

(1) How does it strike you to consider that God calls for you to worship him with your body? Does that make you feel uncomfortable? Respond to this statement: “Spirituality is physical.” What does that mean? What are some of its practical implications?

(2) As you reflect on the many Hebrew verbs for worship that were mentioned in the sermon, what do they collectively tell you about the nature of praise? Compare your approach to worship with the image that these words convey. Is there much difference? If so, in what way?

(3) “Geography is irrelevant to worship.” Do you agree? How does this truth affect your approach to worship? Does it change the way you view a so-called “sanctuary” in a church building? Do you struggle to find energy or incentive to worship when you are somewhere other than in a so-called “religious” or “holy” location?

(4) Talk among yourselves about the many postures of praise. Do any of them make you uncomfortable when you see them expressed in our corporate assembly? Specifically, what do you think when you see people dance during worship at Bridgeway? If you are bothered or uncomfortable, why? Be specific in your answer.

(5) Describe your own journey and practice when it comes to the raising of hands? What is it that you intend to say or communicate when you raise your hands? If you struggle to give expression in worship in this manner, why? Again, be specific. Perhaps it would help to talk about your past history in church and the way tradition has influenced you.