When the Heart is Troubled, Worship is the Matter:

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

Session Two

"Learning to Re-Direct Our Hearts by Learning to Worship **in** All of Life"

1.	What is t	he aim of	this session	?

- a. Learning how to re-direct the thoughts and desires of the inner person away from self and circumstances and toward Christ.
- b. Learning how to use the means or instruments given to us by the Lord that will re-direct our thoughts to Christ and enlarge our hearts to love Him most.

2.	Do we have contro	l over our inner persoi	n, over our thoughts,	, our desires, our emotions?
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- a. What does our culture say or believe?
- b. Consider the commands of God; what do these say about the control we have?
 - i. Psalm 37:1
 - ii. Proverbs 3:25
 - iii. Ephesians 4:26
 - iv. Ezekiel 24:15-17
- c. Consider the greatest command; what does it say about what control we have?
- d. Your thoughts, desires, and values *are yours*; and they drive your emotions and aspirations and actions (Luke 6:43-45).

3. What are the ordinary means or instruments given to us that lead our hearts to Him?

CAUTION--We are sorely tempted to downplay or discount the value of these means, but this only diminishes the blessings we receive from them by dulling our hearts and dimming our vision—**CAUTION**

Worship is cultivated, and the Lord has given us instruments to cultivate it.

- a. He has given us His Word (Psalm 119:25-32).
- b. He has given us access to Him in prayer (Ephesians 3:12 and 14-19).
- c. He has given us *His presence* in corporate worship (Psalm 42).
 - i. He has given us corporate fellowship in His Word.
 - ii. He has given us corporate fellowship in the prayers of the saints.
 - iii. He has given us corporate fellowship in the singing of His saints.
 - iv. He has given us corporate fellowship in confession.
 - v. He has given us corporate fellowship in His ordinances.

Thinking we can find comfort or find strength in difficulty without the means of worship is like thinking we can get a hit without a bat.

- 4. What are other means, in addition to the ordinary, that will serve to re-direct our hearts?
 - a. Fasting (Acts 13:2)
 - b. Solitude (Luke 5:16)
 - c. Retreat