

# Embodied

## Worship as a Whole-Person Response

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Hebrews 10:19-25

"19 Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, 20 by the new and living way that he opened for us through the curtain, that is, through his flesh, 21 and since we have a great priest over the house of God, 22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water..."

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Hebrews 10:19-25

... 23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful. 24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

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1. Observations of Embodied Worship
2. Applications of Embodied Worship
3. Why We Can Worship as Embodied People

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OBSERVATIONS OF EMBODIED WORSHIP

The logo for 'Embodied' features a stylized figure in red and black, with the word 'Embodied' written in white text to its right.

OBSERVATIONS OF EMBODIED WORSHIP

This text is all about holistic, embodied worship!

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OBSERVATIONS OF EMBODIED WORSHIP

V. 22— “draw near”

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OBSERVATIONS OF EMBODIED WORSHIP

“19 Therefore, brothers, since we have confidence to enter the holy places by the **blood of Jesus**, 20 by the new and living way that he opened for us through the curtain, that is, **through his flesh**, 21 and since we have a **great priest** over the house of God...”

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OBSERVATIONS OF EMBODIED WORSHIP

“Embodied worshipers properly render worship to God through whole-body devotion... bodily expressing what is transpiring in heart and mind.”

- Gregg Allison, Embodied

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OBSERVATIONS OF EMBODIED WORSHIP

Are you showing up with your mind—but your body is disengaged?

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OBSERVATIONS OF EMBODIED WORSHIP

Are you showing up with your mind—but your body is disengaged?

Are you showing up with your body—but your mind is somewhere else?



OBSERVATIONS OF EMBODIED WORSHIP

2. What we bring when we come to worship



OBSERVATIONS OF EMBODIED WORSHIP

V. 22— “let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.”



OBSERVATIONS OF EMBODIED WORSHIP

V. 22— “let us draw near with a **true heart** in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our **bodies washed** with pure water.”



OBSERVATIONS OF EMBODIED WORSHIP

V. 10— “we have been sanctified through the **offering of the body of Jesus Christ** once for all.”



OBSERVATIONS OF EMBODIED WORSHIP

“...my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.”  
- Psalm 63:1

“...to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”  
- Romans 12:1



## OBSERVATIONS OF EMBODIED WORSHIP

Embodied worship is not just individual—it's communal!

V. 22 — “Let **us** draw near...”

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## OBSERVATIONS OF EMBODIED WORSHIP

“The physical presence of other Christians is a source of incomparable joy and strength to the believer.”


- Dietrich Bonhoeffer, Life Together

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## OBSERVATIONS OF EMBODIED WORSHIP

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## APPLICATIONS OF EMBODIED WORSHIP

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## APPLICATIONS OF EMBODIED WORSHIP

### 1. Lifting our Hands in Worship:

“Listen to the sound of my pleading when I cry to you for help, when I lift up my hands toward your holy sanctuary”  
- Psalm 28:2.

“I desire then that in every place the men should pray, lifting holy hands without anger or quarreling.”  
- 1 Timothy 2:8

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## APPLICATIONS OF EMBODIED WORSHIP

### 2. Kneeling in Worship:

“Come, let us worship and bow down; let us kneel before the Lord, our Maker.” - Psalm 95:6

“For this reason I kneel before the Father.”  
- Ephesians 3:14

“At the name of Jesus every knee will bow, in heaven and on earth and under the earth.”  
- Philippians 2:10-11

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APPLICATIONS OF EMBODIED WORSHIP

3. Shouting in Worship:

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APPLICATIONS OF EMBODIED WORSHIP

3. Shouting in Worship:

"Let the whole earth shout joyfully to God!" - Psalm 66:1

"Satisfy us in the morning with your faithful love so that we may shout with joy and be glad all our days."  
- Psalm 90:14

"My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed."  
- Psalm 71:23

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APPLICATIONS OF EMBODIED WORSHIP

1. Clapping (Psalm 47:1-2)
2. Praising with your Lips (Psalm 63:3, 1 Samuel 1:13)
3. Dancing (Psalm 30:10-12, 2 Samuel 6:15-17)
4. Singing (Psalm 150:1-6)

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APPLICATIONS OF EMBODIED WORSHIP

4. Partaking the Sacraments:

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3. WHY WE CAN WORSHIP AS EMBODIED PEOPLE

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