

Week 3: Humility, Surrender, and Heart Alignment in Worship

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1. Worship Begins with Humility

- Biblical worship is connected to bowing before God.
- Humility means:
 - Recognizing our need for Him
 - Releasing pride and self-reliance
 - Acknowledging that He is in control
- Pride resists. Worship yields.

2. Worship Requires Surrender

- Worship involves offering our lives to God — our plans, our will, our future
- Worship is not only what we sing — it is what we surrender.

3. Heart Alignment Before Expression

- Outward expression is biblical — singing, lifting hands, clapping, shouting
- But expression without inward surrender becomes performance.
- Before hands are raised, the heart must bow.

4. Aligning the Heart

- We align our hearts through:
 - Honest self-examination - “Search me, O God...” (Psalm 139:23)
 - Confession - Unconfessed pride blocks worship. Unforgiven bitterness hardens worship.
 - Submission to God - “Humble yourselves in the sight of the Lord...” (James 4:10)
 - Focusing on who God is - True worship centers on who God is — not how we feel.
- Authentic worship flows outward from inward surrender.

Why This Matters

- Worship rooted in humility:
 - Softens the spirit
 - Breaks pride
 - Invites God’s presence
 - Transforms character
- True worship changes the worshiper.

Discussion Questions

- When you think of worship, do you naturally think of expression or surrender? Why?
- How does humility change the way we approach worship?
- What are practical ways pride can block worship?
- What is something in your life that God may be asking you to surrender as an act of worship?
- Have you ever participated outwardly in worship while feeling inwardly disconnected?
- What helps you personally align your heart before engaging in corporate worship?
- What would change in our church if everyone focused on inward alignment before outward expression?
- How can we practice heart-alignment during the week, not just on Sunday?

