**Worship Ways Exercise**

**Personal Self-Awareness**

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| **The Big Question:** | **How was worship relevant to my life yesterday ... and how is worship relevant to my life today ... and how will it be relevant tomorrow?** |
| **What is my own "Life Situation"?**  Choose the two that best describe your current sense of urgency. | \_\_\_\_ Lost ... *and looking for direction*  \_\_\_\_ Lonely ... *and primarily looking for rapport*  \_\_\_\_ Trapped... *and primarily looking for deliverance*  \_\_\_\_ Dying... *and primarily looking for renewed life*  \_\_\_\_ Broken ... *and primarily looking for healing*  \_\_\_\_ Abused... *and primarily looking for vindication*  \_\_\_\_ Discarded... *and primarily looking for compassion* |
| **What is my compelling "Existential Anxiety"?**  Choose the two that best describe your current sense of dread. | \_\_\_\_ Emptiness *Nothing is important and I'm not going anywhere!*  \_\_\_\_ Meaninglessness *Nobody loves me and everything is relative!*  \_\_\_\_ Fate *I'm trapped, doomed, and cannot escape!*  \_\_\_\_ Death *I'm aging, weakening, and afraid the end is near!*  \_\_\_\_ Guilt *I'm broken and can't be fixed; fallen and can't get up!*  \_\_\_\_ Shame *I'm a victim and overwhelmed by low self-esteem!*  \_\_\_\_ Displacement *I'm rootless, homeless, and don't fit in anywhere!* |
| **What is my most recent, most powerful experience of Jesus Christ?**  Choose the two that best describe your current sense of joy. | \_\_\_\_ Spiritual Guide *God is my mentor, enlightening my path.*  \_\_\_\_ Perfect Human *God is a perfect companion ... a model of to live by.*  \_\_\_\_ New Being *God is a Higher Power who has made me free.*  \_\_\_\_ Promise Keeper *God is everlasting ... in whom I trust.*  \_\_\_\_ Healer *God is a miracle worker who has made me whole.*  \_\_\_\_ Vindicator *God is a righteous judge who given me justice.*  \_\_\_\_ Shepherd *God is my keeper and protector, who gives me shelter.* |
| **How relevant is the worship service I usually attend?** | \_\_\_\_ Awesomely relevant, every time.  \_\_\_\_ Mainly relevant, most of the time.  \_\_\_\_ Occasionally relevant, some of the time.  \_\_\_\_ Only relevant on special occasions.  \_\_\_\_ Rarely relevant. |
| **Bonus Question!** | |
| **What is my**  **Lifestyle Segment?** | Refer to *Mission Impact* (found at [www.MissionInsite.com](http://www.MissionInsite.com)). Review the Lifestyle Segments and select the one with which you most empathize.  If your church has access to the *MissionInsite* demographic search engine, enter your residential address and study the Lifestyle Segment(s) where you live. |

**Worship Ways Exercise**

**Our Church**

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| **What kind of worship did people most value 10 years ago?**  Choose the two that best describe your past sense of urgency. | \_\_\_\_ Coaching Worship ... *helping me find purpose and destiny*  \_\_\_\_ Educational Worship ... *helping me find authentic & truthful relationships*  \_\_\_\_ Transformational Worship... *helping me find freedom and a fresh start*  \_\_\_\_ Inspirational Worship... *helping me be confident for enduring life*  \_\_\_\_ Healing Worship ... *helping me find wholeness and serenity*  \_\_\_\_ Mission-Connectional Worship... *helping me find justice and self-esteem*  \_\_\_\_ Care Giving Worship... *helping me find comfort and belonging* |
| **What kind of worship do people yearn for today?**  Choose the two that best describe your current sense of urgency. | \_\_\_\_ Coaching Worship ... *helping me find purpose and destiny*  \_\_\_\_ Educational Worship ... *helping me find authentic & truthful relationships*  \_\_\_\_ Transformational Worship... *helping me find freedom and a fresh start*  \_\_\_\_ Inspirational Worship... *helping me be confident for enduring life*  \_\_\_\_ Healing Worship ... *helping me find wholeness and serenity*  \_\_\_\_ Mission-Connectional Worship... *helping me find justice and self-esteem*  \_\_\_\_ Care Giving Worship... *helping me find comfort and belonging* |
| **What kind of worship best describes what our church does now?**  Choose the two that best describe the worship service currently offered. | \_\_\_\_ Coaching Worship ... *helping me find purpose and destiny*  \_\_\_\_ Educational Worship ... *helping me find authentic & truthful relationships*  \_\_\_\_ Transformational Worship... *helping me find freedom and a fresh start*  \_\_\_\_ Inspirational Worship... *helping me be confident for enduring life*  \_\_\_\_ Healing Worship ... *helping me find wholeness and serenity*  \_\_\_\_ Mission-Connectional Worship... *helping me find justice and self-esteem*  \_\_\_\_ Care Giving Worship... *helping me find comfort and belonging* |
| **Bonus Question!** | |
| **What do other members in my family think?** | Share this same exercise with members of your immediate family (spouse and children, grandparents and grandchildren).  Share this same exercise with members of your church family (groups for youth, women, men, and seniors; choirs or bands; regular, occasional, and holiday attendees). |