

### Related articles:

#### **Worship 101** (page 14)

*Living Lutheran*,  
June 2019

### Contact us:

**LivingLutheran**

8765 W. Higgins Rd.  
Chicago, IL 60631  
(800) 638-3522, ext. 2540  
[livinglutheran@elca.org](mailto:livinglutheran@elca.org)  
[livinglutheran.org](http://livinglutheran.org)

*Living Lutheran* is the  
magazine of the Evangelical  
Lutheran Church in America.



**Evangelical Lutheran  
Church in America**  
God's work. Our hands.

## Study guide

# Worship 101

*The whats, hows and whys of Lutheran worship*

By Robert C. Blezard

As the foundational practice of Lutheran communities, worship keeps us on track as disciples, provides fellowship as a community, feeds us with God's word and sacraments, and then sends us out into the world. How does worship affect you?

### Exercise 1: The *whys*

Assemble your study group in pairs and ask them to explore the following questions for four minutes each. Instruct pairs to go deeper than the simplistic and obvious answers that readily come to my mind, such as "Because God wants me to." The leader keeps time and says when to move on to the next question.

- Why do *we* worship every week?
- Why do *you* worship every week?
- Why does it make a difference?

When finished, ask each pair to share highlights of their discussion.

When all have shared, work together to come up with a group statement on "Why we worship." (This will require one person to be discussion leader and another to collect the thoughts into a statement).

### Exercise 2: Jesus with us

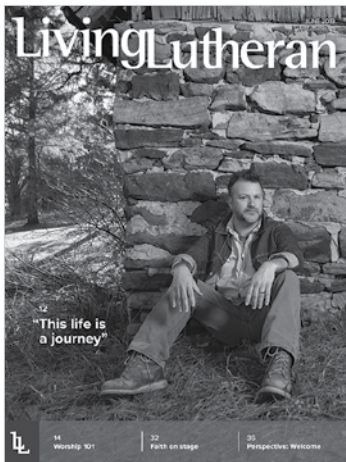
Jesus taught, "Where two or three are gathered in my name, I am there among them" (Matthew 18:20). Lutherans cling to that promise as we worship, and also to Jesus' words that we hear in communion—that the wine and bread we consume are the body and blood of Christ.

Jesus is certainly with us always as individuals, but he is also present in intentional ways as we gather together in community at worship. How do you explain or describe this mystery? How do you experience this mystery?

Describe how your community is fed and nurtured by Jesus' presence at worship. In that way, how is worship different from other community gatherings? How does this understanding provide urgency and purpose to your worship gatherings?

### Exercise 3: Your worship

After making sure every study group member has paper and pen or pencil, ask each to write for two minutes on this prompt: "For me, worship



### Reprints:

Permission is granted for individuals, small groups and congregations to reproduce this study guide for local use.

### Contact us:

LivingLutheran

8765 W. Higgins Rd.  
Chicago, IL 60631  
(800) 638-3522, ext. 2540  
[livinglutheran@elca.org](mailto:livinglutheran@elca.org)  
[livinglutheran.org](http://livinglutheran.org)

*Living Lutheran* is the magazine of the Evangelical Lutheran Church in America.



**Evangelical Lutheran  
Church in America**  
God's work. Our hands.

## Study guide: **Worship 101** *continued*

is ....” The simple rule of the exercise is to keep the pen moving for the whole two minutes. Don’t overthink things; just write for 120 seconds.

Then ask for volunteers to share what they’ve written.

Discuss the responses—similarities, differences, high points, low points.

How is it that worship can move, inspire, edify or fulfill different people in different ways?

### Exercise 4: Faith life

In his popular books, Lutheran pastor and author Michael Foss lifts up regular worship as one of “six marks of discipleship” that will help deepen the faith of God’s people (other marks are prayer, reading Scripture, serving, nurturing spiritual relationships and giving beyond a tithe).

- Why is regular worship important to building up our faith?
- How do the other five “marks of discipleship” support and build on one another?
- Besides worship, what other faith-building disciplines or practices do you engage in? Why? How do they interact with one another to form your faith?

