

LIFE Groups: Winter 2026

Week 4 - A Life of Worship!



Giving God His Rightful Place

We all worship something, even if we're not aware of it! Worship is whatever we devote our attention, time, energy, and resources to. We were made to worship our Creator, and any other substitute will leave us unsatisfied.

1 - "Check-in" with your Group - Take about 30-45 seconds each to share:

What spiritual practices have been meaningful to you this week?

2 - Watch Pastor Scott's Video for True North #4, "A Life of Worship!"

St. Augustine, *Confessions* (his autobiography written c. AD 400) -

- "We are made to love the One who made us and loves us, and we find "rest" when our loves are rightly ordered to this ultimate end. Since our hearts are made to find their end in God, we will experience a **besetting anxiety and restlessness when we try to love substitutes.**"
- This is a radical claim about our design and ultimate purpose as humans in God's image, and about getting our worship (*what we love!*) in right order. Discuss as a group how Augustine's words resonate with you!

Read 1 John 4:15-19 - This passage reminds us that our "loves" (what we worship) rightly begin with knowing and receiving God's love for us demonstrated in Jesus. This truth will direct our worship in the right way.

- When you love someone, how does it affect your thoughts and actions? Discuss as a group how our response to God's love drives our daily acts of worship in our attitudes, motivations, and actions!

Read Deuteronomy 6:4-15 - This passage is called **the Shema** - the Hebrew word for "listen and understand!". It is the Jewish prayer that Jesus said three times every day and taught us to **pray and live out** as His disciples.

- We are to "love" (worship) God alone with our whole being - mind, heart, and strength. What does this tell us about what worship is?
- Note that Temple or synagogue are not mentioned as primary "places" of worship! Where and when does worship happen in these verses?

How is God calling you to rethink and reorder your worship?

Spiritual Formation practices: This week we focus on offering God our daily love and worship in spirit, mind, and body!

Prayer: Share requests and pray for one another, asking God to guide us ordering our loves and worship in ways that honor Him!



A Hebrew scroll of the **Shema** text of Deuteronomy 6





True North Scripture Readings

Use this chart to guide your time meditating on God's Word...

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1 1/18-24	2 Timothy 3:14-17	John 1:1-5, 1:14	Hebrews 4:12-16	Psalms 119 whole chapter - esp. v 1-3, 9-11, 97-98, 105-108	Proverbs 3:1-12
2 1/25-1/31	Psalms 46	Luke 5:15-16 Mark 1:35 Matthew 14:22-23	Luke 11:1-13 Luke 18:1-8	Isaiah 58	Matthew 6:6-15 Philippians 4:4-7
*3 2/1-7	Deuteronomy 6:4-15 Matthew 22:36-40	Psalms 51:10-17 Romans 12:1-2	Colossians 3:12-17	Hebrews 10:19-25	1 Thessalonians 5:14-24
4 2/8-15	Ephesians 4:1-16	Romans 12:3-21	1 Corinthians 12	1 Corinthians 13:1-14:4	Galatians 6:2-10 John 13:34-35
5 2/15-21	Ephesians 5:20-6:4	1 Peter 3:1-17	Matthew 5:1-16	Galatians 5:13-26	Luke 6:27-38

True North Spiritual Formation Practices

Aligning with the Spirit takes intention, and also resisting the pull of the World...

Week / Goals	Align With The Spirit	Resist the Pull of The World
1 Scripture; Be Formed by The Word	Prioritize God's Word - Read Scripture before phone; use the reading chart to align with Scripture at least 5 days this week	Resist Distraction - By reading God's Word before any media, note how it affects your mood, thoughts, and actions
2 Focus; Hearing God over noise of the world	Hear the Lord - Schedule Prayer 3x each day - rising, midday, lying down - at least once in kneeling or a posture of humility	Unplug - Set phone aside during prayer times, silence notifications, push away the "noise of the world" to intentionally "listen" for God's voice
*3 Worship; Giving God His Rightful Place	Attitude of Worship - Commit each day to offer God an act of worship with spirit, mind, and body	Resist Isolation - Connect with other believers for corporate worship at least 3x this week
4 Service; Giving God my Time and Strength	Spiritual Gift of Service - Consider what your spiritual gift might be and how you can use it to serve the Church, community, and world	Sacrifice of time - Dedicate a time for service to someone this week (or next) that meets their need - ask the Lord to guide you!
5 Relationships; Love God by Loving Others	Healthy Relationships - Revisit the Healthy Relationships section of your Spiritual Health Inventory - where can you focus this week?	Pray for Others - Is there someone that is hard for you to love? Pray for them, asking God to help you understand their life in a new way.