When the Heart is Troubled, Worship is the Matter:

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

Session Three

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

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1	What i	c tha	aım	At this	session?
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- a. Learn the connection between serving and worship.
- b. Learn to imitate Christ in service to others, and discover that "it is more blessed to give than to receive."
- c. Learn to direct your focus away from yourself to others so that you can be free from the trap of fleshly self-focus and self-indulgence and can learn to delight in the love of Christ ministered through you.

2. What is the inclination of the flesh when the heart is hurting?

- a. The temptation to focus on self.
 - i. James 3:13 through 4:5.
 - ii. Philippians 2:3-4.
- b. The trap of fleshly self-indulgence.
 - i. Galatians 6:7-10.
 - ii. Jeremiah 2:11-13.
- c. To fight or flee (James 4:1; Genesis 3:7-8).

3. What is the connection between worship and service?

- a. Deuteronomy 11:16
- b. Matthew 22:36-40
- c. Romans 12:1-2

4.	What example did Christ set for us when enduring suffering?
	a. Philippians 2:1-8.
	b. Mark 10:45.
5.	How does worship through service re-orient our hearts and bring comfort and strength?
	a. Romans 12:1-13
	b. Acts 20:34-35