

PATHMARK · COURSE FOUR

THE DOCTRINE OF

Worship

Meeting with God in spirit and truth

God is spirit, and those who worship him must worship in spirit and truth.

JOHN 4:24 · ESV

Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

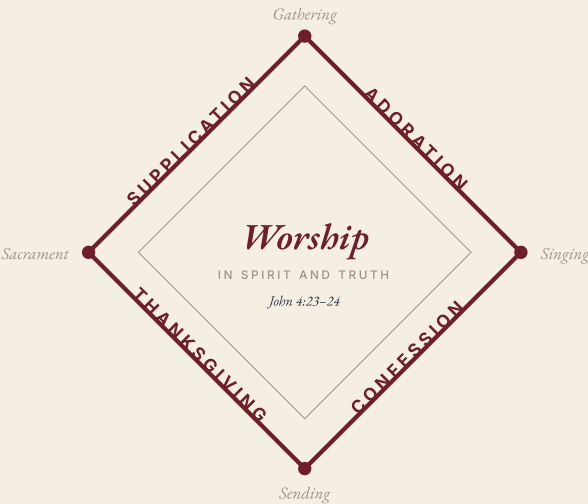
ROMANS 12:1 · ESV

We exalt Christ, gathering in reverence and joy, giving God the glory due His name in all of life.

MAYFLOWER CHURCH · KINGSTON, MASSACHUSETTS

The shape of biblical worship

Sides: the answer of the creature to the Creator. Corners: what God gives His gathered people.



ADORATION

“You are God and I am not.” Beholding God for who He is — reverence, awe, praise.

CONFESSION

“You are holy and I am not.” Honest acknowledgment of sin before a holy God.

THANKSGIVING

“You have given and I have received.” Grace-awakened gratitude for what God has done.

SUPPLICATION

“You are sufficient and I am not.” Bringing our needs to the Father in trust.

THE REGULATIVE PRINCIPLE — IN PLAIN ENGLISH

God alone determines how He is to be worshipped. We do not invent forms of worship that appeal to us; we receive them from Scripture. *“The acceptable way of worshipping the true God is instituted by Himself, and so limited by His own revealed will, that He may not be worshipped according to the imaginations and devices of men.”* — 1689 LBCF, ch. 22.1

Most of what shapes Sunday happens before Sunday.

A heart prepared brings more. A heart prepared receives more. None of us do all of this every week. Aim for it.

SATURDAY EVENING

- › Look at tomorrow's text if you can.
- › Get the house ready. Lay out the clothes.
- › If you have children, do the work tonight, not in the morning.
- › Bed at a sane hour. Pray briefly before sleep.

SUNDAY MORNING

- › Pray before you walk into the building. Ask the Lord to meet you.
- › Come a few minutes early. Greet someone.
- › Take a breath. You are not coming to a performance. You are coming home.

DURING THE SERVICE

- › Sing the songs even when you do not feel like singing.
- › Confess your sin with the congregation, out loud, in your own heart.
- › Open your Bible during the reading. Take notes during the sermon.
- › Eat the bread and drink the cup with reverence when it is offered.
- › Receive the benediction as the blessing it is.

AFTER THE BENEDICTION

- › Linger. Do not run to the parking lot.
- › Stay. Talk. Pray for someone. Get prayed for.
- › This is part of the worship.

A WORSHIP PRAYER TEMPLATE

Pray the four movements through the week.

Four boxes. One prompt per side of the square. Bring whatever the day is into each.

ADORATION · YOU ARE GOD

What attribute of God will I behold today? What attribute will I name back to Him?

CONFESSION · YOU ARE HOLY

What sin do I need to name before Him? Where am I hiding? Confess and receive cleansing.

THANKSGIVING · YOU HAVE GIVEN

What gift will I name back to the Giver — large or ordinary?

SUPPLICATION · YOU ARE SUFFICIENT

What burden, person, or need will I lay at the throne of grace today?

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

HEBREWS 4:16 · ESV