

DAY 7

Be in God's Presence - Peter told us in 1 Peter 1:16, "Be holy because I (God) am holy." Why is this one of our most important pursuits?

Why is humility important in your recovery?

Worship - "The Lord said to Isaiah: "These people come near to Me with their mouth and honor me with their lips, but their hearts are far from Me. **Their worship of Me** is made up only of rules taught by men." Isaiah 29:13

In your own words, why is true worship so important in our lives?

Write out the main scripture you use in your recovery to fight against lust:

*I lift up my eyes to the mountains—where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.
Psalm 121:1-2*

WORSHIP

Be an Unquenchable Worshipper



Connect with God

*"A time is coming and has now come when
the true worshippers
will worship the Father in the Spirit and in truth
for they are
the kind of worshippers the Father seeks."
John 4:23*

Week 1

DAY 1

Confess Wrongs & Victories | Learn | Adjust - In the lingo of Paul, **I beg you, men**, to take “very seriously” meeting with God daily. Asking God to search you daily isn’t meant to be a time of deep introspection. It is a time of sitting with God and asking Him what He may want to show you regarding how you lived yesterday. The goal is to be conformed into the image of God. Lord, we want you to do your work in us! Let’s worship Him this week.

Connection Song - “Nothing Else” by Cody Carnes

The most common New Testament Greek word for WORSHIP is “**proskuneo**” which means “**to fall down before or bow down to.**” I find this interesting because it means that WORSHIP is more of an attitude of the heart. It’s not just singing songs! This is why in Romans 12:1 offering your body to God as a living sacrifice or using your body in a way that honors HIM is a spiritual act of worship.

This week you are going to not only WORSHIP in song but also with a heart attitude that is bowing down in respect and honor to the God you serve, **Jesus!**

Sing along with the lyrics. Try a different posture in worship than you normally take. Stand, kneel, bow, lay face down, sit, arms raised, etc. Listen now and try to envision singing to Jesus as he’s sitting on HIS throne.

Generally, do you come to God to be blessed, to get something, or do you just want to be with Him? Explain:

What touched you the most as you worshipped God with this song!

Describe how wanting “Nothing Else” can be the most important principle for your recovery?

Your Challenge...

Try to see Jesus as the **Christ, the Son of the living God**. Isaiah 9:6 says Jesus is the “*wonderful Counselor, mighty God, everlasting Father, Prince of Peace.*” We are loved by a mighty God so deeply it can be hard to comprehend. When we develop an awe of our Creator, it should change everything. **God wants to be with YOU.**

It is written in John 14:6, “*Jesus is the way, the truth, and the life.*” Hebrews 13:5 says, “He will never leave you nor forsake you.” Then Colossians 3:4 states, “Christ is your life...” This life is about surrendering everything to Him. When we lose our lives, we gain life so we can be a light on a hill or the salt of the earth. **Do you need Jesus and nothing else? Take some time and really think about how this is one of the most important principles for having a full life and walking free in your recovery.**

Reflect on what you feel God is trying to teach you through the worship today.

DAY 6

Confess Yesterday’s Victories | **Learn** Today | **Adjust** for Tomorrow

What major victories did you experience **last week**? Any setbacks? If so, what can you learn from them? Are there any adjustments you need to make? List them below.

Your “Top 3” - What “3” things impacted you the most from this week’s recovery work and your time with God. It may be a principle, a scripture, or something new that God is teaching you.

Come prepared to share these with your R40 team each week!

1.

2.

3.

Describe what you have learned this week about YOUR HEART AND WORSHIP.

Christian recording artist Matt Redman said,

"In worship, God captures your heart; when He’s got it, the real work begins!"

Does He have your heart fully?

DAY 5

Confess Wrongs & Victories | Learn | Adjust

Connection Song - “Resurrection Power” by Chris Tomlin

Wow! I hate to see this week’s study of WORSHIP end, but I believe our worship NEVER ENDS! The way you live your life is one of the greatest forms of worship you can offer!

WORSHIP = PRAYER + RE-JOY-SING + SURRENDER + OBEDIENCE + AWE + CONSISTANCY

What you have learned new about YOU and WORSHIP this week?

What touched you the most as you worshipped the One who gave you **Resurrection Power!**

How could the realization of **Resurrection Power** living inside you change how you live?
How could it help you in your recovery?

One of the main concepts in this song is you have freedom through Jesus and a new power to help you live it out. Read Galatians 5:1&13. List the “4” main principles God is teaching you from these two verses:

- 1.
- 2.
- 3.
- 4.

The Challenge

One of greatest privileges in America is to freely worship Jesus Christ as Lord. Your freedom isn’t to indulge in sin. You are no longer bound to sin and destined for hell. Instead, you are now free to choose to serve God and others and experience the joy found only in following God. **I pray this week** has helped to create a new excitement for worshipping God in **your daily life. May it become a way of life.**

The last challenge: Will you continue to live in a daily attitude of WORSHIP? Has this helped you develop an unquenchable thirst for WORSHIP in your life? Do you see why WORSHIP is so important in forming the character of God in you and developing a heart of gratitude to God? **I hope this is a fresh new beginning of living a life filled with worship!**

Be Still - Reflect on what you feel God is trying to teach you through worship this week.

