

Appendix A: Reflection and Process

Exercise 1

Take a few moments and answer these questions as honestly as you can. Try to answer each question in one minute or less. These answers will not be discussed in the group.

1) Read through the list below once.

Music, preaching, singing, dancing, raising hands, kneeling, service for others, words, Scripture readings, corporate, choices, reverence, actions, gathering, affections, scattering, submission, obedience, personal.

Now, in 30 seconds or less, circle the 5 words that you would most strongly identify with worship.

2) I have strong preferences in worship (songs, style, music, setting):

not true			somewhat true				very true		
1	2	3	4	5	6	7	8	9	10

3) I find myself engaged in attitudes or conversations about these issues that put distance between myself and other believers:

not true			somewhat true				very true		
1	2	3	4	5	6	7	8	9	10

4) Concern over changes in worship is robbing me of peace:

not true			somewhat true				very true		
1	2	3	4	5	6	7	8	9	10

5) I could set aside my worship preferences, if needed, for the sake of reaching people for Christ:

not true			somewhat true				very true		
1	2	3	4	5	6	7	8	9	10

6) I find myself living out worship beyond just Sundays:

not true			somewhat true				very true		
1	2	3	4	5	6	7	8	9	10

Exercise 1, cont'd.

Using the worship spectrum image below, where would you place yourself currently, with respect to the factors of time and evaluation? This will not be shared in the group at this point, so feel free to be as honest as you can.

Do you think of and live out worship as closer to or farther away from the left edge of the “time” factor? Mark an uppercase “T” on the line to indicate where you are at.

Do you find yourself holding and expressing strong, frequent critiques about the things that happen in worship? Mark an uppercase “E” somewhere along the line to indicate where you are currently at.



worship (time/eval factor)

Do these marks surprise you in any way? How?

What might you say to the Lord in response?

Exercise 2

How often, or in what ways, do you think of worship as an “inside” or heart issue?

Take another look at the 2 Chronicles 30 passage. Does God’s response surprise you? Why or why not?

Have you ever been in a place where worship was done “differently” than what you have known or are comfortable with? What was your experience and response?

Exercise 3

Would you say that your relationship with God is more awe or intimacy? Are there times when you have approached Him in the way that is less natural for you? What was that like? What would it take for your inward orientation in worship to include both reverence and affections?

Two parts to this next piece: First, below is the brief list of attributes of God mentioned in *Chapter 6*. Pull your Bible out, look them up and note what they say about who God is. Secondly, take a moment and reflect on how God has provided, cared for, and rescued you. Write down what you would like to say to Him in response.

Gen. 1:1

Rom. 1:20

Ex. 15:11

1 Cor. 10:13; 2 Cor. 1:18

1 Sam. 2:10

1 Cor. 14:33

Ps. 19:14

2 Thess. 1:6

Ps. 55:22

Heb. 3:4

Ps. 62:5-8

Heb. 12:28, 29

Ps. 68:5

1 Jn. 1:5

Ps. 74:12-17

1 Jn. 4:8

Ps. 145:8, 9

Ps. 145:18

Jer. 9: 23-24

Jer. 10:10

Jer. 10:12

Is. 40:28

Jon. 4:2

Jn. 3:33

Jn. 4:24

Exercise 4

Choose one of the arenas of worship expression (words, choices, actions) that you are least familiar or comfortable with. What could you do to grow into a bigger worship here?

Think about how the balance of these three arenas makes a difference in your worship. What could that look like? What could that mean to your relationship with the Lord?

Exercise 5

Combining our heart components, arenas, and venues from a bigger worship might help us see things we have not seen before; possibilities that may have previously been hidden. Fill out the worship *Punnett Square* below with some ideas of what each combination might look like.

		gathered	scattered
words	reverence		
	affections		
choices	reverence		
	affections		
actions	reverence		
	affections		

Now, pick two of the finished boxes that you are least familiar with. What intrigues you about these combinations? What might be new? What would be hard? How could you put them into play soon?

Exercise 6

Take a few moments and answer these questions as honestly as you can. Try to answer each question in one minute or less. Compare to the initial responses from earlier and share your observations of any changes, as you feel comfortable, with the group.

1) Read through the list below once.

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Exercise 6, cont'd.

Using the worship spectrum image below, where would you place yourself currently, with respect to the factors of time and evaluation? Any significant changes since doing this the first time around? Feel free to share with the group as you feel comfortable.

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Do you find yourself holding and expressing strong, frequent critiques about the things that happen in worship? Mark an uppercase “E” somewhere along the line to indicate where you are currently at.



worship (time/eval factor)

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