



Through the Psalms we are invited into a relationship with God that reaches the full spectrum of emotions: the highs and the lows, the peaks and the valleys. There is no feeling we are not allowed to express before God in our prayers and worship, because there is no part of life we are supposed to experience without God. The Psalms are a masterclass in entering God's presence with our whole selves – every ounce of joy and sorrow, grief and resolve, blessing and doubt, thanksgiving and fear. God loves all of us, so we don't have to hold anything back.

Week 2 – The Highs

1. **Read Psalm 100:1-2.** The highs of worshipping God are unmistakably **joyful**. What comes to mind when you hear the word joy? Why do you think joy is such a common theme in worship? What do you think it means to “rejoice in God”?
2. **Read Psalm 100:3.** Highs don’t always have to be loud or exciting. Sometimes they are **peaceful**. If joy comes with shouts, peace comes with rest. **Read Psalm 23.** How does knowing God is our shepherd put us at peace? What do you think it means to “find rest in God”? What’s a way you can rest in God this week?
3. **Read Psalm 100:4.** Pay attention to what God has done and you’ll start to feel **thankful**. Psalm 107 says, “Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story...” Take a moment and name some things you are thankful to God for. Maybe it’s part of your story, or maybe it’s a specific gift from God you want to name.
4. The more we feel joyful, peaceful, and thankful, the more we will be **full of praise**. Sometimes praise is drawn from the wonder of God’s creation, as in Psalm 8:1, “*Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.*” Other times it’s in the majesty of who God is as the Most High, as in Psalm 93, or in his steadfast love like Psalm 145. What about God fills your heart with praise? Finish with a prayer of praise to God. Invite everyone in the group offer something they want to praise God for during the prayer.