DAY 2

Confess Wrongs & Victories | Learn | Adjust

Connection Song - “I Am Not Alone” by Kari Jobe

We don’t just want to sing nice songs this week. We want these songs to speak to our souls. We want them to speak truth to our areas of brokenness. Cry out to Jesus to heal any blind spots in your life and fill any loneliness that may be triggering you!

Describe how you were touched by God as you worshipped Him through this song today!

Read these scriptures and ask yourself how they reinforce the lyrics in the worship song.

Psalms 23:1-4 shows the Lord’s constant presence in our lives, “*The Lord is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, He leads me beside quiet waters, 3 He refreshes my soul. He guides me along the right paths for his name’s sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me...*”

Isaiah 43:2 reassures us, “**When** you pass through deep waters, **I will be with you;** and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

Explain how it helps your recovery for the Lord to...

Be your Shepherd -

Lead and guide you along right paths -

Refresh you -

Provide what you need, protect you, remove all fear, KNOWING He is with you always -

The Challenge

For many men, being alone and/or idle time is one of their biggest triggers. This song is a declaration of God’s truth. It reminds us that we are never alone; God is with us. Your challenge is learning how to let Jesus fill this void. Here are some **practical action steps** you can take to cooperate with what God is doing inside of you through the Holy Spirit.

1. Write a formal plan for how you will handle various alone times.
2. Have easily accessible scriptures about God’s presence with you at all times.
3. Have your R40 team of men praying for you and asking you if you’re making progress.

Seek God - Only He can fill you with His presence. Ask Him to break these chains!

DAY 3

Confess | Learn | Adjust - This daily exercise is part of walking in the Spirit. Ask yourself what you can learn from yesterday. What would you repeat or do differently?

Connection Song - “Overwhelmed” by Big Daddy Weave

As you prepare your heart for worship today, think about how **overwhelming God** really is. Where did God come from? How can He always be? How does HE know every STAR by name? How did He create STARS that burn at over 40,000 degrees using massive amounts of energy and they never burn out? Plus, there are trillions of them in the universe!! How can HE hear everyone’s prayers all at once? How does HE know every day of your life before you’re born? Think about how one of your decisions could change everything in your life. **God really is Overwhelming!**

Define OVERWHELMED from the dictionary:

Think about this as you listen, sing, and worship Him today.

List “3” ways God touched you as you sang this song to Him today!

- 1.
- 2.
- 3.

What has you OVERWHELMED right now in your life?

- 1.
- 2.
- 3.

What OVERWHELMS you about God?

- 1.
- 2.
- 3.

The Challenge

Today’s song talked about God being **BEAUTIFUL! GLORIOUS! WONDERFUL!** Have you ever thought about God this way before? Try to do so now. What other words can you think of that describe GOD’S awesomeness? List them below...

Reflect on how these character qualities of God can help you in recovery.

Just BE with Jesus - Let His desire to be with you sink in until you’re overwhelmed!

DAY 4

Confess Setbacks & Victories... Learn from them... Adjust if necessary

Start each day talking with God about how you lived your last 24 hours.

Connection Song - “Live for You” by Connersvine

This song wrecked me one day out of nowhere! I Heard it for the first time driving down the road and just started sobbing. I know it was for me but I hope the lyrics become the prayer of your heart. Your proclamation. Your desire. Your cry to God!

As you sing this song, your challenge is to think about the lyrics and imagine yourself singing them to GOD. Ask Him to cleanse you and help you die to your selfish desires. Let God wash your soul and scrub the filth of the world out of it.

Worship should refresh, renew, and restore!

List the “3” things that touched you most as you sought God in worship today!

- 1.
- 2.
- 3.

Ask yourself “3” questions that we sang about over and over in the song today:

1. Do I really want to LIVE FOR HIM?

2. **Am I willing** to DIE TO ME and BE EMPTIED? What does that look like in my life?

3. Have I grasped what it means TO BE FREE? If you’re like me, you’ve never really sat and thought about it. Take a few minutes and do that now. Describe in your own words what it means to you to be FREE...

The Challenge

Read Psalm 34:18; 51:15-17. (Read all of 51 if you have time) Being BROKEN is mentioned in today’s song. What does it mean to you to be BROKEN before God. Why is this such an important concept in the Bible AND in your recovery?

Talk with God - Tell Him how deeply you desire to be free, and listen for His response.

