

WHAT DO WE DO WHEN ...

- **Things are going really well . .**
- **Things are not going so well . . .**
- **2 options:**
 - 1. Complain**
 - 2. Worship**

THE CHALLENGE OF WORSHIP

- **When life is good, it's easy to thank and praise God!**
- **When life is hard . . . Not so easy**

WORSHIP JESUS!

- **The meaning of the New Testament Greek word most often translated “worship” (proskuneo) is “to fall down before” or “bow down before.” Worship is a state (an attitude) of spirit.**
- **The most important thing is that we worship God in spirit (in our hearts) and in truth (in our minds.)**
 - <https://www.gotquestions.org/Christian-worship.html>

SPIRIT & TRUTH

- **²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth.”**

- **25 The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”**
- **26 Then Jesus declared, “I, the one speaking to you—I am he.”**
 - John 4, NIV

PSALM 13
FOR THE DIRECTOR OF MUSIC. A PSALM OF DAVID.

- **¹ How long, LORD? Will you forget me forever?
How long will you hide your face from
me?**
- **² How long must I wrestle with my thoughts
and day after day have sorrow in my
heart?
How long will my enemy triumph over
me?**

- **³ Look on me and answer, LORD my God.**

Give light to my eyes, or I will sleep in death,

⁴ and my enemy will say, “I have overcome him,”

and my foes will rejoice when I fall.

- **5 But I trust in your unfailing love;
my heart rejoices in your salvation.**
- **6 I will sing the LORD's praise,
for he has been good to me.**

“REMEMBERING RELEASES REJOICING”

- **David remembered something . .**
- **And it brought him back to worship**
- **Remember a time when God was close**
- **Step outside for a moment and look up!**
- **Read a Psalm or two and think**
- **Talk with a Christian friend**
- **Write out a praise!**

YOUR LIFE IS HARD?

- **“I believe in the sun**
- **Even when it is not shining**
- **I believe in love,**
- **Even when I feel it not**
- **I believe in God,**
- **Even when He is silent”**
- *Written by an unknown prisoner on the wall of a Nazi concentration camp*

WORSHIP IS A CHOICE

- **Yes, every act of worship is a choice—a decision to believe and respond to God for who He says He is—no matter how pressing our circumstances.**

• **Sometimes we will walk blindly, unable to understand why we are going through a certain situation—our only comfort being the knowledge that God himself is not walking blindly, but instead is wisely, kindly, and firmly in control.**

• *Finding God in the Hard Times* by Matt and Beth Redman. © 2016 by Matt and Beth Redman