### Exercise 5: Worship order

Lutheran worship leaders generally craft services to follow an ancient order: Gathering, word, meal, sending.

- Describe the flow of worship along the order. How do each of the parts relate to one another? How does this make sense?
- How does this worship order serve to feed, nourish and prepare the community for encounters with the world?
- How does it feed, nourish and prepare you?

Keep these questions in mind as you consider each of the parts separately in the next three exercises.

### Exercise 6: Gathering

People gather for all sorts of events: Parties, lectures, concerts, cookouts, rallies, sports events and so on.

- What does worship have in common with other types of community gatherings?
- What makes worship different from these other gatherings?
- How is the focus different? Why is that important?
- How is the purpose different? Why is that important?



### Tell us:

Do you find this guide helpful? Send comments and suggestions to [rcblezard@embarqmail.com](mailto:rcblezard@embarqmail.com)

### Contact us:

LivingLutheran

8765 W. Higgins Rd.  
Chicago, IL 60631  
(800) 638-3522, ext. 2540  
[livinglutheran@elca.org](mailto:livinglutheran@elca.org)  
[livinglutheran.org](http://livinglutheran.org)

*Living Lutheran* is the magazine of the Evangelical Lutheran Church in America.



**Evangelical Lutheran  
Church in America**  
God's work. Our hands.

## Study guide: **Worship 101** *continued*

- What are the intended impacts of worship on participants?
- What are the intended impacts of worship on the community? The world?

### Exercise 7: Word

The word of God in sermons, song, prayers and Scripture are key elements of every worship service.

- What purpose do sermons, songs, prayers and Scripture serve in a worship service? Explain?
- How do these elements reveal the divine to us? How does God reach out to us through them?
- How do they work on you personally? Can anyone share a story?
- How do they work on the gathered community? Can anyone share a story?

### Exercise 8: Meal

Jesus took bread, gave thanks, broke it and gave it to his disciples, saying, "This is my body, given for you." Jesus took the cup, gave thanks and said, "This cup is the new covenant in my blood, shed for you and all people for the forgiveness of sin."

- What did Jesus mean by these words? Why are they important?
- What was the meaning of the words and the bread and the wine to the disciples gathered around the table with Jesus 2,000 years ago?
- What is the meaning of these words to us today? Why do we continue to celebrate the eucharist 2,000 years later?
- How is Jesus present in the bread and wine of communion? How would you describe this mystery to an unchurched friend?
- How do the bread and wine of the Lord's Supper feed us? How do they feed you specifically?

### Exercise 9: Sending

After being gathered as sacred community, then fed with word and sacrament, our worship order sends us out into the world. Sending reminds us that our relationship with God, while refreshed and nurtured in Sabbath-day worship for an hour or two every week, is mostly lived during the long hours of Monday to Saturday.

- How does worship prepare us as a community to go out into the world? For what purpose?
- How does worship prepare you to go out into the world? For what purpose?



### About the study guide author:

#### Rob Blezard

is an assistant to the bishop in the Lower Susquehanna Synod. He holds degrees from Boston University School of Theology and the Lutheran Theological Seminary at Gettysburg (Pa).



### Contact us:

LivingLutheran

8765 W. Higgins Rd.  
Chicago, IL 60631  
(800) 638-3522, ext. 2540  
[livinglutheran@elca.org](mailto:livinglutheran@elca.org)  
[livinglutheran.org](http://livinglutheran.org)

*Living Lutheran* is the magazine of the Evangelical Lutheran Church in America.



**Evangelical Lutheran Church in America**  
God's work. Our hands.

## Study guide: **Worship 101** *continued*

*Evangelical Lutheran Worship* (page 115) suggests four possible dismissal prayers for ending worship:

Go in peace. Serve the Lord.

Go in peace. Share the good news.

Go in peace. Remember the poor.

Go in peace. Christ is with you.

### Discuss:

- Why is it important that each dismissal sends us out with the word “go”? How does it remind us of Jesus’ Great Commission to “Go therefore and make disciples of all nations” (Matthew 28:19a)? Why is this reminder important?
- Each sending tells us not only to go, but to “go in peace.” How would you describe the peace of Christ? What does this peace mean for your community? For you?
- Describe how each of the four dismissals captures a key aspect of our work and lives as disciples of Jesus. For what reasons is it important we be reminded to serve the Lord, share the good news, remember the poor and that Christ is with us? Why is each one important? Is one more important than the other? How do they interrelate?
- What does this sending mean to you?

