is fine to begin dancing out of physical obedience and then let the Lord do something with it—maybe even make you look like a drunk!
11. While dancing may not be part of your tradition or in your comfort zone, dancing is certainly in the biblical worship zone.

- E. Body posture
 - 1. Now moving beyond those kind of physical responses in worship, we can consider our posture, such as bowing, kneeling, laying prostrate in worship.
 - 2. Bowing is a way to show respect to someone deserving of honor.
 - 3. Kneeling is similar but expresses a more extreme level of respect and honor and involves total submission.
 - 4. Bowing and kneeling fit in well with intense worship.

*Eph 3:14 For this cause I **bow my knees** unto the Father of our Lord Jesus Christ, Ps 95:6 O come, let us worship and **bow down**: let us kneel before the LORD our maker.*
 - 5. Falling prostrate before the Lord is very similar to bowing and kneeling, but is an even more extreme response showing complete submission to God.

6. It may mean lying flat on the floor with face to the ground or something similar to bowing.
7. It is as though the person is presenting themselves before the Lord as a sacrifice.
*Matt 2:11 And when they were come into the house, they saw the young child with Mary his mother, and **fell down**, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh.*
Acts 9:3-4
3 And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven:
*4 And **he fell to the earth**, and heard a voice saying unto him, Saul, Saul, why persecutest thou me?*
Rev 1:17 *And when I saw him, **I fell at his feet as dead**. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last:*

8. Bowing, kneeling, lying prostrate are extreme expressions of worship, and while they may not be part of your tradition or in your comfort zone, these are in the biblical worship zone.

v. Conclusion

A. Summary

1. Use your mouth to express praise, sing, shout, laugh, and speak in tongues unto the Lord in worship.
2. Use your hands to clap and to lift up as a worship unto the Lord.
3. Use your feet to stand, leap, run, and dance before the Lord in worship.
4. Use your body to bow, fall to your knees, or even lie prostrate in worship unto the Lord.
5. Why don't we end this lesson with practicing some of that.

Psalm 48:1 Great is the LORD, and greatly to be praised in the city of our God, in the mountain of his holiness.

- B. Waters to swim in
1. God showed Ezekiel a vision that provides a good illustration of this in Ezekiel 47:1-5.
 2. In this vision, Ezekiel saw a river flowing out from the altar in the house of the Lord.
 3. God took him out into waters that were first to his ankles, then to his knees, then to his hips. But as the water rose, it became “waters to swim in.”
 4. When you dive into this kind of worship experience, you may feel the fear of deep waters and want to remain in ankle-deep waters.
 5. Why? Because it is more comfortable and you can dabble in but all the while be safely in control of the experience.
 6. But as you move out deeper, the depth of the water will begin to have a stronger control on your movements so that eventually you may have to “go with the flow.”

7. I guarantee you, you won't drown. The Holy Ghost is a life preserver that will bring you joy and deep communion with God.
8. Since Jesus purchased us with His sacrifice on the cross, why not put aside learned traditions and learn to give ourselves to worshipping God?

*1 Corinthians 6:20 For ye are bought with a price: therefore **glorify God in your body, and in your spirit, which are God's.***