



Actionise your Worship

Kylie McCormick
December 18, 2022

REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will read the story of the Shepherds and the Magi as I prepare my heart and mind for Christmas
- I will reflect on ways that I can embody a posture of worship
- I will let my sight draw me to see something extraordinary that God has placed in front of me
- I will listen intently to conversations with friends and family as a form of worship
- I will actively engage in a time of worship music, listening for how God is forming me in the sound
- I will meditate on the journey that the Shepherds and Magi took, and reflect on my own faith journey
- I will worship Jesus by taking a step forward in my faith
- I will talk about how I am worshipping God with part of my community, and invite them to reimagine their worship this week

THIS WEEK'S SERMON RECAP

They sing that it is beginning to look like Christmas, but is it beginning to feel like Christmas? And what exactly are your normal Christmas feelings, your normal Christmas mood?

If we were honest, we would say that our mood changes a lot during Christmas; we are filled with hope and joy but also frustration or annoyance. The beauty of the twinkling Christmas lights and the family fun of dinners bring us warmth and love. But the stresses of the end of the year and the chaos of the season can bring dread and stress, and anxiety. We lament, and we love, we worship, and we worry; all of the moods of Christmas flood our days.

We don't usually talk about your mood around this time of the year, but your mood is actually a really important part of your spiritual life, although we don't often think about them together. We could define mood as a pervasive tendency to feel a certain way, and while we all carry lots of moods, most of us could divide them into good or bad moods.

This week we'll talk about this important but kind of tricky connection with your spiritual life and your mood. And we'll look at four practices that you can engage in between now and Christmas so that your whole person, including your heart, and your mood, can be guided by worship and by God.



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DISCUSSION QUESTIONS

1. We have been talking about worship the last three weeks. What have you learned during this time about worship? Are you thinking about worship in different ways with this series?
2. As we head into the week before Christmas, what emotion or thing is weighing on your heart? What can your worship focus on?
3. Kylie talked about how action interacts into our worship lives. What do you think of when you think of action in your worship experience?
4. Both the Old and New Testament use words for worship that help us understand that worship is in part something that springs forth from our heart, but that worship is also an action based activity. Why do you think the Bible speaks about worship in these two ways? Does it challenge your idea of worship in any way?
5. We talked about two groups of Christmas characters this Sunday, the Wise Men and the Shepherds. Why do you think the Gospel authors included stories from people and not just the experience of Mary and Joseph? How does their stories and experiences add to your understanding of Christmas?



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DISCUSSION QUESTIONS

6. Both the Shepherds and the Wise Men had similar experiences during Christmas when we think about their integration of action and worship. Have you ever thought of their stories as mirrors? What does it add to you Biblical and Christmas understanding to see the stories as parallels?

7. Both the Shepherds and the Wise Men found three ways in which actions collided with their Christmas experience. In these patterns we can find ways that we can integrate action into our worship. The first similarity was the way in which both the Shepherds and the Wise Men's stories started when they saw the wonder around them. Seeing God's wonder isn't always easy, but when we behold the wonder of God we are drawn into worship. What does seeing God look like for you? How does the action of seeing draw you into worship?

8. The second action was active hearing. Both the Shepherds and the Wise Men listened to messages, drawing them to Jesus. How does the action of listening interact in your time of worship? What does it mean to listen to and for God in your week?

9. The final action was the action of wandering towards Jesus. Both the Shepherds and the Wise Men journeyed to Jesus, actively taking steps to reach the baby. How does the idea of a pilgrimage interact in your worship experience?

10. Worship is not merely a stagnant signing experience, it encompasses so much more! What does the integration of action and worship mean for you this week?

