When the Heart is Troubled, Worship is the Matter:

How Worship Re-Orients the Heart and Brings Comfort and Strength

Session One

"Troubled Hearts and the Matter of Worship"

grumbling/complaining/whining, self-loathing, self-pity, etc.

1.	What is the trouble we're talking about?		
	a.	External circumstances that cause pain, hardship, or grief.	
	b.	Inner person struggles that lead to disordered thoughts and emotions.	
	D	epression, controlling sadness, anxiety, fear, anger, frustration, bitterness, fretting, discontent,	

2. Why is worship the matter when the heart is troubled?

- a. Because we were created as worshippers for worship.
 - i. Genesis 2-3
 - ii. Psalm 86:1-10
 - iii. Luke 4:8
- b. Because worship is the primary activity of the heart—it is what the heart does.
 - i. Deuteronomy 6:4-6
 - ii. Deuteronomy 11:16
 - iii. Luke 6:45).

3. What is worship—what are we talking about when we talk about worship?

a. Our common cultural understanding of what worship is.

b.	A biblical	understan	iding:
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Worship is affixing our affections on something or someone as that which we believe will satisfy the deepest desires or cravings of our heart.

- i. Worship is driven by what we love, by our deepest desires and values.

 We worship what we believe will give us what we most want.
- ii. Worship is the activity of the heart that produces emotional response, cultivates aspiration and ambition, leads to obedient service and to commitment and loyalty.

 We feel what we feel because we love what we love. We do what we do because we want what we want.

 We pursue and devote ourselves to the sources of our hope.

4. A case study from the Prophets:

a. Jeremiah 7:8-26

b. Jeremiah 44:15-23

We had plenty of food, we were well off (things were delightful to us), we had no troubles (vs. 17).

5. What is the aim of our study?

- a. To learn to worship properly in, with, and through our lives.
- b. To learn how to redirect our hearts to Christ, shifting our focus from ourselves and our circumstances, with the aim of setting our affections on Him as our only source of true hope.