

## Studies: An Act of Worship

**Goals:** The goal of this study is to help each other take our studies seriously and see our studies as an act of worship to God. Studies are spiritual!

### Openers:

*You may want to use a large paper or whiteboard to brainstorm lists together*

- In a given week, what do you spend your time on? (*You can write in bigger letters the things they spend most time on*)
- What kinds of things in your life, possibly from that list, do you typically think of as spiritual?
- What kinds of things in your life would you categorize as “secular” or not spiritual/sacred?

### Scripture:

Read the below Scriptures out loud, then take 10 minutes for individual reflection and meditation on these verses. Core members can journal things they notice about the texts or prayers in response to these verses.

**I Corinthians 10:31** So whether you eat or drink or whatever you do, do it all for the glory of God.

**Colossians 3:17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Matthew 22:37-39** Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.”

### Digging Deeper:

#### Observations

- What kinds of things did you notice as you reflected and meditated on these verse? Have people share their observations of the text.

#### Interpretations

- What do you think it means to do *all* things for the glory of God? How does that actually look?
- What do you think it means to love God with all your heart? Your soul? And your mind? What kinds of things on the lists you made in the opener could potentially fit into those categories of heart, soul, and mind?
- Why do you think God asks for this kind mindfulness or worship of Him in everything we do? Why is it important?

#### Applications

- Some things are easier than others to see them as spiritual, and for some it's really difficult to see the things we do as mattering at all in our relationship with God. As college students, a lot of our time is spent studying, writing papers, or in classes, (and later in our lives that would be replaced with work of some kind) so what might that look like for us to see our studies as worship? How would it be different than how you are operating currently?
- What are some simple ways we can begin to invite God into our studies and notice Him throughout all parts of our days (not just Core or Friday Night Fellowship)? *(some ideas: for a week try to be extra aware of God's presence in your life and write down things you notice Him interacting in, pray before you study for God to open your mind to more of His creation, set a cell phone alarm at different times to remind you to be mindful of God and invite Him into whatever you are doing at that moment, go to your professors' office hours and ask questions about what you are learning and be the most interested student in class)*
- (Optional way to close): Have Core members choose one thing from your brainstorm that they'll consciously do this week. Pair them up to share what each other chose and pray for each other to grow in seeing their studies and whole lives as worship to God. They can report back next week how the week went.

### **Resources**

*The Rest of God*, Mark Buchanan (Chapter 1 is an extremely helpful view on work)