



# Jolted Out of Laziness

*Heart and Soul Series*  
Pastor Adrian Schoonmaker  
February 15 & 16, 2025

Worship involves our entire being – **heart, soul, mind, and** \_\_\_\_\_<sup>1</sup>. (*Mark 12:30*)

True worship is offering our \_\_\_\_\_<sup>2</sup> **as a living sacrifice**. (*Romans 12:1*)

The Bible is full of examples of physical worship:

- Solomon \_\_\_\_\_<sup>3</sup> before the altar. (*2 Chron. 6:12-13*)
- Ezra \_\_\_\_\_<sup>4</sup> **on his knees** with hands spread out. (*Ezra 9:5*)
- The Psalms call us to **lift up our** \_\_\_\_\_<sup>5</sup>. (*Psalms 63:4, 134:2, 141:2*)

Reasons we hesitate to engage in physical worship:

- **Personal** \_\_\_\_\_<sup>6</sup>.
- **Misconceptions and misunderstandings.**
- **Emotional and psychological reasons.**

Why physical worship matters:

- It's \_\_\_\_\_<sup>7</sup>. (*Scripture teaches it.*)
- Science shows **body posture affects the** \_\_\_\_\_<sup>8</sup>. (*C.S. Lewis, Screwtape Letters*)
- It's **natural and consistent** with human expression.
- It demonstrates that **others matter** in worship.
- **Actions speak** \_\_\_\_\_<sup>9</sup> **than words.**

*Call to Worship:*

- "Let us lift up our \_\_\_\_\_<sup>10</sup> and our \_\_\_\_\_<sup>11</sup> to God in heaven..." (*Lamentations 3:41*)

1. Strength 2. Bodies 3. Stood 4. Fell 5. Hands 6. Experience 7. Scriptural 8. Soul 9. Louder  
10. Hearts 11. Hands



## **Group Life Question**

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1. What stood out to you from the message this week?
2. How does your posture in worship reflect your heart?
3. Why do you think Scripture includes so many examples of physical worship?
4. What are some personal hesitations you have about engaging in physical expressions of worship?
5. How can you overcome any misconceptions or fears regarding physical worship?
6. Why do you think God designed our bodies to impact our emotions and worship experience?
7. How can we encourage each other to engage more fully in worship—physically, emotionally, and spiritually?
8. What is one way you can step outside your comfort zone in worship this week?