

A large graphic on the right side of the cover consists of several concentric circular bands. The outermost band is filled with a marbled pattern in shades of teal, blue, and brown. The inner bands are solid black, creating a tunnel-like effect that frames the text.

I AM A
WORSHIPER
A 40-DAY STUDENT DISCIPLESHIP JOURNAL

LeaderTreks[®]
YOUTH MINISTRY



I AM A
WORSHIPER
A 40-DAY STUDENT DISCIPLESHIP JOURNAL

THIS BOOK BELONGS TO:

LeaderTrekks
YOUTH MINISTRY

LeaderTreks[®] YOUTH MINISTRY

MAKING DISCIPLES. DEVELOPING LEADERS.

I Am A Worshiper: A 40-Day Student Discipleship Journal

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TABLE OF CONTENTS

<i>Intro/How It Works</i>	6
CHAPTER 1: WHAT IS WORSHIP?	
Day 1: Worship Is...	10
Day 2: Natural Reaction	12
Day 3: You Are A Worshiper	14
Day 4: Proper Worship	16
Day 5: Daily Worship	18
Mentor Page: What is Worship?	20
CHAPTER 2: VIEWING GOD RIGHTLY	
Day 1: Unchanging God	24
Day 2: Out of the Storm	26
Day 3: Praise and Worship	28
Day 4: Psalms of Praise	30
Day 5: Who is Worthy?	32
Mentor Page: Viewing God Rightly	34
CHAPTER 3: SACRIFICE	
Day 1: Worship Roadblocks	38
Day 2: Looking Back to Look Forward	40
Day 3: Blessed to be a Blessing	42
Day 4: True Sacrifice	44
Day 5: Only Jesus	46
Mentor Page: Sacrifice	48
CHAPTER 4: REVERENCE	
Day 1: Set Apart	52
Day 2: R-E-S-P-E-C-T	54
Day 3: Come Thou Fount	56
Day 4: Epic Spring Cleaning	58
Day 5: Wired to Worship	60
Mentor Page: Reverence	62

CHAPTER 5: OBEDIENCE

Day 1: What It Means	66
Day 2: The Cycle	68
Day 3: Routines of Worship	70
Day 4: Proof of Love	72
Day 5: Build up the Body	74
Mentor Page: Obedience	76

CHAPTER 6: HUMILITY

Day 1: Clean Hearts > Clean Hands	80
Day 2: The Redirect	82
Day 3: Smelly Feet	84
Day 4: Who Saved Who?	86
Day 5: Take a Break	88
Mentor Page: Humility	90

CHAPTER 7: PAST REMEMBRANCE

Day 1: Hall of Fame God	94
Day 2: Stones of Remembrance	96
Day 3: Remember	98
Day 4: Thanks Be to God	100
Day 5: Stories of Remembrance	102
Mentor Page: Past Remembrance	104

CHAPTER 8: FUTURE HOPE AND EXPECTATION

Day 1: Waiting for the Future	108
Day 2: Better Things to Come	110
Day 3: Together and Alone	112
Day 4: What's to Come	114
Day 5: Secret Acts of Worship	116
Mentor Page: Future Hope and Expectation	118

Appendix

Unique Abilities Assessment	122
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INTRO

HOW DO YOU RESPOND TO GOD?

When we truly experience God and understand the Gospel, we know that the only possible response is worship. Worship isn't just a nice feeling or something that we do only on Sundays. It's a vital, life-giving part of our walks with Christ. When we spend time in worship, we learn more about who God is and his heart for his people. We remind ourselves that he is God, and he is worthy of all glory and honor and praise.

Worship doesn't have to be confusing. It doesn't have to be theoretical or vague. The kind of worship we see in the Bible is a simple recognition of who God is and what he's done for us. And it has practical implications for your daily life. Worshiping God is something you can do anytime and anywhere. The more you practice worship, the more you'll know God and be able to live for him.

DIGGING DEEPER

Worship is more than just singing. It is a lifestyle of encountering God on a daily basis. It's how you go about your day, and it happens when you get a vivid glimpse of God, his power, and his majesty. As you go through this journal, you may have questions or want to know more about how to express a life of worship. A great way to dig deeper is through the *Worship Root of Deep Discipleship*, which helps students explore what it means to have a lifestyle of worship. Check out the *Worship Root of Deep Discipleship* at leadertreks.org/deep-discipleship.

