

“You might have the impression that your everyday life is the dreary same old, same old. It isn't. Daily life is rich and meaningful. Every encounter, every challenge, every disappointment, and every delight is a place where God can be found.” **Jim Manney**



“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him”

**Colossians 3:17**

“I will extol the Lord at all times; his praise will always be on my lips.” **Psalm 34:1**

### **ALL FOR JESUS** – week 3 – **Worship.**

From the hymn by Frances Ridley Havergal written on 4<sup>th</sup> Feb 1874:

*Take my voice and let me sing always, only for my King.*

*Take my lips and let them be filled with messages from thee.*

**SONGS OF WORSHIP** – Songs like *When the music fades* (Matt Redman) or *This is my desire to honour you* (Reuben Morgan) will fit with the theme for this week.

**BIBLE PASSAGES** referred to in the video:

**Psalm 34:1-8** and **James 3:1-12** (and optionally read on to include **13-18**)

**THEMES EXPLORED** this week:

There are 2 themes corresponding to the 2 parts of the 3<sup>rd</sup> verse of the hymn.

- (i) The joy of singing and sung worship, alone and with others, is explored.
- (ii) The potential to use our words for ill or for blessing is opened up, including the possibility of sharing (with others) words and truths prompted by the Holy Spirit.

### **HEADLINES FROM THE VIDEO**

Eleanor says, “When we sing with others, we can so easily find ourselves worshipping God one moment and in the next (we are) saying something we regret later... *‘Take my lips and let them be filled with messages from thee.’* What a prayer to pray daily. It’s a prayer filled with (the) desire to speak truth and love to those we come into contact with.”

USE ANY OF THE FOLLOWING QUESTIONS TO CLARIFY AND DRAW OUT THE THEME(S):

Psalm 34:1-8 and James 3:1-12 (and optionally read on to include 13-18)

Giving thanks and offering praise

- Read Psalm 34:1-8 and then share any encouragements and answers to prayer
- Take time to share our *gratitude, thankfulness and joy* with one another and then with God

Thinking about environments such as your workplace, friendship group, neighbourhood or online forums

- Which 'voices' affect the atmosphere and the 'tone' of conversations?
- Do you find it easy or difficult to make your voice heard?
- Are people aware that you are a Christian? Have you ever shared something which 'redirected' the conversation in a positive way?

The following questions require a degree of openness and honesty... please tread lightly!

- If your tongue is a "rudder," what direction is it currently steering your relationships, work, and inner life?
- Where have your words recently brought life? How often do you speak praise or encouragement to others?
- Are there any habits or patterns of speech that the Holy Spirit is inviting you to notice or surrender?

Wisdom from the rest of the chapter

- What insights do verses 13 to 18 offer?
- Are there examples of God-given, heaven-sent wisdom you can think of?

**MAKE IT PERSONAL – some options**

A number of Christian traditions encourage the use of a **prayer of examen** at the end of the day. It helps you to look back on the day and reflect on your words and actions. Why not try it sometime this week. (See below)

If there are habits and situations which regularly '*press your buttons*' (*and you say things you regret*), consider sharing this with a close friend and ask for God's help.

Try singing a very simple, familiar worship song... on your own... without backing or instruments. For example, "*I love you Lord and I lift my voice*" or "*Praise God from whom all blessings flow*"

## GROWING IN OUR DISCIPLESHIP - heart, head, hands and feet

Drawing on the gospels and some key discipleship books, we have discerned a balanced, rounded framework for discipleship today which encompasses the life-giving habits for disciples walking in the way of Jesus today. The questions help us to reflect on what we're taking away by way of *learning and encouragement...* and *challenge!*

It would be helpful to give group members a copy of this page 😊

Area of our discipleship	In words...	Key thought explored in this study	A question to consider
	Loving Jesus		
	Learning from Jesus		
	Imitating Jesus	The study invites us to reflect on our words which can <i>harm or bless</i> .	What is truly going on in my inner thoughts and emotions? Do I need to talk this through with a friend?
	Sharing Jesus	God may want us to 'share a message' with someone we meet.	Am I open to so-called 'nudges' from the Holy Spirit to share a message from God with others?

### POCKET EXAMEN

A 5-step method for reviewing the day with God.

#### CENTRE

Take a moment to become aware of God, myself and my surroundings.

#### GRATITUDE

What am I especially thankful for today?

#### REVIEW

What brought me joy today?  
What was challenging?

#### TURN TO GOD

What could I have said or done differently?  
Say 'sorry' to God if needed.

#### LOOK FORWARD

Receive God's peace and ask God for His help and guidance for tomorrow.

Note: This is a simple, but effective examen prayer. It can be prayed at the end of a day or even at the end of a week.

If you do a web search, other versions of this are available. The 24-7 prayer toolshed has a range of prayer resources including an examen guide.

See <https://prayercourse.org/toolshed/>