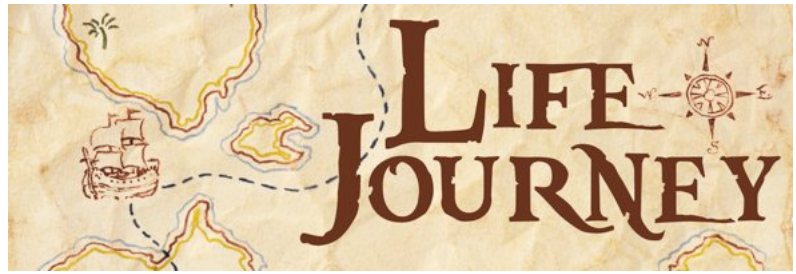


A Journey Into Worship

Tommy Gray | July 31, 2011



In a nutshell: The essence of worship is ensuring that our lives orbit around Someone greater than ourselves. We do this when we remember all His benefits.

Icebreaker: Psalm 103 reminds us to “forget not all His benefits.”

Discuss: When you think of benefits, what comes to mind? What benefits do you bargain for in your job, expect from your family, or seek from God alone?

Journey into Worship by Remembering:

Read Psalm 103 aloud. Alternate using more than one translation. For example, read a verse using the ESV or NIV translation and then read the same verse in The Message.

God’s forgiveness. (Psalm 103:3). We might worship more if we knew what we were being saved *from* and what we were being saved *to*.

Discuss: Does your upbringing or church experience lead you to lean first into God’s judgment or God’s grace? Do you feel like you now have a balanced understanding of both?

God heals all our diseases. (Psalm 103:3). Although pain and sickness came into the world through Adam, God will ultimately win... tears, disease, and death will be gone.

Discuss: Can you describe a time in your life when sadness or sickness seemed unbearable? How does it change your outlook to know that God heals all?

God satisfies our desires. (Psalm 103:5). This does not mean that God will give you everything you want. It means that *God is enough*. He satisfies us.

Discuss: What do you want? What do you need to provide true satisfaction?

God renews our lives. (Psalm 103:5) Eagles can soar at 10,000 feet and can see prey the size of a dime. King David compares us to eagles... when we worship. “Worship is the believer’s response of all that he is... mind, emotions, will, and body—to all that God is and says and does.” (Warren Wiersbe)

Discuss: When we worship God as Wiersbe described, how does this cause us to “soar like Eagles?” What is our role in making this happen?

As a Group: Seeing the greatness of God changes our perspective and our worldview.

Discuss: What can we do as a group to continuously remind each other of God’s goodness? How will this enhance our personal, group, and corporate worship?