HOW IT WORKS:

This book is designed to help you make godly worship a daily part of life. It will take you through eight weeks of journal pages that uncover the heart of true worship. Each week contains a different core aspect of worship and will equip you to be a humble worshiper who goes beyond a church service to a lifestyle of worship.

In this journal, you'll encounter challenges, hard questions, and Bible studies, all of which focus on a new character trait or habit to master as you grow in your worship of God. At the end of each chapter, you'll find a MENTOR PAGE. This page is designed for you to use in relationship with an adult who is farther down the worship road than you. While this book doesn't have to be done with a mentor, it's best when it is! (If you don't have a mentor, ask your youth pastor or some other trusted adult the best way to go about finding one.) Each day is different than the last and no two days are the same; no matter how you're wired, there will be something for you!



Throughout this journal, you'll also find the **MARKS OF A DISCIPLE**. These are things that Christ-followers are committed to and have in common, like connecting with God through prayer, applying his Word to our lives, serving without personal agendas, managing God's gifts, and many other things.

“OH COME, LET US WORSHIP AND BOW DOWN;
LET US KNEEL BEFORE THE LORD, OUR MAKER!
FOR HE IS OUR GOD,
AND WE ARE THE PEOPLE OF HIS PASTURE,
AND THE SHEEP OF HIS HAND.”

— PSALM 95:6–7A (ESV)



WHAT IS WORSHIP?

CHAPTER 1

DAY 1: WORSHIP IS...

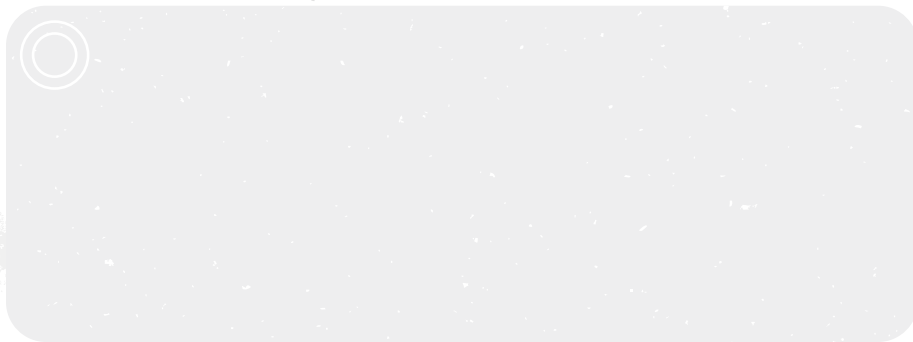
When you think of “worship,” what do you picture? Do you think of standing with a hymnal and listening to a choir sing? Or maybe you think worship is raising your hands and closing your eyes while the band plays. You can try to boil worship into a definition, but the truth is that in many ways worship defies definition. While you will find worship in the dictionary, it’s hard to really understand unless you experience it. Worship is one of those things that is

hard to describe, but you know it when you see it (or in this case, feel it).

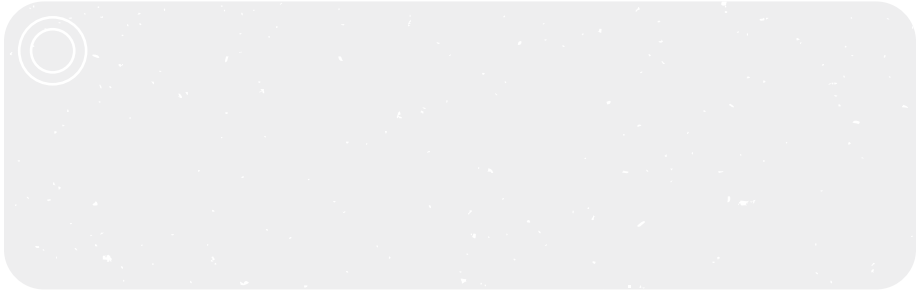
Worship starts with your heart. It is a response to God’s goodness, it is an encounter with your Creator, and it transforms you from the inside out. Worship is more than what happens in church for an hour on Sundays. It goes beyond the sanctuary, and it guides the way we live.

