

**Lesson 5****Worship...Not Just Something to Fight About!****REFLECTION GUIDE****Welcome**

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

**Questions**

- In what ways does the “logic of the cross” (sacrifice, humility, service) shape the way you approach participating in or leading worship?
- Paul says women should cover their heads when they pray or prophesy—meaning they are actively participating in worship. How does this challenge restrictive interpretations of this passage?
- How can our worship environments visibly communicate equality, dignity, and shared dependence on God?
- How does viewing Communion as sharing rather than taking reshape your understanding of the sacrament? Paul writes, “as y’all do this, y’all proclaim the Lord’s death.” How does this remind us that the Lord’s Supper is a corporate proclamation, not a collection of private devotions?
- How do the Corinthians’ misunderstandings about spiritual gifts echo modern tendencies toward competition or performance in ministry or church participation?
- What would change if every decision in your church’s worship—music, preaching, prayer, leadership—was guided by the question, “Will this build up the body?”
- Have you ever thought of silence or self restraint as a spiritual gift? Why or why not?