

# TakeNote

Pastor Shawn Thornton—  
Weekend of **August 7–8, 2021**

## **Bowing Down and Lifting Up: The Spiritual Practice of Worship**

—**Luke 19:28–34; John 20:24–29; John 4:1–42**

*Part 1 of the “Journey: How to Walk with God” sermon series*

### **Spiritual Practices:**

Intentional behaviors, habits, or disciplines that help us walk with God and be transformed into the likeness of Christ.

### **The Practice of Worship:**

As we bow down before and lift up God, we position ourselves to experience God and His transforming work in our lives.

### **1. Praise—We worship Him because of Who He is**

*(Luke 19:28-34)*

- Humble Reflection
- Joyful Celebration

### **2. Gratitude—We worship Him because of what He does**

*(John 20:24–29)*

- Saving Grace
- Sovereign Good

### **3. Trust—We worship Him because of what He promises**

*(John 4:1–42)*

- Help for Today
- Hope for Tomorrow

**Next Steps:**

1. Lean into worship services regularly
2. Sing or listen to worship music
3. Read psalms of praise and adoration back to God
4. Name characteristics or attributes to God as you pray

Resource to help you cultivate the spiritual practice of worship:  
[CalvaryWestlake.org/walk](http://CalvaryWestlake.org/walk)