JOURNAL YOUR ANSWERS TO THE FOLLOWING QUESTIONS:

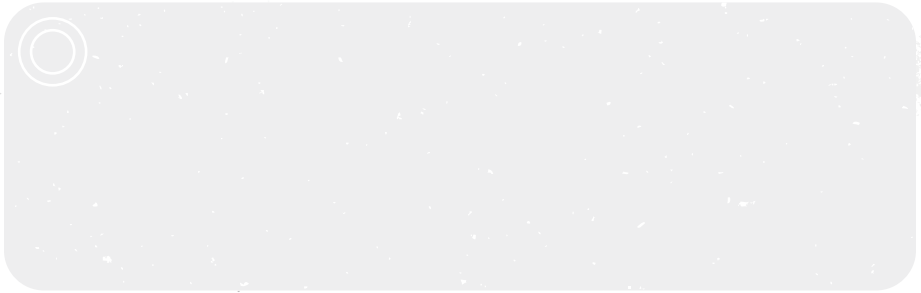
WRITE DOWN A MEMORY OF A POWERFUL WORSHIP EXPERIENCE.
(WHERE WAS IT? WHAT HAPPENED? HOW DID YOU FEEL?)



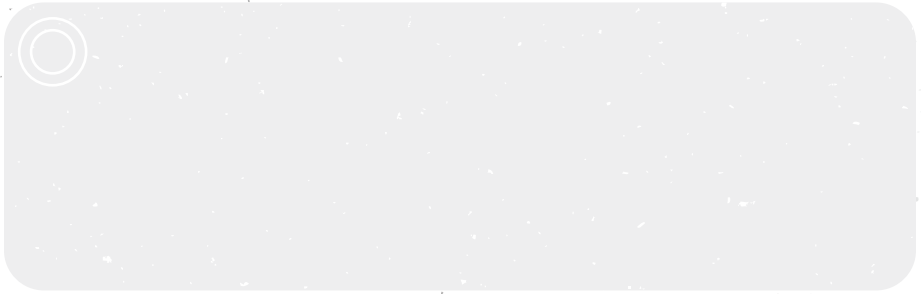
WHY DO WE WORSHIP?



HOW DO YOU WORSHIP OUTSIDE OF CHURCH?



WHAT ROLE DOES WORSHIP HAVE IN YOUR LIFE?



DAY 2: NATURAL REACTION

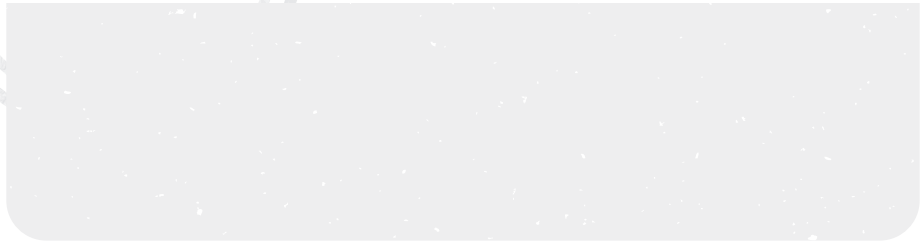
Have you ever seen a video of Michael Jordan's signature slam dunk from the free-throw line? Or heard a recording of Whitney Houston hitting the high notes? Those are two examples of jaw-dropping talent. When you experience them, you can't help but be amazed!

That sort of response is only a fraction of what Joshua experienced in today's passage. He heard the voice of the Lord and he saw the Lord's might in action. He had no choice but to worship! It was the only natural reaction to his interaction with God. Joshua's actions were a response to God's greatness. And *that's* worship. It's our response to who God is and all that he has done for us. But more than that, worship pushes us to *do*. We don't just stand around saying "Wow! God's great!"—we go out and live the reality of that truth.

Read **Joshua 5:13–6:7** and use the **OPA Method** for Bible study: Observation, Principles, and Application. *Helpful tip: the more effort you put in to making observations, the easier the principles and application will be to see.*

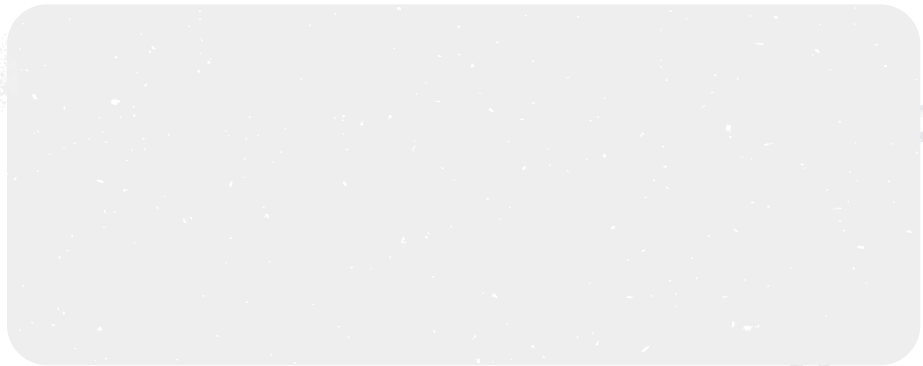
OBSERVATION:

Compile all the facts found in these passages. Try to make 15–20 observations about what you read.



