

MENTOR GUIDE

# MODULE 1: LIVING A LIFE OF WORSHIP

# INTRODUCTION

In this module, **Anabeth Morgan** explains the purpose and practice of worship. Then, she teaches about how to worship God in your daily activities.



This module's teaching will help you answer two central questions:

1. How does worship deepen and demonstrate my intimacy with God?
2. How can I grow as a worshipper of God in my daily life?

# SESSION 1: WHY WE WORSHIP

## *Video Notes*

1. **Worship is ascribing worth to something** (Revelation 5:6-9; Revelation 7:11). Every human is designed to give worth to something in life. Worship is where your devotion is centered. We are designed to worship, having been created in the image of God, and we see that even our God sings!
2. **Worship is more than singing; it's surrender and obedience.** As we sing in worship, we pour out devotion to God and express our desire to follow Him. As a leader, you create spaces for others to be with God and to know more of who He is and what He has done. Worship goes beyond singing—it's an act of surrender and obedience. When we worship through song, we offer our hearts to God, expressing both our devotion and our willingness to follow Him. As a leader, your role is to create space for others to encounter God's presence, to see more clearly who He is, and to remember what He has done—all through the practice of worship.
3. **When we gather together as the church, we come ready to worship the living God** (Colossians 3:16; Hebrews 10:24-25). As leaders, if we are not creating spaces for people to practice worship and corporately focus their attention on God, things start to die. As a leader, you need to be a lead worshipper in church gatherings, regardless of your official role in the worship service, leading the way for others to follow.
4. **Gathering together in worship produces encouragement.** We remind one another to keep giving worth to God, to obey what He is saying, and to keep singing and trusting God, no matter what circumstances we find ourselves in. The gathered community of God's people is central to a life of worship.

# SESSION 1: WHY WE WORSHIP

## *Participant Reflection Questions*

After watching the video, participants will answer or journal the following questions for reflection. Feel free to utilize these questions for discussion at your next Coaching Session.

- 1.** Anabeth describes singing as a way of expressing devotion and gratitude to God - a way of ascribing to God the worth that He is due. Is singing to God a significant part of your life? Why or why not?
- 2.** Anabeth says that as a leader in your church, you are responsible for being a lead worshipper. Have you considered singing and participating in corporate worship as a significant part of your leadership role (especially if that role is not on the worship team)? What would it look like for you to step into this more fully?
- 3.** If your role is not as a worship leader or on the worship team, how could you incorporate worship more in the area that you serve?

# SESSION 2: WORSHIP IN EVERYDAY LIFE

## *Video Notes*

1. **You were made to worship in everyday life** (Isaiah 43:7, Psalm 29:2). The key to worshipping in daily life is to use daily disciplines and rhythms to get to know God.
2. **Individual disciplines lead to everyday worship.** These include prayer, reading Scripture, singing, sharing God's goodness with others, and living a life pleasing to God.
3. **You can ascribe worth to the Lord by...**
  1. **Getting to know Him.** Spend time with God first, and you will be able to hear and respond to Him more clearly throughout your day.
  2. **Worshipping Him with singing.** Make singing to God a daily part of your life.
  3. **Speaking about Him.** Share the good news of what God is doing in your life.
  4. **Living a life pleasing to Him** (Micah 6:8).

## SESSION 2: WORSHIP IN EVERYDAY LIFE

### *Reflection Questions*

- 1.** Worship connects you to God in your individual thoughts and actions, and in the ways you interact with others. Is there an area of your life that feels disconnected from God? Is there an area of your life you sense you are ascribing more worth than you would want?
- 2.** What is one worship song that draws you closer to the Lord in this season of life and increases your desire to sing?
- 3.** You worship God by sharing about God's goodness to others. Is this something that feels comfortable or typical for you? Who is one person with whom you have weekly engagement that you could speak to about Jesus?
- 4.** Meditate on Micah 6:8 and ask the Lord to reveal a place in your life that can offer an even more pleasing aroma of worship. What area of your life comes to mind?

# ACTIVATION ASSIGNMENT

## *Put This Into Practice*

You were made to worship in everyday life.

