

Table Guide: *Why do we SING?*

Restore Church Gathering - July 20, 2025

Table Groups: Host + 3-5

Look Around: (3 mins)

1. What role has singing or worship music played in your faith journey?

Look it up: (20 mins):

“Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts.” (Colossians 3:16, CSB)

Paul’s instruction to let the word of Christ dwell richly among us means allowing the message of Jesus—His teachings, promises, commands, and the gospel itself—to take up **permanent residence** among us and to **shape** every part of our lives.

Let’s explore a few places in Scripture where singing appeared and how it shaped lives as we seek to answer the question— *why do we sing?*

2. Singing: A Response to God’s Character and Work

a. Read Genesis 2:23 and Exodus 15:1-3:

- i. What do these songs/poetic expressions celebrate?
- ii. Why do you think the response was a song, rather than simply words?
- b. Read Psalm 66:1-4. Can you think of a song that captures your response to God’s awe-inspiring work in your life?
- c. What song helps you understand more of God’s character?

Singing can express awe, joy or gratitude in response to an encounter with God.

3. Singing: An Expression of Grief and Lament

a. Read Psalm 42:5–11 and Lamentations 3:19–24.

- i. How is lament different from praise and celebration?
- ii. Why is it important to sing or pray honestly in grief?
- iii. Have you ever found comfort in a worship song during suffering?

“A lament is a song of raw, unedited, unpolished brokenness. We don’t sing a lot of them on Sunday mornings but we do find a lot of them right in the center of our Bibles - in the Psalms. God can handle your disappointment, frustration, lack of faith and even anger. A lament is an

opportunity to bring the “what just got real” to the real God. To wrestle with God is a form of intimacy - a close relative of embracing Him. A lament and a wrestle is far superior to running from Him in our woundedness.” (Rend Collective on their song of lament, “Weep With Me”)

Singing/lamenting gives language to express grief honestly yet faithfully.

4. Singing: A Declaration of Victory

- a. **In 2 Chronicles 20:20-22**, what did Jehoshaphat and his army do when they were facing a battle?
- b. **In Acts 16:25-26**, what did Paul and Silas do when they were in prison?
- c. What does choosing to “*sing through the night*” or sing through suffering say about what we believe?
- d. Are there any songs you’ve had to “sing through the night?”

Singing declares the victory that Jesus Christ has already won for us despite how dire our earthly circumstances may look.

5. Singing: A Unifying Practice and Taste of Eternity

a. Read Ephesians 5:19-21

- i. How might you “make music with your heart to the Lord?”
- ii. Has someone else’s singing encouraged your faith?
- iii. How does singing together unify us as believers?

b. Read Revelation 5:9-10

- i. How does corporate worship prepare us for eternity?
- ii. Are there any songs that remind you of heaven?

Singing is a communal practice and an eternal reality.

Look Within: (3 mins):

6. Is there anything that hinders you from singing freely? What might help?
7. How can we grow as a singing people—in our homes, groups, and churches? Individually and collectively?

Wrap-up (3 mins):

8. How would you answer the question, *why do we SING?*