

Selah Online

Lesson 1 Study Guide:

In this lesson, Ray transitions our focus from Praise to Worship. He highlights some Biblical examples of true worship and contrasts them with examples of false worship because it is important for us to understand the lessons of both. However, to balance the tendency to focus too much on fear of the false, he proposes this profound insight: “If false worship carries such dire consequences, then true worship carries fullness of life.”

Ray also illuminates the richness of “Shakah,” the Hebrew word for Worship. This word describes the act of bowing down, and Ray offers us three reasons that the symbolism of putting our faces to the ground in Worship is important:

- To get our head below our heart so that information can yield to experience
- To return to the place we came from, and the purpose for which we were created
- To ensure that we as worshippers take some time to come back down to Earth

Recommended Readings:

- Genesis 22; Matthew 4

Points to Ponder:

- It is a well-known truth that each of Jesus’s three temptations in the wilderness centered around an aspect worship, but take a moment to consider again just what this truth implies. How important is worship to God if the surrender of worship was the primary way that Jesus was tempted?
- How does the notion that “true worship carries fullness of life” change our perspective on the eternal importance of our corporate worship services?