### Discussion questions

- Liturgy is the “churchy” term for how worship is thought of, crafted and carried out. Liturgy literally means “work of the people.” How is worship “the work of the people”? How is it the work of God? How do people and God work together in worship? To what end?
- Which statement better describes what happens in worship: (a) God comes to us and gives us an experience, a glimpse of the divine; (b) we intentionally open ourselves up to the presence of God that is always around us.
- Worship has many parts. For you, which are the most enriching? Why?
- What is the most important aspect of worship, and why?
- What keeps you coming to worship week after week, year after year?
- How has your appreciation for and experience of worship changed over your lifetime? Why?
- How does God touch you in worship?
- Is worship something you experience more in your head or more in your heart? Explain. How are both head and heart enriched in your worship encounter?

# Worship 101

*The whats, hows and whys of Lutheran worship*

By Meghan Johnston Aelabouni

Any class or discussion on worship could begin with questions about what Lutheran worship is, how Lutherans worship and why do we do so.

Sometimes these questions arise from specific, concrete concerns: whether a hymn or praise song is a good choice for a congregation; whether to plan a foot-washing or a first communion; how material choices for worship—paper bulletins, plastic cups, gluten-free bread—reflect our faith.

Other times, we might find ourselves in a pew or at a campfire reciting the Lord's Prayer and suddenly wonder what this *is really about*. When we experience a worship style that is new to us, we may wonder how it *can be so different and still be the same thing*. Or we may seek to answer the nonreligious friend who inquires, "Why do Christians keep meeting together and doing the same things, over and over?" Or the child who simply asks, "Why are we going to church again?"

Since the earliest days of the church, Christians have identified worship as the heart of faith and sought to describe what lies at its heart. As early as A.D. 150, philosopher Justin Martyr identified at least four essential components of worship—*gathering, word, meal, sending*—that are still found today in Christian churches throughout the world.

Lutherans and other Christians have also long sought to balance Christian unity with human diversity in worship. The Augsburg Confession proposed that the "one holy, Christian church" is "the assembly of all believers among whom the gospel is purely preached and the holy sacraments are administered according to the gospel." As long as word and sacrament are in place, the confession stated, "it is not necessary for the true unity of the church that uniform ceremonies, instituted by human beings, be observed everywhere."

Still, we might wonder what *kinds* of gathering, word, meal or sending "count" as Lutheran worship.



New Life Lutheran Church, Dripping Springs, Texas.

Photo: Jim Woodard

And then there's the question of how we can tell if the word and sacraments are being preached and administered "according to the gospel." The *whats, hows* and *whys* of Christian worship among Lutherans are as old as the roots of our faith, but these questions live anew in every gathering, word, meal and sending.

**Gathering** Whether we meet in a sanctuary, a school gym, an outdoor chapel or a living room, "the core of worship is the people gathering together so that they can talk to God all together," said Christina Garrett Klein, a pastor of Edgebrook Lutheran Church, Chicago.

From planning worship for her congregation to serving as chair of her synod's liturgy team and as a member of the worship planning team for the ELCA Rostered Ministers Gathering, Klein has found that the *gathering* of worship is key. Faith "can seem like





Photo: Will Nunnally

Lutheran Church of the Reformation, Washington, D.C.

an incredibly lonely journey,” she explained, but worship in the community of faith reminds us that “you have all these other people now; you’re not alone ... you get to see God shining through them.”

Kevin Strickland, ELCA executive for worship, noted the importance of paying attention to who does the gathering: not humans but the Spirit. “God still shows up, not just in worship but especially in worship, in the body that is Christ,” he said. “We come, mingled and broken; we come with bruises and burdens, and we also come with joys ... [and] the incarnation is continuing to happen in our midst.”

As the living body of Christ, the gathered community is always changing. Births and deaths, departures and arrivals, absences and presences of all kinds mean the group of people assembled together in worship is always different.