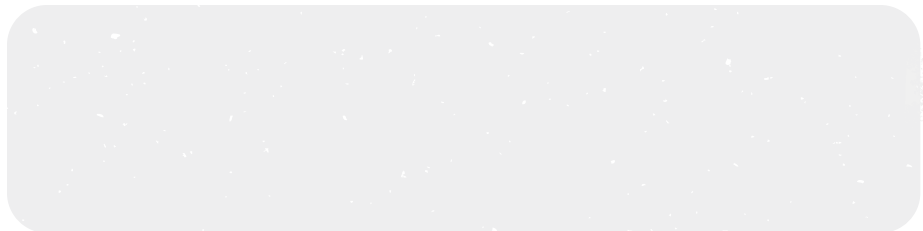
PRINCIPLES:

Draw a few principles from the observations you made. What is God trying to teach you in this passage?



APPLICATION:

How will you apply these principles to your life? Be specific—a good application will tell who, what, and when.



DAY 3: YOU ARE A WORSHIPER

“HUMAN BEINGS BY THEIR VERY NATURE ARE WORSHIPERS. WORSHIP IS NOT SOMETHING WE DO; IT DEFINES WHO WE ARE. YOU CANNOT DIVIDE HUMAN BEINGS INTO THOSE WHO WORSHIP AND THOSE WHO DON'T. EVERYBODY WORSHIPS; IT'S JUST A MATTER OF WHAT, OR WHOM, WE SERVE.”

— PAUL DAVID TRIPP¹

In the Old Testament, there are many examples of worshipers bowing down to idols. When Moses went up to the mountaintop to receive the Ten Commandments, the Israelites below carved out a golden calf and worshiped it. King Nebuchadnezzar formed a gigantic golden idol and demanded that all people bow down to it. Countless times, the Israelites fell to the temptation of worshiping the gods and idols of foreign nations.

When we read those stories, it's easy to think “Well, that was dumb! Why would they worship handmade golden idols instead of God? I would never do that!”

But the truth is, we're just as guilty as the people in those Old Testament stories. We sell out for money and fame. We devote ourselves to sports, perfect grades, and personal achievements. We want the latest and greatest of everything and we'll do whatever it takes to get it! No, we aren't worshipping golden statues, but we are worshipping plenty of other idols. You're going to worship something. So ask yourself this question— is your idol (whatever it is) worthy of your worship?

REFLECT ON THE QUOTE ABOVE AS YOU ANSWER THE FOLLOWING QUESTIONS:

Do you agree with today's quote? Why or why not?

Other than God, who or what do you worship?

How can you tell when something has become an idol in your life?

Why is God worthy of our worship when nothing else is?

What steps do you need to take to get rid of idols in your life and worship only God?

DAY 4: PROPER WORSHIP

Worship reaches far beyond the sanctuary. In today's passage, Paul says that offering our bodies as a "living sacrifice, holy and pleasing to God" is proper worship. What does this mean? He's saying that worship isn't just standing in a room and singing some lyrics to music from an acoustic guitar. True worship is a complete devotion of self. It doesn't give only the extras. It doesn't give only when it's convenient or popular. Real worship causes us to sacrifice everything in service to the Kingdom of God, and it's something that affects every part of our lives.

Paul outlines some of the gifts which God has given us. These gifts, he says, are to be used for the body of Christ. Are you a gifted teacher? Then teach! Are you a leader? Then lead! Do you serve well? Then serve! Living out these gifts is part of the worship lifestyle.

Read **Romans 12:1–8** and use the **SPECK Method** to dig deeper into the passage. *The acronym SPECK is simply a way to help you remember this Bible study technique, so you can use it to learn from other passages later.*

SINS TO AVOID

Make a list of any sins—wrong actions, attitudes, or thoughts—mentioned in the passage.

PROMISES TO CLAIM

Make a list of the promises in this passage. Promises give us confidence when we doubt God or face difficult times.

