

BEN WASHINGTON BAPTIST CHURCH

BIBLE STUDY

Are you Disciplined to be Spiritual?

The Discipline of Worship – Part 6

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SPIRITUAL DISCIPLINES

BIBLE STUDY SERIES SCHEDULE

Week #1 – February 4, 2026

“The Purpose of Spiritual Disciplines”

Week #2 – February 11, 2026

“The Discipline of Bible Intake”

Week #3 – February 18, 2026

“The Discipline of Bible Study & Meditation”

Week #4 – February 25, 2026

“The Discipline of Prayer”

Week #5 – March 4, 2026

“The Discipline of Fasting”

Week #6 – March 11, 2026

“The Discipline of Worship”

Week #7 – March 18, 2026

“The Discipline of Fellowship & Accountability”

Week #8 – March 25, 2026

“The Discipline of Service & Stewardship”

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The purpose of **spiritual disciplines** is to intentionally cultivate spiritual growth, transform one's inner self, and deepen a relationship with God (or a higher power) by developing habits like prayer, scripture study, and fasting. They are not the goal itself but rather spiritual "exercises" or training tools, much like athletic training, that build spiritual strength, foster reliance on God, and help align one's life with divine will, leading to greater likeness to Christ and spiritual maturity.

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The Discipline of Worship

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Understand the Discipline of Worship!

The spiritual discipline of worship is the intentional act of ascribing worth, adoration, and reverence to God, moving beyond music to a lifestyle of total devotion and surrender. It involves focusing on God's greatness through prayer, scripture, and service, offering one's body as a "living sacrifice".

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Key Aspects of the Discipline of Worship:

Focus on Worthiness: Derived from "worth-ship," it is a response to God's inherent value and greatness.

Lifestyle, Not Just an Event: While corporate worship is important, it is a daily practice involving obedience, gratitude, and honoring God in all actions.

Heart and Mind Engagement: True worship requires sincerity and truth, not just external rituals.

Forms of Expression: Actions include singing, bowing, kneeling, lifting hands, and silent adoration.

Overcoming Self-Focus: Worship shifts focus from personal struggles to God's sovereignty, often bringing peace and breakthrough.

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Theme Scripture

John 4:23–24

“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth.”

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WHAT IS WORSHIP?

Definition: Worship is the intentional response of reverence, love, obedience, and adoration offered to God for who He is and what He has done.

Worship is not simply music, singing, or church attendance—it is a lifestyle of honoring God.

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Key Scriptures

Psalm 95:6

Romans 12:1

Hebrews 13:15

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Romans 12:1

“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

Key Principle: True worship involves the surrender of our lives to God.

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Why Worship is a Spiritual Discipline

A spiritual discipline is a practice that positions believers to grow closer to God.

Worship trains the believer to:

- Focus on God rather than self
- Align the heart with God's will
- Develop reverence and gratitude
- Cultivate intimacy with God

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Psalm 29:2

“Give unto the Lord the glory due to His name; worship the Lord in the beauty of holiness.”

Key Principle:

Worship **reshapes** the heart and **re-centers** life around God.

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The Object of Our Worship

The only proper object of worship is God Himself.

Exodus 20:3 - “You shall have no other gods before Me.”

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Luke 4:8 - “You shall worship the Lord your God, and Him only shall you serve.”

Key Principle: Anything that takes God's place in our heart becomes an idol.

Examples of modern idols:

- Money
- Status
- Career
- Relationships
- Personal success

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Worship in Spirit and Truth

John 4:23–24

Jesus teaches two essential elements of true worship

Worship in Spirit

This means worship must come from the heart, not merely outward ritual.

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Characteristics

- Genuine
- Spirit-led
- Passionate devotion
- Personal connection with God

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Worship in Truth

This means worship must be **grounded in the truth of God's Word.**

True worship

- Aligns with Scripture
- Honors God's character
- Reflects sound doctrine

Key Principle

True worship requires both heart and truth.

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Expressions of Worship

Worship can be expressed in many ways.

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1. Praise and Singing

Psalm 100:1–2

Make a joyful noise unto the LORD, all ye lands. 2 Serve the LORD with gladness: come before his presence with singing.

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2. Prayer

Psalm 141:2

Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice.

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3. Giving

Proverbs 3:9

Honour the LORD with thy substance, and with the firstfruits of all thine increase:

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4. Obedience

1 Samuel 15:22

And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

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5. Service

Colossians 3:23

And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

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6. Thanksgiving

Psalm 107:1

O give thanks unto the LORD, for he is good: for his mercy endureth for ever.

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Key Principle

**Worship is more than a moment on Sunday—
it is a daily posture of the heart.**

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Worship in the Life of the Believer

Acts 2:46–47

The early church practiced regular worship together.

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Two Dimensions of Worship

Personal Worship

- Prayer
- Scripture reading
 - Meditation
- Personal praise

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Two Dimensions of Worship

Corporate Worship

- Gathering with the church
 - Singing together
 - Hearing the Word
- Communion and fellowship

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Hebrews 10:25

“Not forsaking the assembling of ourselves together...”

Key Principle

God designed worship to be both personal and communal.

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Obstacles to True Worship

Several things can hinder worship

- Distraction
- Unconfessed sin
 - Pride
- Ritual without relationship
- Spiritual complacency

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Isaiah 29:13

“These people honor Me with their lips, but their hearts are far from Me.”

Reflection Question: What things most often distract you from worshiping God wholeheartedly?

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Cultivating the Discipline of Worship

Practical steps:

- Start each day acknowledging God
 - Practice gratitude daily
 - Meditate on God's character
- Sing or listen to worship music regularly
 - Engage fully in corporate worship
 - Live obediently to God's Word

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Psalm 34:1

“I will bless the Lord at all times; His praise shall continually be in my mouth.”

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The Ultimate Goal of Worship

The ultimate goal of worship is to glorify God and enjoy His presence.

Revelation 4:11 - “You are worthy, O Lord, to receive glory and honor and power...” Heaven itself is centered around eternal worship of God.

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Final Reflection

Ask yourself:

- Is worship something I only attend, or something I live?
 - Does my life bring glory to God?
 - Am I worshiping God in spirit and truth?

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Weekly Application

This week:

- Spend 10 minutes each day in personal worship
- Write down three things you thank God for daily
- Prepare your heart intentionally before corporate worship

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Questions?