

Battling through in Worship - Lesson

Lesson summary: In worship, there are times we have to force our way to God, and God works through this to diminish the power the flesh has over us.

DEUTERONOMY 4:29 (NIV)

But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul.

Have you ever had a spiritual dry spell? How did you pull out of it, or are you still in it?

Seeking God with all your heart and soul sometimes takes a lot of energy. Sometimes we may not feel like worshipping and praising God, and we have to get a little loud and force it.

Why do we have dry spells?

Not because God doesn't want to be bothered, but because our flesh is holding us back from a deeper relationship with Him.

Sometimes it may feel like God draws back a little. In those times we need to pursue Him more.

Learn to put things out of your mind that are distracting you. Entrust them all to God to take care of, and focus only on Him.

It is true that you will do what you really want to do. Whether it is sin, or a closer relationship with God, is up to you. One of the things we need to do, with God's help, is to kill the flesh, or at least reduce its power on us. We often have to get forceful with ourselves in order to push through.

What are some good ways to get your mind back into spiritual growth mode?

Often it is during the hard times that we realize afterward we have grown the most. Sometimes we are not the ones that notice the growth, but others notice it.

1. Listening to worship music.
2. Reading a good spiritually edifying book
3. Listening to good sermon tapes.
4. Sitting down and talking it through with one who has a stronger relationship with God than you do.
5. Locking yourself in a room and determining to seek God, getting loud and crying out loud, until you feel you have broken through...and do it.
6. Examine your life for areas of compromise God is asking you to eliminate and submit to Him.