In this activation assignment, you will make a worship plan for using daily disciplines to get to know God more.

Choose a daily discipline in each area to commit to for the month.

You'll share your plan with your mentor at your next mentor meeting, and then check in with them again once your month of practice is over.

- **Get to know him.** Spend time with God first, and you will be able to hear and respond to Him more clearly throughout your day.
  - For the next month, I commit to the following daily discipline:
- **Worship Him with singing.** Make singing to God a daily part of your life.
  - For the next month, I commit to the following daily discipline:
- **Speak about Him:** Share the good news of what God is doing in your life.
  - For the next month, I commit to the following daily discipline:
- **Live a life that pleases Him:** Micah 6:8 says, "No, O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God."
  - For the next month, I commit to the following daily discipline:

Date my Worship Plan begins:

# MENTOR SESSION GUIDE

While the content we've provided will be impactful for participants, as a VLE mentor, the time you spend helping participants process will be transformative. Please use this time to make thoughtful observations and be prepared to speak into their lives. This time together will provide many opportunities to have an "ICNU (I See In You) Conversation", which will be catalytic in their growth and development! Here is a sample agenda you might consider using for your time together:

**Connection (5-10 minutes).** This is a great opportunity for small talk, to warm up the conversation. You can ask how their week has been, or if they have anything exciting coming up.

**Celebration (5-10 minutes).** Ask them if they have seen God do something in their lives or ministry in the past two weeks that they'd like to share. This is an opportunity for you to affirm and reinforce the good growth that is happening.

**Coaching Conversation (40 minutes).** See Coaching Conversation Section on the next page. This portion will be specific to each module.

**Care & Prayer (10-20 minutes).** As you wrap up your time together, make space for the work of the Holy Spirit. This could look different every time, especially if you are meeting with an individual versus a group. If you are with an individual, you could ask if the Holy Spirit has brought anything to the surface for them, and then pray into that. If you are with a group, this might be an opportunity for a hot seat, or for participants to break off into pairs and pray for each other.

**Closing Communication (5 minutes).** This is the time to highlight the next module, important church events, or announcements, etc.



# MODULE 1: COACHING CONVERSATION

**Module 1: Living A Life of Worship** invites participants to reimagine worship as a holistic, embodied, and everyday expression of devotion to God. Through the lens of Kingdom theology and spiritual formation, this module expands worship beyond music to a lifestyle that glorifies God in every space – together as a church, in our teams, and in our daily lives outside of a Sunday morning. As Vineyard leaders, cultivating a worshipful posture is foundational to how we serve, lead, and live.

- 1. First, begin by sharing your own worship journey.** Reflect on how your understanding and practice of worship have evolved over time.
  - When has worship been especially meaningful or transformative for you?
  - What helps you engage with God in both corporate and personal settings?
- 2. Next, draw from the Activation Assignment and encourage participants to share.**
  - What did you notice about what or who you give your attention and affection to?
  - Did anything shift when you began to intentionally reframe your day as worship?
  - Was there a surprising or beautiful moment of worship in the mundane this week?
- 3. Take some time to dig into the major themes from both sessions. Use these prompts to guide discussion:**
  - Worship as lifestyle: How does this definition challenge or affirm your view of worship?

- Embodied worship: What role does your body play in how you worship? Have you felt freedom or resistance in this area?
- Worshipping in suffering: What does it look like to choose worship in the midst of difficulty?

**4. Help participants reflect on how this module impacts their leadership.**

- How is worship currently a part of your preparation for serving in your church role or area of ministry?
- How might a lifestyle of worship impact the culture of your ministry?
- Where are you sensing an invitation to deepen your life of worship?

**5. Close with a time of prayer and ministry.**

- Ask participants if there is an area of distraction or control that God might be inviting them to surrender as an act of worship. Or, is there a commitment they may feel called to make that will deepen their life of worship?
- Bless each participant and ask the Spirit to cultivate a deeper hunger for God's presence throughout the week.
- Close out your time by praying together with praise, adoration, and thankfulness. Depending on the number of people participating, perhaps sing a few songs of worship together during this time.