



The Who, What, When, Where, Why & How of Biblical Worship

---a six week discovery Bible Study

<http://worshipconnection.wordpress.com>

Week Five--The "How" of Biblical Worship: Worship in Action

I. Worship Song: "Love the Lord" by Lincoln Brewster

Love the Lord your God
With all your heart
With all your soul
With all your mind
And with all your strength (2x)

With all your heart
With all your soul
With all your mind
And with all your strength
Love the Lord your God
With all your heart
With all your soul
With all your mind
And with all your strength

I will serve the Lord
With all my heart
With all my soul
With all my mind
And with all my strength (2x)

With all my heart
With all my soul
With all my mind
And with all my strength
I will serve the Lord
With all my heart
With all my soul
With all my mind
And with all my strength

I will love You Lord
With all my heart
With all my soul
With all my mind
And with all my strength (3x)

II. Slide Show

As you view the photos in the slide show for the first time, think about how they make you feel, for example, comfortable, uncomfortable, joyous, angry. Look at the congregations/worshippers and note their postures.

During the second showing, discuss if you think the postures/displays are Biblical.

III. Discovery Exercises:

- A. Read Psalm 95 and underline words or phrases that describe different ways of demonstrating our worship.

Psalm 95

1 O come, let us sing for joy to the LORD,
Let us shout joyfully to the rock of our salvation.
2 Let us come before His presence with thanksgiving,
Let us shout joyfully to Him with psalms.
3 For the LORD is a great God
And a great King above all gods,
4 In whose hand are the depths of the earth,
The peaks of the mountains are His also.
5 The sea is His, for it was He who made it,
And His hands formed the dry land.
6 Come, let us worship and bow down,
Let us kneel before the LORD our Maker.
7 For He is our God,
And we are the people of His pasture and the sheep of His hand
Today, if you would hear His voice,
8 Do not harden your hearts, as at Meribah,
As in the day of Massah in the wilderness,
9 "When your fathers tested Me,
They tried Me, though they had seen My work.
10 "For forty years I loathed that generation,
And said they are a people who err in their heart,
And they do not know My ways.
11 "Therefore I swore in My anger,
Truly they shall not enter into My rest."

B. Study and Discuss these Biblical Worship Postures

Singing – “Shout joyfully to God, all the earth; Sing the glory of His name; Make His praise glorious” [Psalm 66:1-2](#) ([Acts 16:25-26](#), [Colossians 3:16](#); [1 Chron 16:8-10](#), [James 5:13](#), [Psalm 30:4](#), [Psalm 33: 1-3](#), [Psalm 89:1](#), [Psalm 92:1-4](#), [Psalm 9:11](#), [Psalm 21:13](#), [Psalm 47:5-7](#))

Standing – Shows respect, honor, attention ([1 Kings 8:22](#); [1 Chronicles 23:30](#), [2 Chronicles 7:6](#), [Psalm 135:2](#), [Romans 5:2](#); [Romans 5:2](#)).

Kneeling – Shows submission, honor, obeisance ([Psalms 95:6](#); [Acts 20:36](#); [Philippians 2:10](#)).

Lifting Hands –

Praising God - "I will praise you as long as I live, and in your name I will lift up my hands." [Psalms 63:4](#) (also [Nehemiah 8:6](#); [Psalms 134:2](#))

Worshipping God - "If we have stretched out our hands to a strange god . . ." [Psalms 44:20](#) KJV

Supplication - "Hear my cry for mercy ... as I lift up my hands ... " [Psalm 28:2](#) (also [Psalm 88:9](#); [Lamentations 2:19](#); [Isaiah 1:15](#) AMP)

Repentance - "Let us examine our ways and test them, and let us return to the Lord. Let us lift up our hands to God in heaven." [Lamentations 3:40-41](#) (also [Ezra 9:5-6](#); [Job 11:13-15](#))

Desiring, needing - "I spread out my hands to you; my soul thirsts for you like a parched land." [Psalms 143:6](#)

Prayer - "I want men everywhere to lift up holy hands in prayer . . ." [1 Timothy 2:8](#) (also [1 Kings 8:22](#), [8:38](#), [8:54](#); [2 Chronicles 6:12](#), [6:19](#); [Psalms 141:2](#); [Isaiah 1:15](#))

Bowing - The three Hebrew words for worship mean to bow: shachah used 171 times, qudad used 15 times, kara used 30 times; also proskunei in Greek - to be prostrate ([Isaiah 45:23](#); [Psalms 95:6](#); [2 Chronicles 20:18](#); [Romans 14:11](#)).

Dancing – Shows joy, excitement

The word rejoice in Hebrew and Greek means to spin, spring, leap, jump for joy, skip ([Exodus 15:20](#); [Psalms 30:11](#), [149:3](#), [150:4](#); [Judges 11:34](#); [1 Samuel 18:6-7](#), [21:11](#), [29:5](#); [2 Samuel 6:14-16](#); [1 Chronicles 15:29](#); [Jeremiah 31:4](#), [12-13](#); [Luke 15:25](#); [Matthew 11:17](#); [Luke 7:32](#))

Laughing - Showing and releasing joy, also a weapon of war ([Psalms 126:2](#)).

Shouting - A sign of triumph, a release of joy, exultant praise and worship, a weapon of war ([1 Samuel 4:5](#), [Ezra 3:11](#); [Psalms 32:11](#), [47:1](#); [Zephaniah 3:14](#); [Zechariah 9:9](#)).

Loud Noise/Voice - Use a loud noise/voice to proclaim extreme and dynamic feeling ([2 Chronicles 20:19](#); [Ezekiel 3:12-13](#); [Nehemiah 9:4](#); [Psalms 98:4](#), [33:3](#), [81:1](#), [150:5](#); [Luke 17:15](#), [19:37](#), [Acts 14:10-11](#); [Revelation 5:12](#), [6:10](#), [7:10](#)).

Clapping Hands - Use to celebrate triumph and rejoice.

Triumph - "O clap your hands all ye people; shout unto God with the voice of triumph." [Psalm 47:1](#) KJV (also [Ezekiel 21:14](#); [21:17](#))

Rejoicing - You will go out in joy. . . and all the trees of the field will clap their hands." [Isaiah 55:12](#) (also [Psalm 98:8](#))

IV. Applications for this week:

1. If there is a posture or expression of worship you would like to do, but are uncomfortable with, ask God to help you get past any fear or discomfort and help you try it.
2. If there were any photos in the slide show that made you uncomfortable, journal about it to see if you can pinpoint why you feel the discomfort.