

Elevator Exercise

An excerpt from Scott Parker teaching titled [Worship](#), part of the [Strength for the Journey](#) series at [Sparks Christina Fellowship](#).

This exercise requires you to use that part of you that God gave you to think outside of yourself. As we move through the exercise we'll do some breathing exercises. I am also going to ask you to not talk to anyone. This is important because this is God's work—it really is, and it is never good to get in the way of God's work in someone else's life. You want to be focused.

Now I'd like you to envision an elevator. Any elevator you want. Inside is one of those guys that push the buttons. We're going to go on a journey to help us reveal what is at the core of our soul.

Let's practice our breathing exercises. Take a deep breath in. Picture you breathing Him and blowing out all of the junk that is running around in your head right now. Breathe Him in and blow out all the stuff from this past week. Try to hear your heart beat.

Picture yourself in the elevator—the doors close and you're staring at the man inside and he says, "Going up"? And he pushes a button. You feel the elevator moving under your feet; you feel your feet going up. All of a sudden there is that lurch when you stop. And as the door opens he says "daily activities—step out".

You step out and it's not a movie. You don't know how it's done, but it's you and you see all your basic activities that you do to take care of yourself. Getting up, eating, showering dressing—whatever you do each day and night. You can see it all as if it is you doing it. Now take some time to imagine this. And then he says, "Step back in" and the door closes. And as he says "going up", you can't even understand what you just saw. It transcends anything you could see on screen or anywhere else. But it was your life, and then the elevator jerks to a stop. You can sense it.

He says, "step on out" and once again it's you. You don't know how it's done; it's you all over again 180 degrees in front of you. It's you at work, maybe you at school, if you stay at home with your children; it's you with your children. Take some time to absorb all that you are doing. He says, "Step back in" and as you do the door closes and you have this sense that this is something you will never forget. You don't know if you are afraid, annoyed—you don't know what the feeling is. The elevator lurches to a stop again. You feel it. The door opens, and he says, "step on out".

This time it's your friends. It's the activities that you like to do. Picture those activities. You interacting with friends—whatever you do for fun. See yourself doing them. You step back in and the door closes and it's moving up. What is going on in your head and your heart right now?

The elevator stops. You feel it. You hear the door opening up and the air rushes in. As you step out it's you and your family. But it's odd, because it starts at your birth; you don't know how it's done, but it runs right up to the future. You can't imagine how you can grasp it all but you see your life in your family. Observe it. Step back in. You are overwhelmed. You saw the highs and lows, and you don't know how you did it. You don't know how long you were there and the elevator is going up again. It lurches to a stop. The door does not open. He says to you, "This is the top. All of that

other stuff is left behind. “As the door opens up he says, “Enter into the worship center of your soul” and you are struck that it is so unlike the other floors.

You see three tellers, all the same, spread out. One of them has a big clock with big hands above where they are standing. The one in the middle says “BANK” and the one on the right says “RECORDS”. You hear a voice from behind, “Approach each one”. You start at the clock and as you get there the man hands you a time read-out of your life by categories, like a year-end statement from your credit card company. He says to you from behind the counter, “Where is God in this? When you pay attention to the last month, how much time has been invested in the one who loves you, died for you and wants to be worshiped?” Review the list. Then he tells you to move on and you move over to the bank. He once again hands you a statement, it’s like it scrolls by you almost, it’s every place you have spent your money. And he asks you, “At the worship center of your soul, where is God in this?”

You move on. You’re not feeling well right now. When you get to records, it’s not a list. He just says to you, “This is an audio recording of your thoughts” and it is throughout your life. You don’t know how long you stand there. He asks you, “where is God in this?” You are really uncomfortable. There is a pain—it’s like you are naked before the God of the universe. And for the first time when you turn around you see it above the elevator. You hadn’t seen it before. *Thou Shall Worship The Lord Your God And Serve Only Him*. And you break.

Deep breath in. Deep breath out. Where are you in your soul right now? Sometimes when I do this exercise, I am in a horrible spot, because that which is important and that which I worship is exposed by these very tangible things that you have just observed.

But, God is a God of Hope and through this exercise I want to inspire you to see God as the God who died for you and the God who loves you immeasurably more than you could ever imagine.