



Worship — More Than a Song • Psalm 103:1-5

Pastor Kenny Boggs • January 22, 2023

BIG IDEA: What has your heart will have your worship.

We often associate worship with music and while music can aid in worship, as we'll see from our text this morning, worship is so much more than music.

Pastor Kenny asked us to close our eyes and think back on the memory of the most impactful worship experience that we have ever experienced.

Pastor Kenny shared his memory of the most impactful worship service with us. At that service, there was no band, no sound system, no special lights, no professional singers. They sang songs, they prayed for people in the room and for people throughout the country, there was laying of hands, there were blessings given, and prophetic words spoken.

➔ **What do you think of when you hear the words worship service?**

➔ **What was the most impactful worship service you have experienced?**

Pastor Kenny reminded us that everything we do is worship. Everything that we say, that we think, that we spend our money on, and that we invest our time in is worship of something. We are always worshipping. There are three reasons that everything is worship.

1. Worship is a soul issue.

"Bless the Lord, O my soul, and all that is within me, bless his holy name!" -Psalm 103:1

Worship is a soul issue because our soul is at the core of our being. And what is at the core of who we are affects the other parts of us. Because what is in our soul comes out and is reflected through

our thoughts, actions, and words. Psalm 103 is a psalm of David. It's a beautiful psalm of exhortation and praise; it is an outpouring of blessing and honor to the Lord. David begins this psalm with his soul. He began there because it was the core of who he was. David knew that what had his heart had his worship. That is today's big idea: **What has your heart will have your worship.**

➔ **How would you answer the question of what has your heart? To answer this question, you might also ask yourself, "What am I chasing after?"**

➔ **What or who is the focus of your worship?**

2. Worship requires constant focus.

"Bless the Lord, O my soul, and forget not all his benefits." -Psalm 103:2

Pastor Kenny shared a story about his son who has ADHD and has a difficult time focusing. Kenny then reminded us that we are sometimes like his son and our focus is pulled from one thing to another. Our focus is so easily pulled from one thing to another. Worship requires our constant focus. Good things like a new project at work, family events, health, activities at church, can distract us as we worship.

➔ **What are somethings that distract you during worship?**

➔ **What can you do so they don't distract you?**

➔ **How might you fall into the traps of worshipping the following:**

- **worshipping affirmation – constantly looking for the approval of others;**
- **worshipping independence – refusing help from others because you feel like you're less than if you don't do it yourself;**
- **worshipping your own perspective – ignoring the impact that your words and actions have on others?**

The author of this Psalm, David, began by stirring his soul. He knew the foundation of his being aligned to God. And then he brought his focus to God. He reminded himself why this is important. **Bless the Lord, O my soul, and forget not forget not all his benefits.**

➔ **What has God done in your life that you can thank Him for everyday?**

➔ **What can you do to prevent worshipping on autopilot?**

Let me see Jesus, only,
Jesus only, Jesus only;
Let me see Jesus only;
only He can satisfy.

-W. Dale Oldham

3. The better I *know* God, the better I worship.

“... who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.” -Psalm 103:3-5

David starts with his soul. He knows that worship is a soul issue. He focuses and aligns himself to God. **Forget not all his benefits**, he says. What are God's benefits?

In these verses, David lists the benefits and the character qualities of God.

- **who forgives all your iniquity** ▶▶ God is forgiver
- **who heals all your diseases** ▶▶ God is healer
- **who redeems your life from the pit** ▶▶ God is redeemer
- **who crowns you with steadfast love and mercy** ▶▶ God is King
- **who satisfies you with good so that your youth is renewed like the eagle's** ▶▶ God is good

➔ **What benefits has God given you in your life?**

➔ **How do the benefits of God reveal His character?**

David knows God. David understands God. He knows Him well enough to know that the benefit is God himself, because it's only God who is worthy of worship and praise.

The more we get to know God the clearer picture we have of Him. And as we get to know Him, suddenly the rest of our life gets a little clearer too. Pastor Kenny used a light to illustrate this point. When all the other lights are turned off, the small light on the stage became very bright and the focal point. This is how it is with our worship. When the focus of worship is God, the other things fade away.

The better we understand God, the better we understand our own perspective to Him. And when we take the time to strip away all of the other idols and focus our attention only on God, we are left the place where our only option is to surrender to the King and worship him with all of our heart, all of our soul, all of our mind, and all of our strength.

➔ **What other lights, or idols, do you have in your life? In other**

I'm comin' back to the
heart of worship
And it's all about You
It's all about You, Jesus

I'm sorry, Lord, for the
thing I've made it
When it's all about You
It's all about You, Jesus.

-Matt Redman,
The Heart of Worship



words, what is it that's competing for the place of God in your life?

If you find yourself struggling to worship, struggling to encounter God on a Sunday morning, there's a couple of things you can do.

1. The first is that sometimes the struggle is good. Just like in the game of hide and seek, there is joy in finding. Seek God. Seek Him because there is joy when you find Him And that joy will bring worship.
2. If you're struggling to worship or struggling to encounter God, particularly when it comes to Sunday mornings, then that's probably an indicator of what your worship looks like throughout the week. Ask yourself these questions.
 - What's the coolest thing that Jesus has spoken to you since the beginning of the year?
 - What's currently your favorite Bible verse? What's a verse that you've struggled with?
 - Who has the Spirit put on your heart to bless?
 - What sacrifice has God asked you to make recently?
 - What's something new about God that excites you?

If you're struggling to answer some of these questions, or your answers are from last year, then you may need to spend some time realigning with God. Our souls needs to focus on Him, not just on Sunday mornings, but the rest of the week as well. Remember: **what has your heart will have your worship.**

