

Biblical Counseling Center publishes eCounselor's Weekly guide, to encourage counselors and all believers in discipleship and daily growth.

### "What is Worship?" By Sherry Allchin, M.A.

The National Day of Prayer got me to thinking about worship, why we worship and who we worship. Many define going to church as worship. Others see the music portion of a service as worship. Still others see just the prayer as worship.



#### **Real Worship is a Relationship from the heart.**

While it is true that church attendance, music, and prayer are key parts of corporate worship, real worship is a 24/7 lifestyle choice that originates from who or what we love. Real worship is a matter of the heart (Mark 12:28-31). When we truly love God with our whole heart, then we value what He values in every aspect of our lives (John 4:23, 24).

#### **Christianity is a relationship.**

If we miss the vertical relationship, we miss Christianity! Relationships require contact on a regular basis. It is fun to watch young couples go to almost any extreme to communicate and see each other during those pre-marital days. Can you imagine how strong our marriages would be or what sort of relationship we would have with the Lord if we approached His Word and prayer with the same focus and intensity as a young couple in love!

To love the Lord with our whole hearts is to do whatever necessary to be with Him and to live for Him. We value the time we spend with Him in prayer and in His Word. We worship God when we choose to obey Him (John 14:15).

#### **What or Who we worship defines us.**

Our focus for living (what we worship) is revealed by our responses to life's situations (Mark 7:20-23; Galatians 5:16-25). What we choose to do with our "free" time tells us what we truly worship. If our first concern is always how this will affect me rather than the glory of God and good of others, we are worshipping at the throne of self.

When we worship God, we can praise Him even in the midst of difficult trials, trusting Him for help, thanking Him for the victories He gives, choosing to obey His Word no matter how we feel knowing that He promises a good result in His time. This produces spiritual maturity, Christ-likeness, which is the highest form of worship, becoming like the One we worship!

#### **True worship produces Biblical change!**

Biblical change that pleases God requires more than just understanding doctrine or attending church or performing spiritual disciplines (Jas 1:22). When we choose to love God with our whole heart and obey His Word in every area of life, we experience lasting change (Lk 6:39-49; 1Cor 10:31) and we are truly worshipping Christ in Spirit and in Truth!

#### *Counselor's Insight:*

- 1. Help your counselee determine what he truly loves and worships*
- 2. Determine the idols of their heart that need rooting out*
- 3. Help them develop a love for God and others*
- 4. Coach them in replacing their sinful behaviors with Biblical choices*

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