

2022



MY BODY

FROM "ALL OF ME" WORSHIP SERIES

SMALL GROUP STUDY GUIDE

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Humans are the only living creatures that God created using His hands. God breathed into man and we were created to worship Him in Spirit and truth. The Bible reads '*Let everything that has breath praise the Lord*' (Psalm 150:6 NIV) '*and God is spirit, and his worshipers must worship in the Spirit and in truth*' (John 4:24 NIV).

If we want God to come into our midst, we must create the atmosphere for God to enter into. In Revelations 4, we see the kind of environment God is used to. Our responsibility is to move our bodies and use our sounds.

GOD IS ATTRACTED TO MOVEMENT AND SOUND

*Revelation 4:8-10 NIV - [8] Each of the four living creatures had six wings and was covered with eyes all around, even under its wings. **Day and night they never stop saying: " 'Holy, holy, holy is the Lord God Almighty,' who was, and is, and is to come.**" [9] Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, [10] the twenty-four elders fall down before him who sits on the throne and worship him who lives for ever and ever. They lay their crowns before the throne and say:*

- The word of God shows us how we are supposed to worship God. He has sound and movement going 24 hours a day.
- We give God honor and praise by using our bodies and sounds.
- You can't be in an environment of movement and sound and not be affected by it.
- What movements or sounds can you make in worship?
 - Sitting, standing, kneeling, walking, bowing, extending hands, procession, dancing, clapping, waving of hands, lying prostrate, shouting, playing instruments

What movements or sounds do you make when you are worshiping God? What do you do to create an atmosphere that invites God in?

THE ARK OF THE COVENANT REPRESENTS THE PRESENCE OF GOD

*Hebrews 9:4 NIV - [4] which had the golden altar of incense and the gold-covered ark of the covenant. This ark contained the gold jar of **manna**, Aaron's **staff** that had budded, and the **stone tablets** of the covenant.*

- In the Old Testament, God longed to be among His people.
- Inside of the ark were the attributes of God:
 - Manna – **Provision** of God
 - Staff – **Power** of God
 - Tablets – **Promises** of God
- In the presence of God, you get His provision, power, and promises.
- When you have the presence of God you have everything you need and should

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value it in your life.

- You create an atmosphere conducive to God's presence through movement and sound.

How have you seen the provision, power, and promises of God manifest in your time spent in His presence?

2 Samuel 6:3-4, 6-7, 10-11 NIV - [3] They set the ark of God on a new cart and brought it from the house of Abinadab, which was on the hill. Uzzah and Ahio, sons of Abinadab, were guiding the new cart [4] with the ark of God on it, and Ahio was walking in front of it. [6] When they came to the threshing floor of Nakon, Uzzah reached out and took hold of the ark of God, because the oxen stumbled. [7] The Lord's anger burned against Uzzah because of his irreverent act; therefore God struck him down, and he died there beside the ark of God. [10] He was not willing to take the ark of the Lord to be with him in the City of David. Instead, he took it to the house of Obed-Edom the Gittite. [11] The ark of the Lord remained in the house of Obed-Edom the Gittite for three months, and the Lord blessed him and his entire household.

- You can't have the presence of God in your house and not be blessed.
- Handle the presence of God with care, not convenience.
- God wants all of us to experience His presence.

If you did an honest self-assessment, how much would you say you value God's presence? What does it mean to you to value the presence of God?

THE MOVEMENT OF THE BODY

2 Samuel 6:12-16 NIV - [12] Now King David was told, "The Lord has blessed the household of Obed Edom and everything he has, because of the ark of God." So David went to bring up the ark of God from the house of Obed-Edom to the City of David **with rejoicing**. [13] When those who were **carrying the ark of the Lord had taken six steps, he sacrificed a bull and a fattened calf**. [14] Wearing a linen ephod, David was dancing before the Lord with all his might, [15] while he and all Israel were bringing up the ark of the Lord **with shouts** and the **sound of trumpets**. [16] **As the ark of the Lord was entering the City of David**, Michal daughter of Saul watched from a window. And when she saw King **David leaping** and **dancing** before the Lord, she despised him in her heart.

- God is about to bless you in ways you cannot imagine.
- Some are called to be Glory carriers so that everyone can experience God's presence. Nobody knows what you went through to become a Glory carrier.

Were you called to be a Glory carrier? How do you help usher others into God's presence?

MOVEMENT

2 Samuel 6:13 - When those who were **carrying the ark of the Lord had taken six steps**

- Each step brought God closer to the people.

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SACRIFICE

2 Samuel 6:13b - he sacrificed a bull and a fattened calf.

2 Samuel 6:17b - David sacrificed burnt offerings and fellowship offerings before the Lord.

- Every 6 steps they offered a sacrifice and worshiped God.

SHOUTS

2 Samuel 6:15 - *while he and all Israel were bringing up the ark of the Lord with shouts*

- God is attentive to the sound of His people.

MUSIC

2 Samuel 6:15b - *and the sound of trumpets.*

- Sound ushers in the presence of God.

DANCING

2 Samuel 6:14B - *David was dancing before the Lord with all his might*

- Get in front of the Glory and move before God's presence arrives.

LEAPING

2 Samuel 6:16b - *And when she saw King David leaping and dancing before the Lord*

- If you can't dance, you can leap.

Based on verses 13-17, what are you doing to celebrate the presence of God and to release your praise?

THE FOLLOWING WILL BE BLESSED!

1. YOUR CITY

2 Samuel 6:17 NIV - *They brought the ark of the Lord and set it in its place inside the tent that David had pitched for it.*

- Wherever you reside will be blessed when you usher in God's glory.

What city, state, and country is being blessed as you worship in God's presence?

2. YOUR PEOPLE

2 Samuel 6:18 NIV - *After he had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the Lord Almighty.*

- Your community will reap the benefits of God's presence.

What actions are you taking in regard to worship that ensures your people are blessed by God?

3. YOUR HOUSE

2 Samuel 6:20 NIV - *When David returned home to bless his household.*

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- Your movement in worship is also for your household.

What provision, power, and promises of God are you expecting Him to bless your household with?

BLESSED WITH

Manna – **Provision** of God

Staff – **Power** of God

Tablets – **Promises** of God

*2 Samuel 6:21-22 NIV - [21] David said to Michal, "It was before the Lord, who **chose me** rather than your father or anyone from his house when he **appointed me** ruler over the Lord's people Israel---**I will celebrate before the Lord.** [22] I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor."*

- God chose, appointed, and blessed you, not man.
- You owe God your praise and worship. Move your body and release your sound.

How do you celebrate before the Lord, even in the midst of naysayers and those who don't understand? What blessings, past or future are you praising God for?

PRAYER

Lord, thank You for breathing life into my body. I can speak and move because You have given me the ability to. Therefore, I will not withhold my movement and sound in worshiping You. In Your presence, I find Your provision, power, and promises. Show me how to continually usher in and sit in Your presence so that I am never in lack. Thank You, Lord, that not only am I blessed in the presence of Your Glory, but also my city, my people, and my household! In Jesus' name, Amen!