

PERSONAL WORSHIP

Personal worship is a means to deepen a personal relationship with Jesus, which is the first of the '5 Keys to Discipleship.' This is coming into the presence of Christ daily to employ multiple spiritual disciplines, such as prayer, confession, meditation, journaling, and Scripture study, for which we will be held accountable to our discipleship group members. (*Genesis 5:21-24, 2 Timothy 3:16-17, Joshua 1:8, Daniel 9:1-19*)

Personal worship is our investment in our relationship with God.

Statement of Purpose

Help disciples see the essentiality of the daily quiet time/personal worship time to nurture a growing relationship with Christ.

Objective(s)

- Gain a working definition of 'Personal Worship.'
- Develop a plan for personal worship.
- Explore styles and examples of personal worship.
- Provide rich insight and unique ideas to come into the presence of our Lord and Savior, Jesus Christ.

Materials and Resources

- 'Daily Personal Worship Journal' sample (Journey Curriculum, Perimeter Church)
- 'Accountability' Record Sheet sample (Discipleship Training, Charles Lake)
- Bible dictionary, commentary, websites such as Crosswalk (www.crosswalk.com)
- Devotional books, i.e. *Jesus Calling* by Sarah Young, *The Upper Room*, The Upper Room Ministries, *My Utmost for His Highest* by Oswald Chambers, *Our Daily Bread*, RBC Ministries.
- Prayer Plans on the You Version app., Community Bible Experience—Reading Plan at www.cberesources.com , S.O.A.P plan, A.C.T.S. plan, and more.

When to Facilitate

- During Group Formation and throughout Discipleship group leaders should model their personal worship annually.
- Over the course of time, each group member will model personal worship annually as well.

How to Facilitate

- Set aside presentation date for 'Personal Worship' teaching and the modeling of your personal worship for the group.
- Provide them with resources or handouts on personal worship.
- Assign group members dates, or ask for volunteers for dates for your group members to present their personal worship.

Procedure and Time Allotment

- 5-10 minutes—Provide definition of ‘Personal Worship.’
- 20 minutes—Present Scripture references as to when Christ modeled personal worship and discuss His methods.
- 15-30 minutes—Discuss a variety of methods and plans that one could use for personal worship.

o Sample of Process

- § Preparation to set aside time each day for personal worship begins each day before the start of a new day.
- § Suggested short prayer for discernment.
- § Focus and settle your Spirit, i.e. listen to one of your favorite Christian song(s), and light a candle.
- § The length of time spent in daily personal worship varies; some days may be longer or shorter than others, and it will be based on how the Holy Spirit is leading that day.
- § Listen for God’s leading throughout your personal worship time.
- § Have a journal, where you can record daily your reflections on your Scripture reading, giving insights to scriptural truth revealed and personal application. Keep a separate notebook or list of thoughts that cross your mind and distract from your personal worship time. This helps to keep the distractions from continuing to burden your mind.
- § Vary Scripture reading plan, but have a plan.
 - Read one chapter from Old Testament and one from the New Testament.
 - Read through the Bible in a year using a Chronological Bible.
 - Utilize commentaries and Bible dictionaries for clarification.
 - Write down what spoke to you in Scripture and how you can apply it to your life—today or in the future.

Sample of process continued...

§ Begin with a reading from a devotional you enjoy.

- Vary from time to time to combat boredom.

§ Read through or sing traditional hymns from a hymnal. § Conclude with thoughtful prayer.

• Use a prayer tool, such as **A.C.T.S.** method (**A**doration, **C**onfession, **T**hanksgiving, and **S**upplication or intercessory prayer for others)

- 15-30 minutes—Model your method of personal worship.
- Share any resources you may find that help to assist you in your time with the Lord.
- Answer any questions that your group members may have about your personal worship, or any questions concerning how they proceed in planning for their personal worship each day.

Conclusion

Leader encourages each group member to invest the time each day.

WORKS OF PIETY: STEPS OF PERSONAL WORSHIP

Works of Piety, in Methodism, are certain spiritual disciplines that along with the Works of Mercy, serve as a means of grace, and are necessary for Christian perfection. All Methodist Christians, laity and ordained, are expected to employ them. The Works of Piety are:

1. Prayer
2. Searching the Scriptures
3. Holy Communion
4. Fasting
5. Christian Community
6. Healthy Living

Personal Worship is daily time focused on prayer and searching the scriptures. These first two works of piety practiced daily are the first key behavior of a disciple of Jesus Christ.

God wants to be with us

“Today the heart of God is an open wound of love. He aches over our distance and preoccupation. He mourns that we do not draw near to him. He grieves that we have forgotten him. He weeps over our obsession with muchness and manyness. He longs for our presence.” Richard Foster, Prayer: 1

God wants to transform us

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17, NIV

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7, NIV

Suggested Steps for Daily Personal Worship

- 1) Journal a short prayer for discernment.
- 2) Place into words your confession.
- 3) Utilize a scripture reading plan.
 - What did I hear?
 - Seek insight from a Bible commentary.
 - Ask yourself, in light of the scripture, how am I going to apply it to my life?
- 4) Complete the following phrase.
 - By God’s grace and the Holy Spirit I will...

5) Thoughtful Prayer

- The Lord's Prayer as a guide
This, then, is how you should pray: "Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.
¹¹ Give us today our daily bread. ¹² Forgive us our debts,
as we also have forgiven our debtors. ¹³ And lead us not into
temptation,
but deliver us from the evil one.
- P.R.A.Y.—Praise, Repent, Act and Yield **P. R. A. Y.**
Praise *Our Father in heaven, hallowed be your name, Matthew 6: 9, NIV*

Repent *Forgive us our debts, as we also have forgiven our debtors. Matthew 6:12, NIV*

Ask *Give us today our daily bread...and lead us not into temptation, but deliver us from the evil one. Matthew 6:11 &13, NIV*

Yield *...your kingdom come, your will be done, on earth as it is in heaven. Matthew 6:10, NIV*