



THE 7 RHYTHMS OF ROOTED



DAILY DEVOTION



PRAYER



FREEDOM FROM STRONGHOLDS



SACRIFICIAL GENEROSITY



SERVE THE COMMUNITY



SHARE YOUR STORY



CELEBRATION

Week Six: Uninhibited (Psalm 100)

Psalm 100 is a hymn of thanksgiving from God's grateful people. It is a recording of the community worshipping the faithfulness of their good God.

Our praise is often limited by a lack of knowledge and experience of God, by a limited understanding of what worship means and a self-consciousness that inhibits our God-consciousness. However, when we experience more of God, learn what it means to worship anywhere and anytime and embrace a variety of expressions of worship, we can find ourselves uninhibited in our praise!

We can rest in the assurance that his love is everlasting and endures to all generations. He alone is worthy of all our praise and worship.

SMALL GROUP DISCUSSION GUIDE

God's people are described as "sheep." In this psalm. What is it about sheep that makes this a good analogy?

What is the difference between being thankful and giving thanks? How do we give thanks to God? For what do we give thanks?

Psalm 100 contains seven commands of praise, list them. How do you praise God?

Do you ever find it difficult to praise God? What is getting in the way?

The psalm describes us as God's people, plural. How does community help us express thanksgiving to God?

Spend some time in concentrated prayer using the acronym P.R.A.Y.

Praise - Praise God for who he is and what he has done.

Repent - Recognize where you need to turn from unhealthy or destructive thinking and patterns and turn back to God's way of life.

Ask - Ask for God's intervention on your behalf and on behalf of others.

Yield - Entrust your requests to God's good and perfect response and timing.

For further study: Using the S.O.A.P. method, explore more deeply this week's psalm.

- Scripture
- Observation
- Application
- Prayer

Make noise: (Psalm 100:1)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

Be glad: (Psalm 100:2)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

Know who he is: (Psalm 100:3)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

Be thankful: (Psalm 100:4)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

Forever and ever: (Psalm 100:5)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.
