

## Workshop - Isaac Wardell, Formative Practices for Worship

- I. Practices
  - A. Word
  - B. Praise
  - C. Prayer
    1. "The Psalms are God's gymnasium for the soul."
      - a. Ambrose of Milan, 4<sup>th</sup> century; gladiator gymnasium context
      - b. Think of a work-out facility
        - 1) Some of the stations are uncomfortable; we don't want to do them
      - c. We approach the lament-machine and we're uncomfortable
      - d. Some of the psalms make us uncomfortable because we're so weak and anemic in those areas
      - e. The response: Well, I don't really care about cultivating that.
        - 1) When I work out on the row boat machine, I don't know what the day will hold, but I want to be prepared and ready.
        - 2) We work out our worship muscles, our prayer muscles, b/c we have no idea what the world has in store for us
  - D. Action
    1. Caring for the poor, and how that relates to worship.
      - a. The poor themselves
        - 1) Psalm 74
        - 2) Psalm 112
        - 3) Psalm 113
      - b. Our relationship with the poor
        - 1) Prov 14
        - 2) Psalm 17
      - c. Connected with worship
        - 1) Psalm 17: whoever closes his ear, will call out and not be answered
        - 2) Luke 4: good news to the poor
        - 3) James: true religion is to care for widows and orphans
  - E. Sacrament
    1. Protestants tend to think of worship as being a spiritual experience
    2. New Testament: Jesus breaks bread, pours wine; Baptism
- II. Analysis
  - A. Denominations and individuals have certain strengths and weaknesses

### Takeaways:

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- We approach the lament-machine and we're uncomfortable
- Some of the psalms make us uncomfortable because we're so weak and anemic in those areas
- The response: Well, I don't really care about cultivating that.
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