



Unmute - When Worship Wakes You Up

Pastor James Heyward

WHEN YOU LOOK UP, LIFE LINES UP.

Worship is not the warm-up to prayer, it is the wake-up to prayer.
“Before we talk about your problems, let us talk about My presence.”

- Worship Reframes Reality

“I lift you high in praise, my God, O my King! and I’ll bless your name into eternity. I’ll bless you every day, and keep it up from now to eternity.”

Psalm 145:1-2b (MSG)

- 1. What benefit have you experienced when you worship?**
- 2. Does worship change how you see your circumstances?**
- 3. Do you worship outside of a service? What does your personal worship look like?**

- Worship Refuels the Soul

“It’s who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That’s the kind of people the Father is out looking for: those who are simply and honestly themselves before him in their worship. God is sheer being itself - Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in adoration.” John 4:23-24

- 4. When you are spiritually weary, how do you recharge?**
- 5. Have you experienced a spiritual recharge when you worship?**
- 6. The verse above says that we ‘must worship out of our true selves’. What does worshipping ‘out of your true self’ look like?**

- Worship Reconnects the Heart

“God is there, listening for all who pray, for all who pray and mean it.”

Psalm 145:18 (MSG) ‘

Worship disconnects you from the noise of this world: turning down the volume of the lies you have believed and breaking off the heaviness you have been carrying.

7. What ‘noise’ of this world do you need to be disconnected from?

8. Where does your heart need to be reconnected to God?

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalm 139: 23-24

9. Find a song or Psalm that addresses your heart need and sing or speak it to God as an act of worship. Share with someone what you experience.

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