

When the Heart is Troubled, Worship is the Matter:

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

Session Four

*“Learning to Re-Direct Our Hearts by Learning to Worship **through** All of Life”*

1. What is the aim of this session?

- a. Learn that though worship is most difficult in suffering, it is suffering that most forms our worship.
- b. Learn how to redeem suffering for worship and for a deepening of our affection for Christ.

2. Why does suffering make worship so difficult?

- a. Practical matters distract us from Christ and clamor for our attention.
Matthew 13:20-21 and 13:22
- b. Our flesh craves comfort.
- c. Satan tempts us to question God and doubt His goodness.
Psalm 73:1-16

3. What does suffering teach us about ourselves?

- a. It instructs us in our frailty.
Psalm 103:14-15; 2 Corinthians 4:16-18
- b. It teaches us our dependence.
Acts 17:25; 2 Corinthians 12:9-10
- c. It reveals our pride.
James 4:5-6

4. What keeps us from taking hold of Christ when we suffer?

- a. Doubt in the sufficiency of God's Word to us.

- b. A camouflaged belief that there is a better source of comfort out there somewhere.

- c. The gratification of self-pity.
Psalm 94:17-19

5. How can we redeem suffering for worship and deepen our affection for Christ?

- a. By taking advantage of opportunities to share in Christ's sufferings for us and to rejoice.
When wronged by others. When suffering pain. When grieving loss. When the soul is downcast.
 - i. Isaiah 53:3-9

 - ii. 1 Peter 4:12-14

- b. By meditating upon God's great love for us as seen in Christ's sacrifice for us.
 - i. Romans 5:6-11

 - ii. Ephesians 2:4-7