



## Week 5: Be F.I.T. In Your Worship

If you haven't already, watch or listen to the sermon on Shepherd Church's [website](#), [YouTube channel](#), [Apple Podcasts](#), [Spotify](#), [Apple TV app](#), [Amazon Fire TV app](#), or [Roku app](#).

1. What's the difference between how worshippers are described in [Isaiah 29:13 and Romans 12:1-2](#)?
2. [Psalm 113:1-3](#) repeatedly calls God's people to praise Him. Why is "praise" emphasized so strongly, and what does that reveal about the purpose of worship?
3. What do [Psalm 113:1-3](#); [Psalm 145:1-2](#); and [Hebrews 13:5](#) suggest about when and how Christians should worship?
4. What does [Psalm 113:4-5](#) teach us about why God alone is worthy of worship?
5. How can Christians follow the spirit of [Matthew 6:16-18](#) when they fast?

Share how you are doing with this week's challenges:

- Engaging Pastor Dudley's Daily Devotional
- The 3-day water-only fast

[Sign up here](#) to receive Pastor Dudley's Daily Devotional