

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 the 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 control over our inner person, over our thoughts, our desires, our emotions?
 - 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. Philippians 4:4-7
 - iv. Ezekiel 24:15-17
3. Consider the greatest command; what does it say about what control we have?
4. Your thoughts, desires, and values *are yours*; and they drive your emotions and aspirations and actions (Luke 6:43-45).

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

CAUTION--We are tempted on the one hand to discount the value of these means and on the other to treat them as transactional means to get what we want from God—CAUTION

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

- 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 grow fat without food.

6. 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