



Metrics Measurements that Matter

Worship and Prayer

February 25, 2018

Psalm 95:1-7

¹Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.

²Let us come before him with thanksgiving
and extol him with music and song.

³For the Lord is the great God,
the great King above all gods.

⁴In his hand are the depths of the earth,
and the mountain peaks belong to him.

⁵The sea is his, for he made it,
and his hands formed the dry land.

⁶Come, let us bow down in worship,
let us kneel before the Lord our Maker;

⁷for he is our God
and we are the people of his pasture,
the flock under his care.

Why would you want to **grow in prayer** and **worship**?

- Prayer and worship unleash heavenly power in our lives and the world.
- Prayer and worship connect us to God and help us hear Him as well as experience His presence.
- Prayer and worship bring glory, praise, and delight to our Creator...and He deserves it!
- Prayer and worship are a command and not a suggestion.

John 4:23-24

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."

What can we measure as we grow as worshipers and people of prayer?

- How often we talk with God
- How often we listen to God (and hear from him)
- Our engagement in worship...passive or active?
- How naturally we lift up praise and adoration
- How honestly we confess
- The results we see from our prayers...do we expect answers, and do we see them?

James 5:13-14

¹³ Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.

Where and When: Ways we can go deeper in prayer and worship

- Setting a time and place for prayer (Jesus in the morning... quiet place)
- Keeping a journal
- Using a prayer list
- Spontaneous prayer and worship in the flow of an ordinary day
- Singing with passion among the people of God (being mentally, spiritually, and emotionally engaged)
- Physical expression of what is happening inside of us...hands, kneeling, standing, dancing, lying flat on our face...more)
- Commitment to coming to church regularly (and teaching our family) (Is this really important to us, to God, to others?)
- Making choices about the music we listen to throughout the day

- Bursts of praise, thanks, honor, and celebration
- Praying with others
- Worshipping with others in spontaneous ways.
- Praying with eyes wide open!

2 Chronicles 7:14

¹⁴ if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

Ephesians 6:18

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

How: Practical ways you can [grow forward](#) as a person who connects with God in worship and prayer

- 30 day challenge (daily prayer) list
- Two-month worship commitment (at church, fully engaged in every part of the service) (Greet, sing, give, pray, learn...)
- Writing a psalm of praise, confession, adoration...
- Silent retreat Silence!
- Memorized prayers
- Praying the Psalms and the Scriptures
- Prayer in action...prayer walking (on location...government. Schools...prayer walking)
- Pray for Church leader past and present

Who: Ways your life can change because you intentionally grow in prayer and worship

- Fresh encounters with God
- Renewed power and strength to live for Jesus
- Deeper joy in worship and in life
- More answers, leading, and sense of God's nearness
- God is glorified and you are edified.