EXAMPLES TO FOLLOW

What examples do you find in the passage? Is there a right way of thinking or acting described in the passage that you should take as an example for your life?

COMMANDS TO OBEY

Write out all the commands you find. If a passage encourages you to take a certain action, take it as a command and write it down.

KNOWLEDGE OF GOD TO APPLY

What does the passage tell you about God that you can apply to your daily life? God's character shines throughout Scripture.

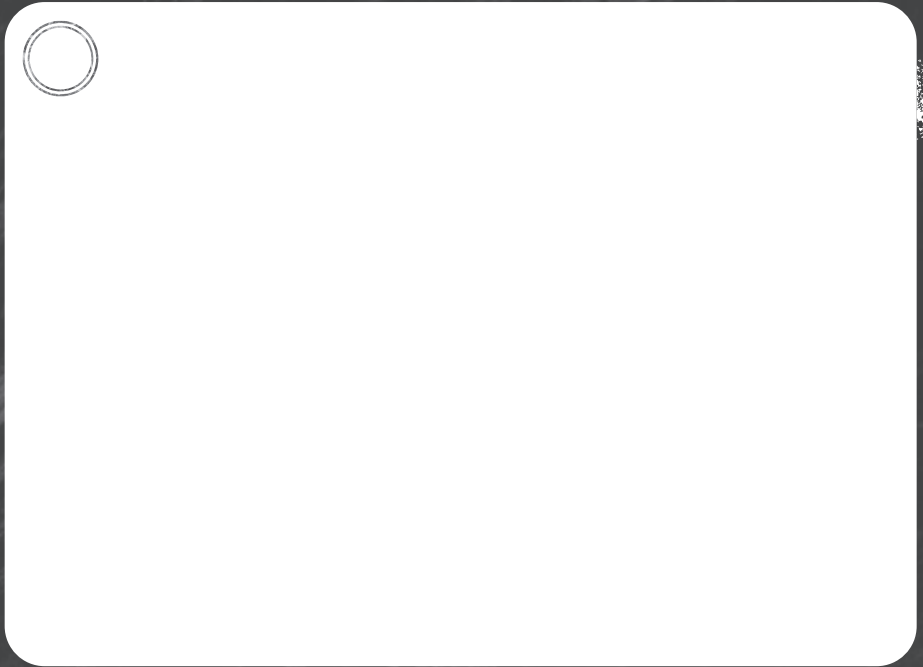
DAY 5: DAILY WORSHIP

Every Christ-follower must figure out how to make worship part of their lifestyle. There are no set rules or guidelines for living a worshipful life—how you worship at school might be totally different than someone else worshipping at the same school. You can't be told how to make worship a part of your life; it's something you need to learn through communication with God.

Today's challenge is to begin this process. One way to bring worship into your life is to have regularly scheduled prayer times throughout your day. To begin, write out a brief, simple prayer that connects you with God and centers you on worship. You could also use the Lord's Prayer (Matthew 6:9–13) if you don't want to write your own. Next, set a timer to go off at regular intervals (on your phone or watch). You could set it to go off every hour, every other hour, or maybe just a few times in a day—whatever is doable for you. When the timer goes off, intentionally pause everything for a moment and say the prayer. Allow these brief prayers throughout your day to bring you back into a worshipful mindset and then continue your day with refocused energy on living a life of worship.

You can repeat this simple challenge any day of the week. Instead of doing the same prayer every day, you could substitute a short passage of Scripture or a psalm. This intentional act of pausing, meditating, and reflecting will go a long way in making worship a consistent part of your life.

WHAT I'M GOING TO PRAY:



WHEN I'M GOING TO PRAY:



MENTOR PAGE: WHAT IS WORSHIP?

This page is designed for you to use in relationship with a mentor. If you don't have a mentor, skip it for now, but seriously consider finding one. Start by praying, and then ask someone (like a youth worker) to recommend a person who would be a good fit. Or if you know someone with a deep faith and the kind of character traits and faith you want to develop, ask them to mentor you. Most people will be more than thrilled and truly honored to mentor someone.

