Worship and Wellbeing Handout

At its core, worship is the use of our whole being (body, mind, soul, and strength) in recognizing God and His truth while being surrendered to live as He teaches and being engaged in changing our thinking and feelings to align with the reality of God.

Worship requires us to move outside of ourselves in self-giving love to God. When we do this, we are renewed, restored, revived, and rekindled through the healing relationship of sharing in the divine life. But when we move worship into a self-focus, we cut ourselves off from the healing power of inter-connected love between God and ourselves.

In our text today, Asaph shares a great wisdom regarding the power of worship to heal, inspire, and encourage the followers of God even in such dark times.

Psalm 73 NLT

Truly God is good to Israel,

to those whose hearts are pure.

[2](http://biblehub.com/psalms/73-2.htm)But as for me, I almost lost my footing.

My feet were slipping, and I was almost gone.

[3](http://biblehub.com/psalms/73-3.htm)For I envied the proud

when I saw them prosper despite their wickedness.

[4](http://biblehub.com/psalms/73-4.htm)They seem to live such painless lives;

their bodies are so healthy and strong.

[5](http://biblehub.com/psalms/73-5.htm)They don’t have troubles like other people;

they’re not plagued with problems like everyone else.

[6](http://biblehub.com/psalms/73-6.htm)They wear pride like a jeweled necklace

and clothe themselves with cruelty.

[7](http://biblehub.com/psalms/73-7.htm)These fat cats have everything

their hearts could ever wish for!

[8](http://biblehub.com/psalms/73-8.htm)They scoff and speak only evil;

in their pride they seek to crush others.

[9](http://biblehub.com/psalms/73-9.htm)They boast against the very heavens,

and their words strut throughout the earth.

[10](http://biblehub.com/psalms/73-10.htm)And so the people are dismayed and confused,

drinking in all their words.

[11](http://biblehub.com/psalms/73-11.htm)“What does God know?” they ask.

“Does the Most High even know what’s happening?”

[12](http://biblehub.com/psalms/73-12.htm)Look at these wicked people—

enjoying a life of ease while their riches multiply.

As believers in Christ, we know that we are victors in Christ, nonetheless, we are often hurting and discouraged. Like Asaph we get bogged down by our problems and confusion when we see people who reject God prospering. We compare their wealth and power against our lack and weakness and we shake our heads.

[13](http://biblehub.com/psalms/73-13.htm)Did I keep my heart pure for nothing?

Did I keep myself innocent for no reason?

[14](http://biblehub.com/psalms/73-14.htm)I get nothing but trouble all day long;

every morning brings me pain.

There seems to be no benefit to giving our lives to God when we spend our time comparing our lives with the lies the world lives and fattens on. In doing this we forget where our eyes need to be, and we envy darkness forgetting to really trust in God as our dissatisfaction trumps our faith.

[15](http://biblehub.com/psalms/73-15.htm)If I had really spoken this way to others,

I would have been a traitor to your people.

[16](http://biblehub.com/psalms/73-16.htm)So I tried to understand why the wicked prosper.

But what a difficult task it is!

[17](http://biblehub.com/psalms/73-17.htm)Then I went into your sanctuary, O God,

and I finally understood the destiny of the wicked.

[18](http://biblehub.com/psalms/73-18.htm)Truly, you put them on a slippery path

and send them sliding over the cliff to destruction.

[19](http://biblehub.com/psalms/73-19.htm)In an instant they are destroyed,

completely swept away by terrors.

[20](http://biblehub.com/psalms/73-20.htm)When you arise, O Lord,

you will laugh at their silly ideas

as a person laughs at dreams in the morning.

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[21](http://biblehub.com/psalms/73-21.htm)Then I realized that my heart was bitter,

and I was all torn up inside.

[22](http://biblehub.com/psalms/73-22.htm)I was so foolish and ignorant—

I must have seemed like a senseless animal to you.

[23](http://biblehub.com/psalms/73-23.htm)Yet I still belong to you;

you hold my right hand.

[24](http://biblehub.com/psalms/73-24.htm)You guide me with your counsel,

leading me to a glorious destiny.

[25](http://biblehub.com/psalms/73-25.htm)Whom have I in heaven but you?

I desire you more than anything on earth.

[26](http://biblehub.com/psalms/73-26.htm)My health may fail, and my spirit may grow weak,

but God remains the strength of my heart;

he is mine forever.

[27](http://biblehub.com/psalms/73-27.htm)Those who desert him will perish,

for you destroy those who abandon you.

[28](http://biblehub.com/psalms/73-28.htm)But as for me, how good it is to be near God!

I have made the Sovereign LORD my shelter,

and I will tell everyone about the wonderful things you do.

Proper Worship promotes wellness by transforming our thoughts and emotions.

The view when we focus on self and the world. The view when we worship God deeply and often

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| Burdened by comparing ourselves with others. | Set free by comparing God to the problems we see and have. |
| •Wealth seems to go to the evil. | •Worldly wealth is not really valuable. |
| •Evil seems to win. | God always wins in the end. |
| •Good health seems to go to the wicked. | •Suffering and pain will be redeemed. |
| •Focused on the arrogance and selfishness of others. | •Suffering and pain will be redeemed.  •Made humble and loving. |
| •Complaining & bitter. | •Thankful and rejoicing. |
| Sickness Grows | Health Grows |

It is okay to bring our problems, frustrations, and fears to God. We start worship by praying and telling God what is troubling us. Then we ask the Spirit to help us take our eyes off earth and aim them to heaven. Then we read some Scripture praying and praising as God reveals things to us. We can use songs and hymns as lenses to improve our focus on God. Then we praise God, pray for the very people and things that we have been envying. And then we pray thinking about our relationship to God in Christ. Finally, we surrender to God trusting Him to do all things for the good of us who love him and live according to His purpose. This is a lifestyle that leads to healing and holiness.