

March 20, 2022  
La Jolla Christian Fellowship  
**WORSHIP // More Than A Song**  
**Episode 1 : Living A Vertical Life**  
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## **Psalm 120 A song of Ascents.**

<sup>1</sup>I call on the LORD in my distress, and he answers me. <sup>2</sup>Save me, LORD, from lying lips and from deceitful tongues.<sup>3</sup>What will he do to you, and what more besides, you deceitful tongue? <sup>4</sup>He will punish you with a warrior's sharp arrows, with burning coals of the broom bush. <sup>5</sup>Woe to me that I dwell in Meshek, that I live among the tents of Kedar! <sup>6</sup>Too long have I lived among those who hate peace. <sup>7</sup>I am for peace; but when I speak, they are for war.

**Series Premise:** Rebuild a foundation of worship in your life.

Worship is an act of ascent.

## **What is worship?**

In [\*My Utmost for His Highest\*](#) Oswald Chambers said, "Worship is giving God the best that He has given you." We own nothing of worth to present to God in worship but ourselves. It is our ultimate sacrifice, giving God back the very life that He gave to us. It is our purpose and the reason we were created.

## **Understanding the Psalms of Ascent:**

- Fifteen [psalms, chapters 120-134](#) of the Book of Psalms, begin with the words, "A song of ascents."
- These psalms were sung by the Jews when they would "ascend" to visit the Holy Temple three times annually for the festivals.

### **1. Worship is the acknowledgement of someone greater than yourself.**

*Vs. 1 I call on the LORD in my distress, and he answers me. <sup>2</sup>Save me, LORD, from lying lips and from deceitful tongues.*

### **2. Worship removes toxicity from our being.**

*Vs. 2 Save me, LORD, from lying lips and from deceitful tongues.<sup>3</sup>What will he do to you, and what more besides, you deceitful tongue?*

## **Small Group Questions:**

1. Describe the balance between living horizontally in everyday life and inserting the vertical and spiritual life into those actions.
2. Describe worship in your own words.
3. What are the benefits of acknowledging that someone (God) is greater than yourself?
4. Why would worshipping God help remove toxicity from your life?
5. How could you make your life more worship-filled?