

SPIRITUAL FOCUS IN OUR WORSHIP

Introduction

- 1) To **focus** is to center our attention on something – critical in gaining knowledge and success
 - a) Example: “Jennifer said she is going to focus on getting good grades this semester”
- 2) Our worship should involve intense spiritual **focus** – careful awareness, attention, concentration
- 3) Satan is very good at distraction, and we can lose our focus if we are not careful
- 4) Worship is a very important period of time and it demands our best spiritual focus

I) Importance of a Spiritual Focus in Life

A) Bible examples of those who **kept** spiritual focus

- 1) Noah (Gen. 6:22)
- 2) Job (Job 13:15; 27:5-6)
- 3) Mary (Lk. 10:39)
- 4) Paul (Phil. 3:13-14)

B) Those who **lost** their spiritual focus

- 1) Solomon (1 Kgs. 11:4)
- 2) Peter (Matt. 26:69-75; Gal. 2:11-12)
- 3) Demas (2 Tim. 4:10)
- 4) Church at Ephesus (Rev. 2:4, 5)

II) Spiritual Focus [Attention] in Our Worship

A) **Pre-preparation**

- 1) *Physical* – rest, health, dress, seating, posture
- 2) *Mental* – prayer, meditation, study, eagerness (Psa. 122:1), peace (Matt. 5:23-24)
- 3) Worship not for meaningless routines, daydreaming, socializing, joking (flippant attitudes)

B) **Singing**

- 1) Speak to one another; make melody in heart to the Lord (Eph. 5:19; Col. 3:16)
- 2) Focus attention on words *and* tune of song – joy of singing and spreading godly message
- 3) Not all know how to read music, but all should sing melodious truth from the heart

C) **Prayer**

- 1) Bowing head and closing eyes helps to avoid distractions (Matt. 6:6)
- 2) Pray along, listening carefully, to convey thoughts of prayer to God as your own
- 3) Cannot say “Amen” if not understand or hear what is said (1 Cor. 14:16)

D) **Lord’s Supper**

- 1) Must give careful attention to this important act of worship (1 Cor. 11:28-30)
- 2) An appropriate song and comments help to focus the mind to think about the death of Christ
- 3) Very easy to lose focus – read scripture, think carefully, list blessings, give thanks

E) **Giving**

- 1) Understand the need and proper attitude for giving (1 Cor. 16:2; 2 Cor. 9:7)
- 2) Get informed about how the Lord’s money is used and why

F) **Preaching/Bible Classes**

- 1) Desire the preaching of the word and give careful attention to it (Neh. 8:3, 9; Lk. 19:48)
- 2) Look up Scriptures, take notes, think critically, test all things, determine application

Conclusion

How is your **spiritual focus** in the worship of God? Love God with *all* your heart, soul, mind, and strength (Mk.12:30). This demands the total focus and devotion of life and worship. Obey God!