

## Life Group Discussion Questions

### *The Heart of Worship*

#### Gospel Gain:

Extended hands are one of the ways in which we can revere and praise (yadah) God.

#### Gathering Together (Icebreaker)

Some people are more reserved in a worship service while others have grown up in a more expressive church worship culture. What type of worship culture did you experience as a child if you attended church at all? What were the pro's and con's of those experiences?

#### Growing Together (Truth/Equipping)

The word ***praise*** is used often in the Old Testament. However, the word ***praise*** has various meanings when it is used. The first meaning we will learn about is yadah.

**Yadah** (yaw-daw): To revere or worship with extended hands. To hold out the hands.  
To throw a stone or arrow.

Read the following passages where yadah was used to describe praise...

- Psalm 28:2
- Psalm 63:4
- Psalm 88:9
- Psalm 134:2
- Psalm 141:2
- Psalm 143:6
- Lamentations 3:41
- 1 Kings 8:22

Based on these verses, how common do you think the practice of lifting hands in worship was in the ancient world?

If you have ever raised your hands in worship to praise God, share with the group what that experience was like for you. What fears come to mind when it comes to the idea of being more expressive in a worship service? What are some of the potential barriers from being more expressive in a worship service?

**John Calvin** – *But just as the lifting up of the hands is a symbol of confidence and longing, so in order to show our humility we fall down on our knees.*

What words or phrases stand out to you in this quote? How do you think these concepts could impact the way a person praises God?

How do you think lifting hands can represent confidence and longing?

What are we communicating to God when we lift our hands?

### **Getting Real with One Another (Accessibility)**

How can this group pray for one another when it comes to having a heart of worship? Share with your Life Group any examples of fears you are facing right now when it comes to the topic of being more expressive in worship.

### **Group Prayer Time (Supplication)**

- Pray for a heart of worship. Pray about the fears that have been mentioned during your study. Pray for God's peace, presence and power to be real in your lives as you seek to process these fears.
- Pray that Oakwood Church would continue to develop a passion for God and compassion for people.