

KEEP THIS ON REPEAT



WEEK 2

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

In many ways, the Psalms is a book of song lyrics - these are words that were set to music used in public worship. And over and over again, the Psalms call everyone - every nation, every person, every part of creation - to earnestly worship God - not only through music but with our whole life.

1 In this series we've said that **results require repetition**. And often the result of repetition is increased appreciation. Name a favorite movie of yours and share how many times (or for how many years) you think you've loved and watched that movie. What makes us want to watch our favorite movies again if we've seen them already?

2 Read Ps 146:1-2, Ps 147:1, Ps 148:1, Ps 149:1, Ps 150:1-2. Taylor said, **Worship is a response to and celebration of who God is and what He has done**. How does our appreciation of God increase through repeated acts of worship like singing, reading Scripture, taking communion, etc?

3 Read Ps 103:1. What do you think it looks like to worship God with all of your life? Optional Follow Up: For a New Testament perspective, check out **Colossians 3:16-17**.

4 Read Ps 103:2-5. Why do you think the Psalmist warns against forgetfulness? What are you most prone to forget about God in your day to day life? How does worship play a part in battling forgetfulness?

5 Read Ps 103:8-12. Grace means God treats us as we don't deserve, so we praise Him as only He deserves. How does understanding God's grace fuel our worship?

6 Read Ps 103:19-22. Responding to God for who He is and what He's done leads to beckoning others to join in. It's a brief snapshot of how public faith and worship work together. How can your life of worship spill out into inviting others to also worship God? What are the places that you find it hardest to live a public life of worship?

ACTION STEP Use the Psalms as a means of worship this week. Download the reading guide at thehills.org/KTORepeat and follow along. This week, look for opportunities to give God verbal credit for anything you are complimented on - even if it feels a tad awkward. And the next time you worship through music, try a different posture of worship as a sign of surrender - like raising your hands (Psalm 134:2); kneeling (Ps 95:6); clapping (47:1); or even dancing (149:3).