

Scriptures

Acts 1:14, 13:2-3, 4:23-31

1 Chronicles 16

Pattern for prayer and worship:

1. *We gather together*
2. *We lift up our voices*
3. *We remember our story*
4. *We call on the Lord*

Group Discussion Questions:

For your home group, around the table, or with a friend.

1. Read back through Acts 4:23-31 and 1 Chronicles 16 and consider our posture as we gather. Look for the the 4 areas that we highlighted today (gather together, lift up our voices, remember our story, and call on the Lord). How do you see them in these two stories? What else do you see that calls us to be devoted to prayer and worship?
2. Look back over the list of physical responses in worship in the handout. Which ones are you most comfortable and familiar with? Are there any that make you uncomfortable or are not familiar to you?
3. We talked about excuses people give to not engage in corporate times of prayer and singing (*I'm not gifted that way, that's not my thing, that's not my background, I don't want to be driven by emotion, I don't feel led to*). Is there an excuse that you are prone to make? In what way were you challenged by the teaching today?
4. Can you identify one thing that God spoke to you through our time together today? Is there anything that you need to do or change to walk in obedience to that?

Physical Responses in Worship

Shouting

Psalm 27:6 *6 And now my head shall be lifted up, above my enemies all around me, and I will offer in his tent, sacrifices with shouts of joy; I will sing and make melody to the Lord.*

Singing

Psalm 47:6 *Sing praises to God, sing praises! Sing praises to our King, sing praises!"*

Bowing

Psalm 95:6 *Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!*

Standing

Psalm 22:23 *You who fear the Lord, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel!*

Dancing

Psalm 149:3 *Let them praise his name with dancing, making melody to him with tambourine and lyre!*

Psalm 150:4 *Praise him with tambourine and dance; praise him with strings and pipe!*

Playing Instruments

Psalm 33:2-3 *Give thanks to the Lord with the lyre; make melody to him with the harp of ten strings! 3 Sing to him a new song; play skillfully on the strings, with loud shouts.*

Clapping

Psalm 47:1 *Clap your hands, all peoples! Shout to God with loud songs of joy*

Lifting Hands

Psalm 63:4 *So I will bless you as long as I live; in your name I will lift up my hands.*

Psalm 134:2 *Lift up your hands to the holy place and bless the Lord!*