What are some things you experience in life that are mutually beneficial? (meaning, it benefits you as it benefits someone else)

What are some things that get you excited enough that it would cause you to jump out of your seat and cheer?

What things get your emotions moving... happy, sad, excited, etc.?

WE SING SONGS OF PRAISE AND WORSHIP 1) BECAUSE OF WHO JESUS IS and what he has done for us. 2) because as we worship, we are changed. 3) because praising God is a powerful weapon.

## Read - Ephesians 5:19

What styles of worship/singing praise have you personally experienced in church over the years?

Do you enjoy singing with other people? Why or why not?

## Read - 2 Samuel 24:24 and Hebrews 13:15

How can singing worship songs with other people be a sacrifice that costs us something?

Do you feel like we should sing praise to God only when we feel like it or should we sing even when we don't feel like it? Why or why not?

What have you found to be the benefit of singing praise to God even when you don't feel like it?

How has singing praise and worship to God effected your life?

How can worship of God be a useful weapon for us in our spiritual battles?

How can worship/singing praise be mutually beneficial to both us and God?