**1. Motivate**

What’s an activity that’s always better with a crowd or a group?

* watching sports

A video introduction to the lesson is available. View it at <https://watch.liberty.edu/media/t/1_y9aljabt> . If you have no wi-fi where you teach, it is best to download the video to your computer from <https://tinyurl.com/3cbtyu2p>

* making music
* eating at a restaurant
* having a party
* going to an amusement park
* taking a class
* going to the beach
* water sports – jet ski, tubing, water skiing

**2. Transition**

Consider the fact that singing in a group is always more enjoyable than singing by yourself.

* When we worship God together, we all experience joy in His presence

**3. Bible Study**

3.1 Give God Praise

Listen for boasting.

Psalm 34:1-3 (NIV) I will extol the LORD at all times; his praise will always be on my lips. 2 My soul will boast in the LORD; let the afflicted hear and rejoice. 3 Glorify the LORD with me; let us exalt his name together.

What is an ongoing practice of the psalmist?

* extol the Lord
* praising God
* glorifying the Lord
* exalting His name

What would be some synonyms for “extol”

* praise
* exalt
* commend
* admire
* worship

What are some things we like to boast about?

* cars
* sports teams
* people we know
* things we have accomplished, places we’ve been

Verse 2 says, "My soul makes its boast in the Lord." What does it mean to “boast” in the Lord?

* it’s the opposite of boasting about yourself
* instead, admitting that any success you have is not because of your own strength or skill
* it is God’s power at work in and through your life
* you don’t take the glory for your accomplishments
* you give glory to the One who has accomplished it through you
* Recall boxer Mohamid Ali (Cassius Clay) – “I am the greatest!” … “I am the king!”
* contrast Scottie Scheffler after winning 2nd Masters Golf Tournament … “It’s Jesus, not me”

How can we cultivate a heart that naturally boasts in the Lord in all circumstances?

* talk to God often
* confess your own tendencies to take credit for good things and blame others for failures
* make it a practice to look for God at work in your life, in nature, in other contexts
* praise God for little things as well as big things – pretty flowers, a sunset,

What benefit to others comes from boasting about the goodness of God? What does he hope to accomplish in union with others?

* they learn about God’s power, authority, and love
* they will also have the desire to praise and worship God
* when they hear about God, they also will rejoice

The psalmist extended to others the experience of worship. What are some benefits of worshiping together?

* your voices join together
* you don’t feel alone in your possibly weak faith
* you are encouraged to praise God also, even if you don’t quite feel like it
* if you are singing, your voices harmonize and multiply to something beautiful
* when someone expresses praise for a particular blessing or answer to prayer, you are encouraged to trust God also

How can worship help you maintain a proper perspective on life?

* gets your eyes off of daily problems or troubles
* you are reminded that God is the one who is in charge
* focus on God’s power, authority, and love for you
* gets you out of the “poor me” mentality rut
* you are encouraged to trust God for the particular issue troubling you

3.2 See God’s Goodness

Listen for reasons to praise God.

Psalm 34:8-10 (NIV) Taste and see that the LORD is good; blessed is the man who takes refuge in him. 9 Fear the LORD, you his saints, for those who fear him lack nothing. 10 The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

According to these verses, what are the benefits of trusting in the Lord?

* He is good … “taste and see” this to be true
* we are blessed
* those how trust Him lack nothing
* those who seek him lack no good thing

List David’s exhortations and the results God provided.

|  |  |
| --- | --- |
| Exhortation | Result |
| * taste and see * take refuge in Him * fear Him * seek Him | * God’s goodness * blessings * lack nothing * lack no good thing |

How can we intentionally “taste” the goodness of God?

* claim His promises … trust Him, take notice of how He fulfills them
* be on the lookout for the blessings of God all around
* note the beauty of creation which surrounds us
* look for specific situations where you are quite sure that God has provided, protected, prevented, guided, blessed

What does this passage reveal to us about prayer, about “seeking” God?

* David offered many prayers
* note that David expressed both joy and sorrow, both despair and praise
* whatever was happening, David talked to God about it
* God wants us to come to Him with all our feelings
* You cannot hide your feelings from God, better to voice them honestly

Why did David have such confidence to seek God for his needs?

* he had repeatedly experienced God’s provision and protection
* he was in the habit of communicating with God … not a bad idea for us also
* he focused on God’s greatness … His power and authority and love
* when he looked at the supreme authority and power of God, he was assured of God’s ability to meet his need

3.3 Find God’s Help

Listen for why to worship.

Psalm 34:15-18 (NIV) The eyes of the LORD are on the righteous and his ears are attentive to their cry; 16 the face of the LORD is against those who do evil, to cut off the memory of them from the earth. 17 The righteous cry out, and the LORD hears them; he delivers them from all their troubles. 18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

What promises or blessings come to the righteous?

* God sees them
* God hears their cry, He is *attentive* to their cry
* He delivers them from their troubles
* when they are brokenhearted, God’s presence is close
* God saves those who are crushed in spirit

What will the Lord do for those who cry out in faith to Him in times of despair?

* He is attentive to their cry
* He hears them
* He delivers them from all their troubles

discouraged

depressed

feel defeated

disheartened

downcast

hopeless

dejected

* His presence is close to them – they sense His powerful presence
* He saves those who have a crushed spirit

How would God “save” people who feel “crushed in spirit”?

* God gives hope (*more* than “I hope our team wins” type of hope)
* God does away with or nullifies the situation which caused these feelings
* God brings assurance that He has the power to solve the problem
* He has the authority to deal with the problem
* He brings assurance of His love for us – He wants good things for us

How does worship help those who are brokenhearted or crushed in spirit?

* you focus on Who God is
* you meditate on God’s power, authority, and love for you
* you set aside the thoughts and feelings of defeat and despair

How can praying alongside others enhance a believer’s prayer life?

* you share their needs in prayer
* they share your needs in prayer
* the Body of Christ ministers to one another
* where you are weak, someone else is strong and vice versa
* you are encouraged to trust God more

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

A qr code with a head and ladder

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Target consistency.

* Make joint worship a priority.
* Commit to attending worship every week for the next three months.

Be an influencer.

* Behave as a model of a joyful worshiper.
* Enter worship with enthusiasm and focus.
* Sing with gusto. Listen attentively to the message. Join in prayer with passion.

Participate in prayer.

* Start a prayer group at your church in person or online.
* Invite others to join you in prayer times of thanksgiving and petition.

A cartoon of a person wearing sunglasses

Description automatically generatedA crossword puzzle with black squares

Description automatically generatedFallen Phrases Puzzle

Our operatives in Wanratancohong smuggled this message to us and we had it decoded, but the decryption team mistakenly used Monkey Glue, not the Gorilla Glue® they were supposed to. So, many of the letters slid straight down the page, but not in order vertically. We need your help to reassemble the message. Go for columns with one or two fallen letters. Then look at two- or three-letter words and try letters that make sense. Be aware of cells with punctuation … no letters will go there. When you complete the task, pass the message along to your worship team. Technical help is available at <https://tinyurl.com/3cbtyu2p> along with other Fun Family Activities