

WORSHIP IS A GYM

1. Previously, at Adult Sunday School ...

2. Name some sporting/physical pictures of the Christian life from the Scriptures ...

3. Two ways to worship/two modes of spirituality: Classical model and Revivalist model

4. Integrative spirituality: 1 Thes 5:23, Romans 12:1-2, Matthew 22:34-40, Acts 2:42

5. Integrative worship:

<i>Several elements</i>	<i>Various dimensions</i>	<i>Particular aspirations</i>
Gathering	Vertical/horizontal	To do
Reading	Objective/subjective	To feel
Sermon	Past/present/future	To think
Songs	Individual/corporate	
Prayers	Rational/emotional	
Creeds	Active/reflective	
Sacraments	Sight/hearing	
Testimony/interview	Space/time	
Wedding vows	Repetition/uniqueness	
Committal/Burial	Seriousness/humour	
Notices	Motivational/informative	
Dismissal	Tension/release	
	Lament/praise	
	Gift/demand	

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	Silence/verbalising	
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6. Church as **dress-rehearsal**: training for the main event

7. The Purpose of Church and its Worship: John 17

1 Forth in thy name, O Lord, I go,
my daily labour to pursue;
thee, only thee, resolved to know,
in all I think or speak or do.

2 The task thy wisdom hath assigned
O let me cheerfully fulfil;
in all my works thy presence find,
and prove thy good and perfect will.

3 Preserve me from my calling's snare,
and hide my simple heart above,
above the thorns of choking care,
the gilded baits of worldly love.

4 Thee may I set at my right hand,
whose eyes my inmost substance see,
and labour on at thy command,
and offer all my works to thee.

5 Give me to bear thy easy yoke,
and every moment watch and pray,
and still to things eternal look,
and hasten to thy glorious day;

6 For thee delightfully employ
whate'er thy bounteous grace hath given,
and run my course with even joy,
and closely walk with thee to heaven.

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(Charles Wesley)