



BEING A Worshiper

Connect 16

'Hear this, you kings! Listen, you rulers! I, even I, will sing to the Lord; I will praise the Lord, the God of Israel, in song.' (Judges 5:3 NIV)

DEBORAH: *Her heart's posture was a posture of worship.*

Deborah knew how to worship God and that is the reason why her heart's posture was so healthy. Just as a good physical posture brings health and confidence to your life so a good spiritual posture aligns your life to God, gives you a healthy soul and spirit, and confidence in God. In a generation that had forgotten how to worship God, Deborah worshiped God on her knees, she worshiped with her arms raised and battle-ready, and she worshiped with a full voice of praise.

Take some time to consider the following questions in relation to your own life:

- **Read Mark 1:35.** Jesus made time to be alone with his Father. Where and when do you make time to meet with God? Is there anything you need to change?
- Read Romans 12:1,2 (MSG) Think about your words and conversations, your relationships and your work. In what ways does your worship affect the way you live your everyday life? In what ways do you worship God in your everyday life?
- **Read Judges 4:14; Psalm 43:5 and Psalm 47:1.** Deborah spoke encouragement and faith before the battle rather than letting fear silence her. Sometimes we need to speak to our soul rather than listen to it. What challenges are you facing that could silence you? What do you need to speak to your soul?

- **Read Judges 5:1-3 and Ephesians 5:18-20.** Deborah's song echoes down the generations and inspires and reminds us of what God has done. Share with each other a testimony of what God has done in your life that could inspire and encourage others.
- What songs have inspired and encouraged faith in you?

Study tip: When you want to study a topic from the Bible such as worship, it is helpful to use a concordance in order to find other Scriptures that refer to that topic. Other Bible passages bring more light and a fuller picture to what you are studying.

Pray: Pray for each other that you will stay focused on God and keep on worshiping Him in the midst of your daily life and challenges.

Highlights:

Encounter for Youth Oct 2nd to the 4th



