



# R E C A L I B R A T E

## SESSION 1 - RECALIBRATE

### SERIES BIG IDEA

Worship recalibrates our hearts to God.

### MESSAGE BIG IDEA

Through worship, we recalibrate our hearts to God and the life he wants for us.

### SCRIPTURE

John 4:10-26 and Romans 12:1-2

### ICEBREAKER

Have you ever gotten lost? What was that experience like?

### OPENING THOUGHT

Just like when we set out to an unknown place with bad directions or no directions, sometimes our lives can feel like we've drifted and gotten lost. Luckily for us, God is continually calling us back into relationship and back into worship. Whether we've experienced disorienting loss or casual drift, God is always there to welcome us.

### BIBLE DISCUSSION

1. Read John 4:1-26, what stands out to you?
2. The word "worship" is used seven times in this passage. How were Jesus and the Samaritan woman using the concept of "worship" similarly and differently?

### LIFE APPLICATION

3. Read the quote below from Brother Lawrence (a spiritual contemplative, from the 17th century and author of the classic Christian text, *The Practice of the Presence of God*) and discuss its implications for our daily worship:

*"God does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think."* - Brother Lawrence, "The Practice of the Presence of God"

4. What different ways to worship do you find the most meaningful? How can you incorporate those into your daily life?
5. We can all drift away from our priorities over time, whether it's work, family, friends, or God. How do you feel about your drift in these categories? Where do you see drift?
6. How can we help each other in our quest not to drift?

### CHALLENGE

Spend time in prayer, asking God to help you see the ways you are drifting. Then commit to recalibrating your life to God's ways and priorities, not our own. Find three ways to worship this week outside of a Sunday worship experience