

# LIFE GROUP

## DISCUSSION QUESTIONS

### What Is Worship? May 10, 2026

#### Summary

This week, Kyle began a new series called “Formed,” focusing on how worship affects us. Worship is not just singing in church; it is a whole-life response to who God is and what He has done. In Psalm 95, we are called to praise God because He is the great King, the Creator and the One in control, even when life feels chaotic. True worship means both bowing our lives in humility before God and serving Him in everything we do. According to Romans 12:1–2, this kind of worship shapes us, helping us resist being molded by the world and instead becoming transformed into the image of Christ. What we worship ultimately forms us, so when we give our whole lives to God in worship, He reshapes our hearts, minds and actions to reflect Him.

#### Scripture

Come, let us sing for joy to the Lord;  
let us shout aloud to the Rock of our salvation.  
Let us come before him with thanksgiving  
and extol him with music and song.  
For the Lord is the great God,  
the great King above all gods.  
In his hand are the depths of the earth,  
and the mountain peaks belong to him.  
The sea is his, for he made it,  
and his hands formed the dry land.  
Come, let us bow down in worship,  
let us kneel before the Lord our Maker;  
for he is our God  
and we are the people of his pasture,  
the flock under his care.  
Today, if only you would hear his voice,  
“Do not harden your hearts as you did at Meribah,  
as you did that day at Massah in the wilderness,  
where your ancestors tested me;  
they tried me, though they had seen what I did.  
For forty years I was angry with that generation;  
I said, ‘They are a people whose hearts go astray,  
and they have not known my ways.’  
So I declared on oath in my anger,  
‘They shall never enter my rest.’” Psalm 95 (NIV)

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. Do not

# LIFE GROUP

## DISCUSSION QUESTIONS

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. Romans 12:1-2 (NIV)

### Let's Start

What is one of your favorite worship songs or hymns?

### Gratitude and Prayer

How has God been at work in your life since we last met?

### Let's Talk

1. When you hear the word "worship," what do you usually think of? How did this sermon expand that definition?
2. Psalm 95 connects worship to who God is as Creator and King. Which aspect of God's character most leads you to worship, and why?
3. Kyle described worship as both "bowing down" and "serving." Which of those feels more natural to you? Which is more challenging?
4. Can you think of a time when something other than God began to shape your thoughts or priorities? What did that look like?
5. What would it look like for you to **worship God fully** in your everyday life—not just in church, but in your routines, relationships and decisions?
6. Romans 12:1–2 talks about being transformed by the renewing of your mind. What are some practical ways we can invite God to renew our minds this week?
7. How does your personal worship (or lack of it) influence the people around you, especially in your home or close relationships?

### Let's Act

Kyle encouraged starting the day with a physical posture of surrender. This week, take one minute each morning to kneel, bow your head or open your hands and pray, "God, I give this day to You. Help me worship You fully."

---

---

---

---

---

---

---

---

