

Small Group Discussion Guide

“The Root Posture of Worship” • Pastor Mel Baga, D.Min. • Jan 31, 2026

OPENING PRAYER

Jesus, we come as we are. Quiet our hearts, open Your Word to us, and draw us back to You. Teach us the root posture of worship today. Amen.

OPEN

When you hear the word worship, what’s the first image that comes to mind?

READ

Read 2 Revelation 14:6-11 (and Romans 12:1-2) aloud slowly. As you listen, what word or phrase stands out—and why might it be for you today?

DISCUSS

Pick as many as time allows:

1. In the passage, what does worship look like—what actions, posture, or response is described?
2. What does the text suggest worship is aimed at (God’s worth, God’s voice, God’s kingship, God’s truth)?
3. Where do you see worship described as more than music or a meeting?
4. B. The “root posture” (getting underneath behavior)
5. If worship is a posture, what posture do you see here: surrender, awe, trust, attention, allegiance, love?
6. What “false magnets” try to pull your worship away this week (fear, comfort, money, control, applause, outrage, shame)?
7. What might it look like to bring your whole self to God this week—heart, mind, body, schedule?

PRACTICE

- One-minute surrender prayer (together). Complete this sentence quietly (or out loud if comfortable): "Jesus, today I offer you _____."

REFLECTION

Worship isn't a performance—it's a posture. It's the simple, steady turning of our whole selves toward God: trust, surrender, and love. Today, we're not trying to prove anything. We're simply making room for Jesus to re-center us and form us from the inside out.

CLOSING PRAYER

Lord, take what You've shown us and plant it deep. Help us carry worship into our week—in our choices, our relationships, and our love for others. Keep us close to You. Amen.

Daily Devotionals

MONDAY — A LIVING YES

"Present your bodies as a living sacrifice." (Romans 12:1–2)

Reflect: Worship isn't first a song you sing—it's a life you place into God's hands. Paul says true worship begins when we offer ourselves to God, not in pieces, but whole. Today, before you feel ready or strong, you can simply come and say, "Lord, here I am." The root posture of worship is surrender, and surrender is not losing—it's finally being held.

Read: Romans 12:1–2. Notice a word, phrase, or feeling that rises to the surface. Write it down. Sit with it. Then offer it back to God in prayer. What is God calling you to do in light of this text?

Practice: Name one area you've been gripping tightly and release it to God.

Pray: "Father, I offer You all of me today. Receive me and reshape me."

TUESDAY — CLEANSED, NOT CAST OUT

“Your guilt is taken away.” (Isaiah 6:1–8)

Reflect: God’s holiness can feel intimidating because it exposes what we hide, but Isaiah’s story shows that God does not push the repentant away—He moves toward them with mercy. Worship at the root is not pretending; it’s coming honestly into God’s presence and letting Him cleanse and steady you. If shame has kept you distant, hear the good news: the Holy One is also the One who heals.

Read: Isaiah 6:1–8. Notice a word, phrase, or feeling that rises to the surface. Write it down. Sit with it. Then offer it back to God in prayer. What is God calling you to do in light of this text?

Practice: Confess one specific sin, fear, or burden to God without excuses—then receive His forgiveness.

Pray: “Holy God, meet me with mercy. Cleanse what is broken, and make me willing.”

WEDNESDAY — LEARNING TO LISTEN

“Speak, LORD, for your servant hears.” (1 Samuel 3:1–10)

Reflect: Sometimes worship looks like stillness—making room for God’s voice to rise above the noise. Samuel didn’t recognize the Lord at first, and that’s comforting: learning to listen is part of discipleship, and God is patient with beginners. Today, worship may be as simple as turning your face toward God and saying, “Speak, Lord,” then taking the next faithful step of obedience.

Read: 1 Samuel 3:1–10. Notice a word, phrase, or feeling that rises to the surface. Write it down. Sit with it. Then offer it back to God in prayer. What is God calling you to do in light of this text?

Practice: Take two quiet minutes today (no phone). Pray, “Speak, Lord,” and listen without rushing.

Pray: “Speak, Lord. Give me a listening heart and the courage to obey.”

THURSDAY — WORSHIP IN THE WIND

“Have you still no faith?” (Mark 4:35–41)

Reflect: When storms rise, fear feels urgent and loud—but Jesus is not absent, even when He seems quiet. Worship in the storm is choosing trust when you can’t see outcomes. If you’re anxious today, don’t shame yourself—bring your fear to Jesus. Let your worry become a prayer, and let His presence anchor you: He is Lord here too.

Read: Mark 4:35–41. Notice a word, phrase, or feeling that rises to the surface. Write it down. Sit with it. Then offer it back to God in prayer. What is God calling you to do in light of this text?

Practice: Name your biggest fear out loud to Jesus and say, “I trust You with this.”

Pray: “Jesus, steady my heart. You are Lord over my storms—keep me close.”

FRIDAY — NO LOCKED ROOMS

“Love the Lord your God with all your heart.” (Mark 12:30)

Reflect: Jesus doesn’t ask for a portion of you—He asks for all of you, because He loves all of you. Worship at the root is whole-person love, not compartmentalized devotion. Devotion grows when we stop keeping certain rooms locked—our habits, our resentments, our compromises, our need to control—and we hand Jesus the keys. You can start gently today: open one door, and trust that what He wants is not to harm you but to heal you.

Read: Mark 12:28–34. Notice a word, phrase, or feeling that rises to the surface. Write it down. Sit with it. Then offer it back to God in prayer. What is God calling you to do in light of this text?

Practice: Ask, “Lord, what part of me is still closed?” Then take one small step of surrender today.

Pray: “Jesus, I give You the parts I’ve been protecting. Teach me to love You with all of me.”