

LifeGroup Meeting

Sacred Unity 6
"Time to Praise"

Get To Know You Question:

What was the last thing you praised God for?

Let's Dig Deeper

1. There are seven words in the Hebrew language that means "PRAISE". Each word takes on a different meaning and purpose.
2. **The first word for praise is ZAMAR.** ZAMAR means to praise God for music.
 - Why do you think music plays such a heavy part in peoples lives?
 - How can/does music prepare your heart to worship God?
 - Someone read **2 Kings 3:15-16**. Why do you think Elisha wanted someone to play music before he shared what God had laid on his heart?
3. **The second word for praise is HALAL.** HALAL means to celebrate!
 - Someone read Psalms 149:3. Has there ever been a time where we danced before the Lord?
 - Why do you think it is hard for Christians to just let go in worship and celebrate Jesus with all that we have?
 - Of all the words for praise, HALAL is meant to be done corporately. Why do you think God wants us to praise him with such exuberance in front of other people?
4. **The next word for praise is TEHILLAH.** TEHILLAH means to praise God with a new song.
 - Someone read **Psalms 22:3**
 - Do you think God steps down from his heavenly courts and takes residency among his congregation when we praise him?
 - Why is singing new songs in church a good thing?

5. **The fourth word for praise is YADAH.** YADAH means to praise with hands lifted high.

- Someone read **Psalms 134:2**. Why do you think raising hands is outside of the norm of our church subculture?
- What is it about raising hands in church during praise that makes you hesitant? Is it self-awareness? Is it pride? Is it self-consciousness? Why the hesitancy?
- Scott mentioned that raising our hands is the most natural expression of excitement and wonder and awe. Do you agree with that? Have you ever caught yourself raising your hands in excitement?

6. **The fifth word for praise is TOWDAH.** TOWDAH means a praise of thanksgiving.

- How often do we praise God with thanksgiving?
- Why do you think God deserves our thanks in praise? Share some things you can give thanks to God for right now.

7. **The next word for praise is BARAK.** BARAK is a praise of humility.

- BARAK is this idea of falling on your knees in adoration and humility. When was the last time we humbly gave praise to God?
- Why do you think humility is so important when it come to praising God?

8. **The last word for praise is SHABACH.** SHABACH is a praise that is addressed in a loud voice.

- Someone read **Psalms 117:1-2**. This type of praise is not self-contained. Honestly, explain a time where you just let everything go, surrendered yourself, and gave God unconfined praise? What led you to this type of praise?
- This type of praise is more like a holy roar! Everyone shouting out praise together in harmony. It is a declaration of our devotion to God. How often do we see this in church? What do you think it would look like if we all came together and praise God like this?
- What do you think holds us back from praising God like this in Church?

9. End with praising our hero Jesus!