

# Rhythms | Worship & Sabbath

Psalm 95:1-7

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## Review

- Rhythms are spiritual practices we bring into our lives that help us make space for true transformation.
- So far we have discussed...
  - Sharing in God's story
  - Devotion to God's Word
  - Prayer
  - Finding freedom through inviting God's truth to replace the lies we believe
- Today we will explore two additional rhythms – Worship & Sabbath Rest

## The Rhythm of Worship

- Definition: "Worship' is the term we use to cover all the acts of the heart and mind and body that intentionally express the infinite worth of God...Worship is basically adoration." – John Piper
- Romans 11:33-12:2 (The Message)
- Worship is a lifestyle more than an event.
- Worship is both corporate and private.
- Worship will be our primary activity in heaven.

## The Rhythm of Sabbath Rest

- Definition: Because of God's love for me, I can truly rest, knowing my worth isn't based on what I do.
- Deuteronomy 5:12-15
- Sabbath is a practice that Jesus modeled.
- Sabbath is a practice that requires space.

## Conclusion – Take a step...

- Steps we can take to enhance our practice of worship...
  - Regularly gather with other believers.
  - Explore your spiritual temperament.
  - See God in your work.
- Steps we can take to enhance our practice of Sabbath...
  - Dedicate time.
  - Unplug.
  - Sabbath together.

## Resources & Additional information:

- For a list of recommended resources to help you dig deeper into these rhythms visit <https://www.westminster.org/resources/>
- List of Spiritual Temperaments (taken from Sacred Pathways: Discover Your Soul's Path to God by Gary Thomas)
  - **Naturalists** love God best outdoors. These people worship in the midst of God's creation. They celebrate His majesty and discover spiritual truths through nature.
  - **Sensates** love God through their senses. These people worship through sensual experiences: sights (like art), sounds (music), smells, and more.
  - **Traditionalists** love God through religious rituals and symbols. These people worship through the traditions and sacraments of the Church. They believe structure, repetition, and rigidity, like weekly liturgy, leads to deeper understanding of God and faith.
  - **Ascetics** love God in solitude and simplicity. These people worship through prayer and quiet time, and the absence of all outside noise and distraction.
  - **Activists** love God through righteous confrontation, fighting for godly principles and values. They worship through their dedication to and participation in God's truth about social and evangelistic causes.
  - **Caregivers** love God by serving others, and worship by giving of themselves. They may nurse the sick and disabled, "adopt" a prisoner, donate time at a shelter, etc.
  - **Enthusiasts** love God through mystery and celebration. These people worship with outward displays of passion and enthusiasm. They love God with gusto!
  - **Contemplatives** love God through adoration. These people worship by their attentiveness, deep love, and intimacy. They have an active prayer life.
  - **Intellectuals** love God with their mind, and their hearts are opened to a new attentiveness when they understand something new about God. These people worship through intense study, apologetics, and intellectual pursuits of their faith.