

**Grounding Exercise:**

Invite everyone to close their eyes and notice how they are feeling. Invite them to do a body scan starting at the top of their head and slowly moving down checking in with each part to see how it is holding the day. Stiff neck, tight shoulders, hungry stomach, achy lower back, sore leg muscles. Just notice, no need to fix or explain. Invite them to thank their body for carrying them through the day.

**Remember:**

1. When we focus on our expression of worship, what do we miss?
2. What 4 foundational truths about worship did Pastor Travis share?
3. Why is worship important for us?

**Read Aloud:**

Isaiah 6:1-8

**Discuss:**

1. Have you had an experience where you see God clearly? What was your response?
2. What questions or responses do you have to this quote? “What comes into our minds when we think about God is the most important thing about us.” AW Tozer
3. What is your relationship with shame vs. humility?

**Apply:**

1. How do you find that you minimize God so that you can grasp Him?
2. Where and how do you resist grace and therefore lack worship?
3. How will you make God’s holiness your standard instead of comparison?
4. If obedience is the most complete form of worship, what worship are you withholding?

**Pray:**

Leader, pray over your group members to see God clearly and surrender to Him fully.