

Engage

Behold and Bow Down - What is Worship?

Larissa Nelson

October 6, 2024

Cedar Grove's Mission: _____

This mission comes straight from the words of Jesus - Mark 18:28-31

- This is nothing new; Jesus is calling back to earlier scriptures and themes. For example, Deuteronomy 6:5: Love the **LORD** your God with all your heart and with all your soul and with all your strength.
- Loving God is **THE** starting point. It is the hinge upon which all of the other commandments lie. It is the foundation. Without it, our church will be like a ship without a rudder just spinning in circles.

The words used for “worship” in the Bible:

- **Shachah** - To bow down in worship.
E.g. Genesis 22:5: Abraham and Isaac will go up to worship (**shachah**) on the mountain
- **Barak** - To bless, to kneel.
E.g. Psalm 103: 1 “**Barak**” (bless, kneel before) the Lord, oh my soul
- **Halal** - Root of “**hallelujah**”: to boast, to show. E.g. Psalm 22:22 “I will declare Your name to my people; in the assembly I will praise (**halal**) You”

Other verbs include:

- **Yadah** (worship with raised hands)
- **Zamar** (worship with instruments)
- **Tehillah** (worship with singing)

The first passage is Luke 10:38-42

- Mary & Martha

The second passage is John 12:1-8

- Mary pouring expensive perfume on Jesus's feet

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So this poses you and I with a question:

- **Are we prioritizing the presence of Jesus?** Are we taking moments and pauses out of life to just BE? To be still and KNOW that He is God (Psalm 46:10)? Or, are we rushing around trying to get everything done for the sake of the kingdom without focusing on the RELATIONSHIP?
- **Are we chasing the kingdom and forgetting the king?** Are we running the race and forgetting the prize? Are we preparing everything in the house and not opening the door to the one who stands at your door and knocks?

So, as a schoolteacher, I have some homework for you this week:

1. **Put IN YOUR CALENDAR** an uninterrupted chunk of time to behold Jesus this week. Put the phone away, put the to do list away, put the chores and cooking away for a sec, and sit at his feet. Read His words, meditate on them, memorize them, pray them out. Ask to hear His voice. Take a look around in nature and spot his handiwork in the birds, in the rustling Fall leaves, in the unique designs of the clouds in the skies. Ask Him to show you something about His character. **Take time to truly BEHOLD HIM.**

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2. **As you behold Him**, if you feel a tug on your heart to respond, let yourself respond freely. If you notice that your knees start to buckle and you physically want to bow down to Him, don't be embarrassed. Bow down to the King of Kings; He is worthy. If you notice that your hands want to raise in joyous praise and surrender, lift those hands high; He is worthy. If you feel inspired to sing or dance or shout a huge thanks, you let it soar; He is worthy. Whatever bowing down in worship looks like for you, humble yourself in reverence and awe, and respond in worship. All the angels are doing it, the elders cast their crowns, because nothing else compares to the risen Christ. **He is WORTHY.**