

# Worship

## Module 1: Worship without Song

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### Introduction

As we have come to know, our worship is more than a song, it's our all of life response, to the worth of who God is and what He does. An 'all of life' response.

This module enables us to respond to God, worshipping God, without song.

Remembering the three key responses.

To recognise His worth in our mind

To resonate with His worth in our Hearts

And respond to His worth, with our bodily posture and our words.

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### Recognise His worth

Read a Psalm out loud together

**Leader** reads the **bold letters**, rest of the group read normal type

#### Psalm 145

**I will exalt you, my God the King;  
I will praise your name for ever and ever.  
Every day I will praise you  
and extol your name for ever and ever.**

Great is the Lord and most worthy of praise;  
his greatness no one can fathom.

**One generation commends your works to another;  
they tell of your mighty acts.  
They speak of the glorious splendour of your majesty  
and I will meditate on your wonderful works.  
They tell of the power of your awesome works  
and I will proclaim your great deeds.  
They celebrate your abundant goodness  
and joyfully sing of your righteousness.**

The Lord is gracious and compassionate,  
slow to anger and rich in love.

The Lord is good to all;

he has compassion on all he has made.

**All your works praise you, Lord;  
your faithful people extol you.  
They tell of the glory of your kingdom  
and speak of your might,  
so that all people may know of your mighty acts  
and the glorious splendour of your kingdom.**

Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.  
The Lord is trustworthy in all he promises  
and faithful in all he does.

**The Lord upholds all who fall  
and lifts up all who are bowed down.  
The eyes of all look to you,  
and you give them their food at the proper time.  
You open your hand  
and satisfy the desires of every living thing.  
The Lord is righteous in all his ways  
and faithful in all he does.**

The Lord is near to all who call on him,  
to all who call on him in truth.

**He fulfills the desires of those who fear him;  
he hears their cry and saves them.  
The Lord watches over all who love him,  
but all the wicked he will destroy.**

My mouth will speak in praise of the Lord.  
Let every creature praise his holy name  
for ever and ever.

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In silence, read the Psalm again.

**My delight is in the Word of the Lord, and on Your Word I meditate day and night.  
Psalm 1:2**

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Resonate with His worth

**In silence**, consider what the Holy Spirit is emphasising to you.

**For God alone my soul waits in silence; from Him comes my salvation.  
For God alone, O my soul, wait in silence, for my hope is from Him.  
Psalm 62:1&5**

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## Respond to His worth

As a result of what He has shown you of who He is and what He does, respond in two ways;

1. by changing your bodily posture.

Suggestions

Stand in His presence, to acknowledge him and his nearness

Raise hands, as an act of acknowledging his word or in surrender to Him

Bow

Lying facedown in submission

Open your hands as a sign of receiving

Dancing or clapping in celebration

2. by speaking to God

thanking Him, praising Him [it doesn't have to be lots of words, just sincere and as a result of all you have resonated with]

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## Conclusion

Live out His word to you.

**'So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.'**

**The Message Bible**

Whatever he has said to you or shown you in this moment, live it out in your everyday, ordinary life.