



The
heart *of*
worship

small group leader guide

week five
Expressions of Worship

ICEBREAKER

How do you know when someone loves you?

BIG IDEA

The heart of our worship, our love for God, may be internal, but the expression of our love is external.

GETTING STARTED

LEADER: PLAY THE VIDEO FOR WEEK FIVE.

What hinders you from worshiping God freely?

LEARN

In this message, Pastor Tony talked about five ways worshipers expressed their worship in the Bible. He then closed with three guidelines for using those expressions in our worship.

1 The Expression of Singing

Tehillah: A song of praise. Zamar: To sing.

Is anyone cheerful? He is to **sing praises**. (James 5:13)

Ask a volunteer to read James 5:13.

What are some specific reasons you have to sing praises to God?

2 The Expression of Shouting

Shabach: To praise with a shout.

“O come, let us sing for joy to the LORD, Let us **shout** joyfully to the rock of our salvation. Let us come before His presence with thanksgiving, Let us **shout** joyfully to Him with psalms.” (Psalm 95:1-2)

Amen Means: It is True! (Revelation 3:14)

Hallelujah Means: Praise the Lord! (Revelation 19:1-6)

How is this worship expression different from how we usually think about shouting?

3 The Expression of Bowing or Kneeling

Barak: To kneel or bless.

Come, let us worship and bow down, Let us **kneel** (barak) before the LORD our Maker. (Psalm 95:6)

At the name of Jesus every knee will bow ... and every tongue will confess that Jesus Christ is Lord. (Philippians 2:10-11)

Has there ever been a situation where you felt comfortable kneeling while you were worshipping?

4 The Expression of Celebrative Clapping

Halal: To celebrate.

O **clap your hands**, all peoples; Shout to God with the voice of joy. (Psalm 47:1)

Why is it easy to clap everywhere except church?

5 The Expression of Lifting Hands

Yadah: With outstretched hand.

Lift up your hands to the sanctuary and bless the LORD. (Psalm 134:2)

I desire then that in every place the men should pray, **lifting holy hands** without anger or quarreling. (1 Timothy 2:8)

Why is it important to lift “holy” hands as we pray and worship?

APPLY

Guidelines For Expressive Worship

■ **Make sure your heart matches your expression.**

... “honor Me with their lips, but their **hearts are far from Me.**” (Matthew 15:8)

Why is it important that your heart matches your worship expression?

■ **Don’t become a distraction to others.**

All things must be **done decently** and in an orderly manner. (1 Corinthians 14:40)

Have you ever been part of a worship experience that was so distracting that it hindered your worship? Tell us about it.

■ **Let go of your inhibitions.**

Where the Spirit of the Lord is, **there is freedom.** (2 Corinthians 3:17)

What hinders you from worshipping freely?

Where the Spirit of the Lord is, there is liberty. From this study, how could you express your freedom differently in worship this week?

Father, please forgive us for letting our comfort level hinder us from worshipping You freely. And, Lord, please give us the faith to worship You in spirit and truth and give us the courage to express our worship without being self-conscious. We ask this because You deserve unhindered glory, honor, and praise. Amen, and amen.



SILVERDALE
Baptist Church