

Unit One The Book of Psalms

Praise and Worship

Lesson 1



WHAT'S IT ALL ABOUT?

By the time the group has finished this lesson they should:

- know how to enjoy some of the different ways to praise God.
- understand that it is not wrong to use musical instruments in worship.
- be able to express the love and respect they feel for God in true worship and praise.

WHAT DO I NEED?

- Bibles
- devotional notebooks & bios.
- two members to prepare for the introduction.

LISTEN TO THIS!!

15 MINUTES

Drums and Dancing??

Ask two members to act the parts of Audu and James in the following discussion.

James: In the Bible, people used many instruments and different methods to praise God.

Audu: It's good to praise the Lord with all of our heart, but I find the continuous singing of short choruses and the loud drumming can block out thinking.

James: But praise and worship go together. The excitement of singing and dancing involves every part of us. We need to surrender our hearts and our minds and our wills in love and adoration of God.

Audu: Are we really showing love and respect for God if we are noisy in his presence? The drums bring to my mind traditional dancing and you know what goes with that!

James: If we call out praise and prayers, God must be pleased to hear the sound coming to him from our hearts.

Audu: I think he would prefer us to respect each other by listening to each other, so that our praise come to him in an orderly way. That is what Paul is talking about in 1 Cor. 14:40.

Ask members to think about the different ideas that have been expressed, but don't spend time discussing them now.

BIBLE EXPLORATION

25 MINUTES

Joy and Respect

Read Psalms 33:1-11
Awesome praise

1. How does the Psalmist say we should praise God (v. 1-3)?
2. What instruments are mentioned in verse 2?
 - a) What instruments do you think would be like these today?
 - b) How does it say the instruments should be played?
 - c) What does this mean for us today?
3. Make a list of the different reasons for praising the Lord given in verse 4-11. List them under the following headings of
 - a) Gods character
 - b) His work in creation
 - c) His activity among the nations
4. What two words are used in verse 8 to describe what our attitude should be towards God as we praise him? What words would you use today to describe our attitude to God in praise?

Read Psalm 33:12-22
His unfailing love.

5. What are the blessings for those whose God is the Lord?
6. What should be our attitude to God (v. 18-21)? In what way can we expect God to act as we wait in hope (v. 19-20)?

Our God reigns!

Read Psalms 47:1-9
Sing praise to God.

7. What are we expressing as we clap our hands when we sing (v. 1)?
8. What two things are expected from God's people in this Psalm? Are these two aspects always present in your worship?
9. List the different words the Psalmist uses to describe the way the Lord is acknowledged as King in this Psalm. In what ways is his position of honour as King different from other kings (v. 8, 9b)?
10. How can understanding the greatness of God help us to have right attitudes as we praise and worship him?

What do you think?

- ◆ **Visiting the Governor.**
How would you show respect in your voice and actions?
What would he do if you shouted at him? Why?
- ◆ **Alone with God.**
How do I think about my love for him, my trust and wonder at his greatness?
Do I need to speak aloud to him?
How can I prove to him that my love is real?
- ◆ **The meaning of worship.**
Look at Romans 12:1-2. what does it say about the parts of your daily life that are acts of worship?
How does your work or study become an act of worship to God?

Meaningful worship!

Ask each member to choose one of the following three groups.

Take ten minutes to prepare an activity to demonstrate some aspect of worship.

After ten minutes preparation, each group lead all the members in the act of worship they have prepared.

Group 1.

Praise in quiet movements and slow dance. Use quiet or silent prayer times. Read some verses of a Psalm.

Group 2.

Choose a worship song of praise. Prepare to clap and dance. Use instruments.

Group 3.

You are going to your classes or place of work. Show how you will do your study or work as an act worship to God.

Prayer:

- ⇒ Thank God for the opportunity to praise him for all he has done for you.
- ⇒ Ask the Holy Spirit to show you how to worship God with your whole heart and every part of your life.
- ⇒ Ask God to help you witness to other Christians what it means to worship God with joy and respect.

THIS WEEK'S ASSIGNMENT:

Take time each day to read and meditate on the following verses:

Day 1.

Read
Psalm 33:1-5

Day 2.

Meditate
Psalm 47:2-3

Day 3.

Memorise
Psalm 47:8

Day 4.

Read
Psalm 33:13-21

Day 5.

Meditate
Psalm 33:6-12

Day 6.

Memorise
Psalm 33:22, 47:7