For Erik Christensen, pastor to the community and director of worship at the Lutheran School of Theology at Chicago, the transitory nature of a

seminary community drawn from across the ELCA and the world means “people know what they know and cherish it deeply,” but what is long-cherished by one member may be brand-new to another. Part of the joy and challenge of planning worship is balancing this familiarity and newness, he said.

Another essential aspect of gathering is taking seriously the gifts of the people assembled. “Think of the hours choirs spend singing together, rehearsing ... the prayers and conversations,” Christensen said. Through participation and relationships, “the worship feels authentic, not [only] in terms of style but in reflecting a relational sensibility,” he added.

Klein agreed: “That is, in part, what makes us Lutheran—we try to incorporate the whole community.”

A Lutheran emphasis on the priesthood of all believers—the members of the body of Christ offering their diverse gifts in holy service—can be found in intergenerational approaches to

worship that invite all to come as they are, such as congregations welcoming children to the worship space by providing child-friendly areas or activities.

**Word** Prayers and Scripture readings, sermons and testimonies, and hymns and songs are each part of the word of worship. For Strickland, word is also a place of continued incarnation. “We hear sacred stories, not just for the sake of history but for the sake of giving us a place in these sacred stories today,” he said. “God—Immanuel—is still with us.”

Even though many of the words of worship are addressed to God, the goal is “not to remind God of something God may have forgotten,” Christensen said, but the opposite: to be reminded by God of the truth of the world and ourselves. The truth that sin causes us to forget, he said, is “that we’re good ... that we’re forgiven ... that we’re free ... that there’s enough—the things of abundant life.”

The words of worship may emphasize unity and continuity within the church in many times and places, like the use of the Apostles’ Creed, the Lord’s Prayer and the words spoken at baptism and communion. Other words are highly dependent on

context, including, first and foremost, the written and spoken languages used by worship leaders and participants. Pre-written or extemporaneous prayers, the lyrics of songs and hymns, and litanies for particular seasons or occasions may also be formed out of the lived experiences, perspectives and cultures of the people gathered.

In her ministry, Klein has found the Lutheran World Federation’s “Nairobi Statement on Worship and Culture” (search “Nairobi statement” at [elca.org](http://elca.org)) to be a vital resource for planning worship. Created by Lutherans from many different global contexts, the statement advocates for worship that is transcultural, contextual, countercultural and cross-cultural.



Photo: Kayla Koterwaki Storytelling

Emmaus ELCA, Racine, Wis.

Christ the King Deaf Church, West Chester, Pa.



Photo: David Joel Photography



Photo: Will Nunnally

Advocacy Convening 2017, Washington, D.C.

Jubilee Faith Community Church, Country Club Hills, Ill.

*Transcultural* (or universal) elements include a focus on the cross and the resurrection of Christ in worship. The incarnation of Christ points the way to the *contextual* life of worship in different communities. Yet worship does not merely reflect culture; it also acts *counterculturally* by naming the power of God’s grace and abundance to transform a world beset by sin and injustice.

Finally, the Nairobi statement encourages Christian worship to reflect the whole body of Christ around the world by engaging in ecumenical and *cross-cultural* sharing of elements of worship, such as hymns and art. Faithful multicultural worship, Klein added, starts with having “voices at the table” that reflect cultural diversity, rooted in real relationships within and beyond the worshipping community.

Then there is that question about what makes worship Lutheran. The word “grace” will likely appear in Lutheran worship, as will phrases central to Lutheran theology, such as “justification by grace through faith” or “law and gospel,” which help shape our worship.

Yet Lutheran worship is also defined in part by the recognition that it is Christian first and



Photo: David Joel Photography

Lutheran second—a reality underscored by the ELCA’s full-communion partnerships and pulpit-sharing agreements with other churches. The “holy catholic church” that Lutherans confess in the words of the Apostles’ Creed is larger than any one denominational tradition; therefore, in a sense, “it’s Lutheran because it’s not [only] ‘Lutheran,’” Christensen said.