Questions to go through with your mentor:

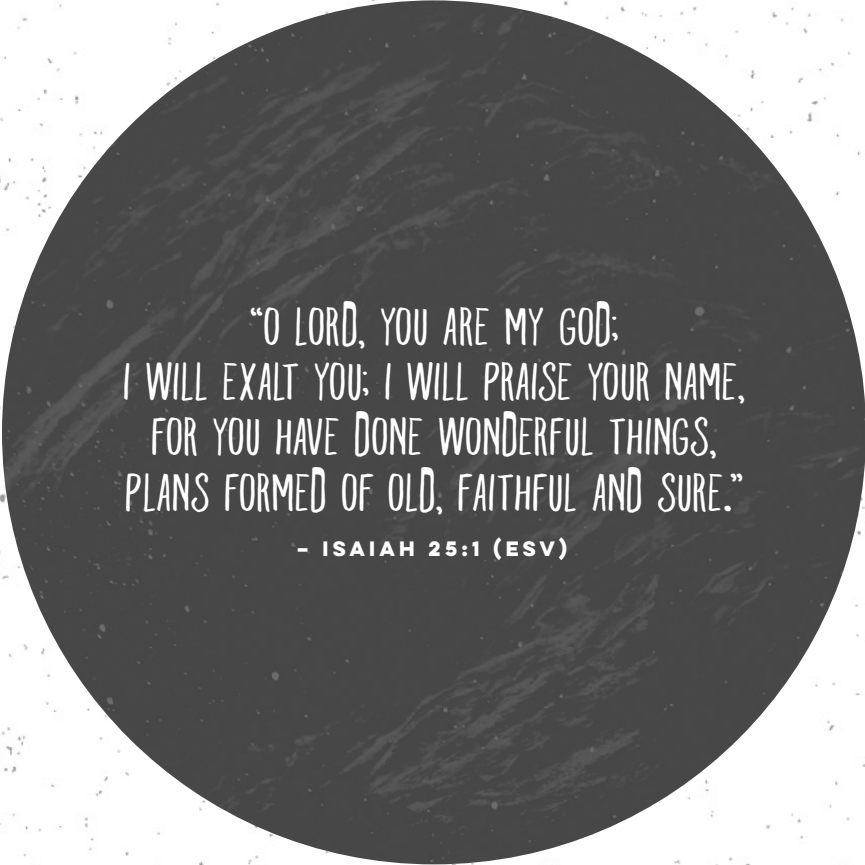
1. What are some of your current thoughts and feelings about worship? How do you hope to grow in worship as you go through this journal?
2. Ask your mentor about their thoughts and feelings about worship. Why do they think it's important? How have they connected with God and grown through worship?
3. On Days 2 and 4, you made some very specific life applications in your Bible study. What were they? Did you follow through on them? Do you need someone to keep you accountable?
4. On Day 5, you were challenged to pray regularly throughout your day. Share how that went with your mentor. How did it change your day? Spend some time praying together, asking God to help you as you seek to make worship a consistent part of your life.

Until your next meeting:

Take a minute to figure out when you and your mentor will get together next.

My mentor and I will meet: _____ (when) at _____ (where).

Are there any specific ways your mentor can pray for you until then?



“O LORD, YOU ARE MY GOD;
I WILL EXALT YOU; I WILL PRAISE YOUR NAME,
FOR YOU HAVE DONE WONDERFUL THINGS,
PLANS FORMED OF OLD, FAITHFUL AND SURE.”

- ISAIAH 25:1 (ESV)

HOW DO YOU RESPOND TO GOD?

When we truly experience God and understand the Gospel, we know that the only possible response is worship. Worship isn't just a nice feeling or something that we do only on Sundays. It's a vital, life-giving part of our walks with Christ. When we spend time in worship, we learn more about who God is and his heart for his people. We remind ourselves that he is God, and he is worthy of all glory and honor and praise.

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I Am A Worshiper focuses on eight essential traits and attitudes of worship. Each week has several days of **Bible Studies** (and Bible study methods), **challenges**, **thought-provoking experiences**, **hard questions**, and the **Marks of a Disciple**.

- **What is Worship?:** Defining what it is and why it matters
- **Viewing God Rightly:** Understanding who he is and who we are
- **Sacrifice:** Letting go of whatever gets between us and God
- **Reverence: Giving God the respect he deserves**
- **Obedience:** Putting God's will above our own
- **Humility:** Recognizing that we are not God
- **Past Remembrance:** Remembering God's faithfulness
- **Future Hope and Expectation:** Looking forward to eternity

ALSO INCLUDED:

Unique Abilities Assessment • Pages for your Mentor • Marks of a Disciple

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