DAY 2 - WORSHIP

I AM NOT ALONE

by Kari Jobe

When I walk through deep waters
I know that You will be with me
When I'm standing in the fire
I will not be overcome
Through the valley of the shadow
I will not fear

I am not alone
I am not alone
You will go before me
You will never leave me

Repeat

In the midst of deep sorrow
I see Your light is breaking through
The dark of night will not overtake me
I am pressing into You
Lord, You fight my every battle
Oh, and I will not fear
I am not alone
I am not alone
You will go before me
You will never leave me
Repeat

You amaze me
Redeem me
You call me as Your own
You amaze me
Redeem me
You call me as Your own

You're my strength
You're my defender
You're my refuge in the storm
Through these trials
You've always been faithful
You bring healing to my soul

I am not alone
I am not alone
You will go before me
You will never leave me
Repeat Again 2x's

DAY 3 - WORSHIP

OVERWHELMED

by Big Daddy Weave

I see the work of Your Hands
Galaxies spin in a Heavenly dance oh God
All that You are is so overwhelming

I hear the sound of Your Voice
All at once it's a gentle and thundering noise
oh God
All that You are is so overwhelming

I delight myself in You
Captivated by Your beauty
I'm overwhelmed, I'm overwhelmed by You

God, I run into Your arms
Unashamed because of mercy
I'm overwhelmed, I'm overwhelmed by You

I know the power of Your Cross
Forgiven and free forever You'll be my God
And all that You've done is so overwhelming

I delight myself in You
In the Glory of Your Presence
I'm overwhelmed, I'm overwhelmed by You

And God I run into Your arms
Unashamed because of mercy
I'm overwhelmed, I'm overwhelmed by You

You are Beautiful, You are Beautiful
Oh God, there is no one more Beautiful
You are Beautiful, God you are the most Beautiful

You are Wonderful, You are Wonderful
Oh God, there is no one more Wonderful
You are Wonderful, God You are the most Wonderful

You are Glorious, You are Glorious
Oh God, there is no one more Glorious
You are Glorious, God you are the most Glorious

I delight myself in You
In the Glory of Your Presence
I'm overwhelmed, I'm overwhelmed by You

And God I run into Your arms
Unashamed because of mercy
I'm overwhelmed, I'm overwhelmed by You
I'm overwhelmed, I'm overwhelmed by You
There is no one more Beautiful
You are the most Beautiful!!

DAY 4 - WORSHIP

LIVE FOR YOU

by Connersvine

All that is within me
Cries out to You, my Lord
My God and King
For You alone can cleanse me
Set me free

(Chorus)

I want to live for You
I want to die to me
I want to be emptied
I want to be freed
From all that holds me captive
All that brings me down
All that's tried to lose me
Now that I've been found

I want to live for You

Here in this hour
Leaning on Your mercy
Your throne of grace
You are all I am after
The beauty of Your face

(Chorus)

All I am, broken on the ground
In Your hands
Knowing You surround me, Lord
Father, now I know that I am Yours

(Chorus) X2

I want to live for you

I want to live for you
I want to live for you

DAY 5 - WORSHIP

RESURRECTION POWER

by Chris Tomlin

You called me from the grave by name.
You called me out of all my shame
I see the old has passed away
The new has come!

(Chorus)

Now I have resurrection power
Living on the inside
Jesus, you have given us freedom
No longer bound by sin and darkness
Living in the light of your goodness
You have given us freedom

That I'm dressed in your royalty
Your Holy Spirit lives in me
And I see my past has been redeemed
The new has come!

(Chorus)

Freedom, you have given us freedom
You have given us freedom, my chains are gone!
Freedom, you have given us freedom
You have given us freedom, hallelujah!
Freedom, you have given us freedom
You have given us freedom, my chains are gone!
Freedom, you have given us freedom
You have given us freedom, hallelujah!

(Chorus)

I have resurrection power
Living on the inside
Living on the inside!
No longer bound by sin and darkness
You have given us freedom
You have given us freedom!

WORSHIP LYRICS

“Being an Unquenchable Worshipper”

DAY 1 Nothing Else - Cody Carnes

I'm caught up in Your presence... I just want to sit here at Your feet
I'm caught up in this holy moment... I never wanna leave
Oh, I'm not here for blessings... Jesus, You don't owe me anything
More than anything that You can do... I just want You

I'm sorry when I've just gone through the motions
I'm sorry when I just sang another song
Take me back to where we started... I open up my heart to You
I'm sorry when I've come with my agenda
I'm sorry when I forgot that You're enough
Take me back to where we started... I open up my heart to You
I'm caught up in Your presence... I just want to sit here at Your feet
I'm caught up in this holy moment. I never wanna leave

Oh, I'm not here for blessings... Jesus, You don't owe me anything
And more than anything that You can do... I just want You

I just want You
Nothing else, nothing else
Nothing else will do
I just want You
Nothing else, nothing else, Jesus
Nothing else will do
(Repeats Again 2x's)

I'm coming back to where we started
I'm coming back to where we started
When I first felt Your love
You're all that matters, Jesus... You're all that matters
I'm coming back to what really matters... Just Your heart
I just wanna bless Your heart, Jesus

I'm caught up in Your presence
I just want to sit here at Your feet
I'm caught up in this holy moment
I never wanna leave
And oh, I'm not here for blessings
Jesus, You don't owe me anything
More than anything that You can do
Oh, I just want You