

# Sermon Discussion Questions

Worship: The Power Of Posture – Grant Braaten  
11 January 2026  
Sermon Text: Psalm 150:1-6

## AGENDA

- People arrive, talk, snack, and icebreaker – 5 min
- Worship – 5-10 min
- Prayer/Ministry Time – 20-30 min
- Discussion Questions – 35-45 min

## PRAYER/MINISTRY TIME (20-30 min)

Ask for prayer requests. Ask for specific needs of group members.

## MESSAGE INTRODUCTION

This week, in his message entitled **The Power of Posture**, Grant continues our series on Worship. Sometimes we just need to return to the basics. The Bible is clear that we are to worship God with our entire body. Our bodies matter to God – He created them. In this message we see the biblical language of praise and how scripture calls us into worship that's not just sung but lived through our posture and actions. Let's get going and find out more.

## DISCUSSION QUESTIONS (35-45 min)

1. Last week you were asked to spend some time thinking about how you worship. What did you come up with about your worship? Did the Holy Spirit help you find areas needing improvement? Share with your group.

2. What is something that stood out to you from Grant's message this week?

3. As Christians, we have generally been led to believe that at best, our bodies are neutral. And at worst, evil. How does this idea go against what the bible has to say about what God thinks about our bodies? Can you think of any scriptural references?

4. *Gnosticism* teaches that the material world (to include our human bodies) is a flawed creation and the only way for things to be "right" is for the body and spirit to be separated from each other. The core belief of Gnosticism is that anything to do with the material is evil and everything with the spirit is good.

How does this teaching go against what Paul teaches when he says, "you are the temple of God" (1 Corinthians 3:16)? What are some other biblical examples that contradict the false teaching of Gnosticism? Why is it important for us to recognize the difference?

## Icebreakers

Pick one of the icebreaker questions below and go around in a circle (starting with the leader) and have everyone answer. (If you have new members or guests have each person introduce themselves.)

1. What is one book you'd like to read this year?
2. If you could take a trip into space, where would you like to go? Why?
3. How would you describe yourself in one word?

5. In his message, Grant mentioned several Hebrew words: Yadah, Karar, Halal, Shabach, Tekah, Towdah, Zamar, Tehillah, and Shachah. (Definitions shown below).

How do these words describe how our entire body is meant to engage in worship? What are some examples of how these words are used in the bible to describe our worship?

6. We often have the attitude which says we'll lift our hands when we "feel" it. Studies have shown this to be in the wrong order. When we lift our hands, it has a direct impact on how we "feel". Have you noticed this in your own worship?

## APPLICATION

During his message, Grant encouraged us to do something out of the ordinary, or out of our comfort zone, in worship? Have you ever danced before the Lord? What about lifting your hands? How has your posture affected your worship? Take some time this week and think about how you might be more expressive and use your body to engage in worship.

## COMING UP

To join a small group or find out more about what is going on, click on the NWC App, the website <https://nwckc.com>, or the New Wine Church Community Group Facebook page. Sermon study questions can also be found in all three locations.

**Heart of the House**, 20 & 27 January, 6:30-8:30 pm, New Wine Church Building, 7102 N. Prospect Ave, Gladstone, MO. This 2-week class covers our Four Pillars and the core values we hold dear. Dinner is provided on both nights. Childcare will be provided for kids 3 months to 5th Grade. You register for both nights at: <https://subsplash.com/newwinechurch/lb/ev/+5kq3wkz>

**Healing Through Encounter**, 23 January, 7:00 pm, New Wine Church Building, 7102 N. Prospect Ave, Gladstone, MO. Come join us for a night at the church building where we sit in God's presence and wait for Him to do what He wants to do. It will be a time of worship, prayer and experiencing God's presence. Childcare will be provided for children age 5 and younger. You can register for childcare at: <https://subsplash.com/newwinechurch/lb/ev/+np4q43g>

**The Call – Men's Breakfast**, 24 January, 9:00-11:00 am, New Wine Church Building, 7102 N. Prospect Ave, Gladstone, MO. Men are invited to The Call – Men's Breakfast, a special gathering for men to connect, grow, and be refreshed. There will be powerful ministry, heartfelt prayer, and an inspiring devotion to encourage you in your walk. And don't worry about breakfast—food will be provided, so come hungry and ready for fellowship. Don't miss this opportunity to recharge and strengthen your faith alongside other men! See you there!

**Selah Saturday**, 31 January, 9:00-11:00 am, New Wine Church Building, 7102 N. Prospect Ave, Gladstone, MO. These once-a-quarter Women's gatherings are an intentional time to share a brunch-style meal together and will include worship, a short devotional-style message, prayer, and, most of all, a time to build community! Come join us, bring a friend and a brunch dish to share!

## FINAL THOUGHT

**Our body is an entrance to worship.**

**Yadah** - is a rich Hebrew word meaning to give thanks, praise, or confess, stemming from the root "yad" (hand), symbolizing worship with extended or open hands as an act of gratitude, acknowledgment, and reverence for God. It signifies throwing out hands in praise, casting burdens, or publicly acknowledging God's goodness, often involving physical gestures like lifting hands.

**Karar** - To whirl, spin, or dance (often with intense, joyful movement).

**Halal** - In Hebrew, the root word "halal" (הלל) primarily means to praise, boast, shine, or celebrate, forming the basis for "Hallelujah" (praise Yahweh). The Hebrew meaning focuses on active, often enthusiastic, adoration or even appearing foolish in joyful praise.

**Shabach** - is a Hebrew word meaning to address in a loud tone, to shout, praise, commend, or declare triumph, often with great joy and adoration, like a holy roar or loud testimony. It signifies giving praise vocally and openly, distinguishing itself from quiet worship by emphasizing loud, unashamed exclamations and boasting about God's works.

**Tekah** - is a versatile root word with several meanings, including to blow a trumpet, to strike or thrust, and in modern Hebrew, a power plug or to be stuck.

**Towdah** - is a powerful Hebrew word meaning thanksgiving, praise, confession, or a thank offering, stemming from the root yadah (to extend the hands). It signifies a spiritual act of worship, often involving raising hands in adoration and thanking God for His goodness, even for things not yet received, representing a proactive, faith-filled expression of gratitude and acknowledgment of God's power, not just a feeling.

**Zamar** - primarily means "to make music in praise of God," involving both singing and playing stringed instruments, often appearing in Psalms to describe joyful, instrumental worship.

**Tehillah** - is a Hebrew word meaning "praise," "song of praise," or "hymn," often implying a spontaneous, heartfelt, and sometimes musical expression of adoration and thanksgiving to God, distinct from mere verbal thanks. It's the root of Tehillim, the Hebrew name for the Book of Psalms ("Book of Praises"), and signifies deep, genuine worship that comes from the soul, even in difficult circumstances, representing an act of glorifying God that He delights in.

**Shachah** - is a powerful Hebrew verb meaning to bow down, stoop, fall flat, or prostrate oneself, often signifying deep reverence, humility, or worship before God. It's a rich word conveying total submission and yielding, going beyond mere kneeling to represent lowering one's entire being, and is frequently translated as "worship" in the Old Testament, as seen in Abraham's actions.