

Practising the Way – Sabbath Session 4: ‘Worship’ Website:

<https://www.practicingtheway.org/>

Verse for meditation: Romans 12 1-2 (NIV)

12 Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Questions to think about:

In what ways is it easy for your practice of Sabbath to become ‘sabbish’ (more of a day off than a day of worship

How do you enjoy God? What practices, disciplines or activities bring you a genuine joy of God.

What ‘false gods’ are you tempted to worship, which, while they may be very good things (or not) pull you away from your holy centre in God?