*Meal* The stuff of the earth, Jesus’ command to “do this in remembrance of me” (Luke 22:19) and the community eating and drinking





Photo: Alex Baird

Lord God of Saboath Lutheran Church, Christiansted, U.S. Virgin Islands.

together—this is communion, the meal of worship. Yet the simple recipe has countless variations (wafers or loaves, wine or juice, a common cup or individual glasses, kneeling at the rail or walking to stations) and the diversity of the people who preside at the table or serve and receive the meal.

Wherever communion takes place, every table is part of the same table at which Jesus first said, “My body, given for you ... my blood, shed for you.”

There are many *whys* behind communion and baptism being the two sacraments celebrated in Lutheran worship. Tradition, practicality and context may all help determine how the sacraments are carried out. Yet the *what* of the sacraments—their meaning and their central place in worship—is also worth examining.

Lutherans refer to the sacraments as “means of grace”—ways in which God in Jesus Christ is present through the Spirit in the materials, words and human actions that offer us God’s grace. As we “taste and see” or “come to the water,” communion and baptism connect us not only to God, Klein said, but also to the community, to the body of Christ, who share in these sacraments.

Martin Luther emphasized that daily individual remembrances of baptism could be done while washing hands or bathing, but Klein argued that it’s also important to experience the sacraments as something “different from what I control”—like the surprise of drops hitting your skin as the water from the font is flung out over the congregation during a communal remembrance of baptism.

The sacraments also carry this sense of community and connection out into the world. Christensen noted: “If these are the ritual acts we participate in week after week, they remind us of the reality of God’s good creation and our place in it.

“The church has an immigration policy, and it’s called baptism. In a world deeply divided over national identity, baptism says everyone is welcome. It preserves the integrity of our identities and unites us.”

Similarly, the abundance and sharing of communion, in which everyone is fed and there is enough for everyone, challenges “a manufactured scarcity in which we work and overwork,” he said. If baptism is the church’s immigration policy, “communion is our economic policy.”

**Sending** The Greek word for church used in the New Testament is *ekklesia*, which Strickland noted literally means “called out.” In worship, “we’re called in so that we can be the called-out ones,” he said. “We are gathered to praise and to lament, to be incredibly vulnerable and then to be fed, to be filled, so that we can literally be for our neighbor’s need.”

A Lutheran understanding of vocation finds a holy calling in every aspect of our daily lives into which we are *sent* by and from our worship: jobs, relationships, citizenship, service. So, Strickland said, the role of sending in worship is not to emphasize a strict dichotomy between church and

*gathering, word, meal and sending*, Strickland emphasized that “worship can be incredibly distinctly Lutheran while being culturally, contextually appropriate and using the gifts of the people in your space. How we pray, how we sing, how we preach ... [Christian unity] doesn’t mean it all has to look the same.”

*Worship* ultimately means more than we can describe or explain in words, Christensen said, adding, “We discover what the liturgy means by *doing* liturgy.”

The one who gathers us, speaks to us the living word, washes and feeds us in grace, and sends us into the world is the living Jesus Christ. No wonder, then, that worship, as diverse as the body of Christ itself, comes alive in embodied practice. **L**

Visit [elca.org/worship](http://elca.org/worship) for resources, stories and news from ELCA Worship.

Download a study guide at [livinglutheran.org](http://livinglutheran.org) by clicking on the “Spiritual practices & resources” tab.



**Meghan Johnston Aelabouni** is a doctoral candidate in religious studies and a country coordinator for the ELCA Young Adults in Global Mission program in Jerusalem and the West Bank.

world, inside and outside, or “us and them.”

Sending leads again to gathering; the incarnation of Christmas leads to the resurrection of Easter, and then to Christmas again. So, too, worship not only gathers us into relationship but also sends us into “transformative relationships” with our neighbors that can lead to “a transformed life [and] a transformed world,” Christensen said. It is not only that “when we worship, we’re thinking about justice,” he added, but that “when we think about justice, we’re also thinking about worship: What is the public dimension of worship? How is all worship a public event? How is the reign of God modeled and embodied in worship ... [and] ritual combined with direct action and advocacy?”

As communities of faith worship through

Our Savior Lutheran Church in Vero Beach, Fla.



Photo: Will Nunnally