

Psalm 95:1-11
Rejoice With Trembling

Warm Up

Without getting into an argument about worship styles, what does worship mean to you? Share your experiences of heartfelt worship times you have experienced.

Background and context

Psalm 95 is a short but powerful psalm of worship, invitation and warning. It begins by calling God's people to praise Him, but then moves into a serious warning about the danger of hearing God's voice and refusing to respond. It is especially important because the book of Hebrews quotes Psalm 95 repeatedly, applying its warning to Christians. The psalm does not identify its author, but Hebrews associates it with David. The psalm recalls Israel's experience in the wilderness after the Exodus. The people had seen God's mighty acts, yet they repeatedly tested and rebelled against Him. The use of the word 'today' suggests that the psalm is not intended to be just a historical warning of disobedience but is still relevant. A warning for us too.

Thinking it through: Main discussion/activity

READ Psalm 95:1-11. What are the surprising things in the passage? What is new? What don't you really understand?



1. **Read v1,3 and 7.** How is God described in these verses, and what can we learn about Him?
2. Where in the passage does it suggest that the psalm is about corporate worship rather than individual?
3. What does the psalm say about why we should worship the LORD?
4. **V1** commands us to shout aloud. When was the last time you shouted praise to God? Why might you find it difficult to do so?
5. **Read 2 Samuel 6:14-22.** What did David do? Why was Michal upset with him? What was David's response? How might this story translate into a modern understanding of a positive attitude towards worship?
6. **Read v6.** What does kneeling and bowing suggest about the correct attitude to have before God? How does this contrast with shouting?
7. **Read Exodus 17:1-5.** What happened here? What was the consequence? How does this relate to v1-7 about worship? (cf: Hebrews 3:7-19)
8. What is the underlying thing God wants from worshippers?
9. **Read v7.** We are the flock under God's care. How does a shepherd care for his flock?



Discipleship and Application

9. Have you ever felt worship was more of a duty than a joyful experience? Why?
10. How can we prepare to worship God in spirit and truth before we arrive at church?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.

Fancy a different approach to Bible study?

Try these ways of exploring a passage.

S.O.A.P.

S. Scripture

Read and/or write out the verse or passage.

O. Observe

What do you notice about the passage? Write notes down.

A. Apply

What do I need to do in my life to apply the teaching?

P. Pray

Pray about the reading. Ask God to help you apply it to your life.

Or this way....

What does the passage teach about God or Jesus?

What does it teach about humans? (Therefore me)

How do I apply in my life what I have learned today?

How about this way?

The 6 Ps

Position yourself to hear from God.

Pore over the passage and paraphrase it

Pull out the principles and teachings

Pose questions

Plan obedience

Pray about your study

Just one more...

Apple



Atttributes of God/Jesus

Promises of God

Pinciples to live by

Lessons to be learned

Examples to follow

In this method look for one or more of the five themes. They may not all be there.

If your group is creative or artistic... why not do an evening of Bible journalling. Create a piece of art or poetry based on a bible passage or verse.