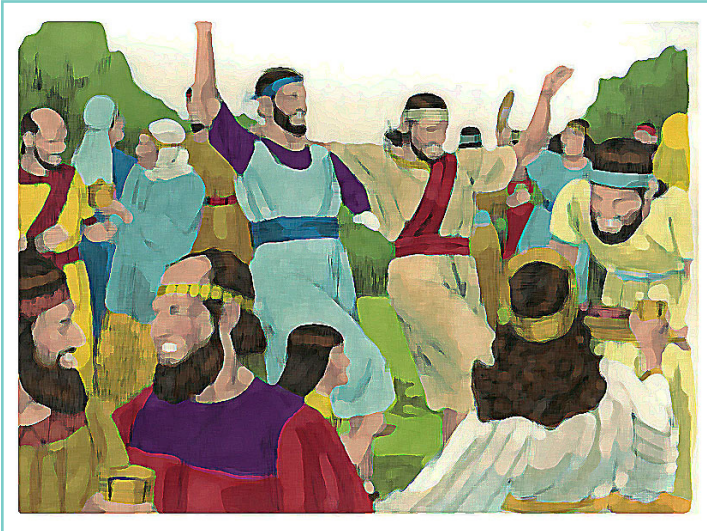


Lesson 6: Worship



Old Testament

New Testament

Where in the Bible?

The Book of Psalms is at the very center of the Bible.

The Old Testament: The Writings

Throughout the Old Testament you can find instances of poetry, proverbs, and songs. But there are some books in the Bible written entirely in this style. In addition to the Law and the Prophets, the Jewish people referred to this third category of books in the Bible as “the Writings.”

Biblical Genre: Worship and Poetry

The Bible is honest in reflecting the real-life experience of faith in our lives — both good times and bad. The people of Scripture were not so different from us; they experienced joy as well as pain, happiness as well as hardship. This is reflected in the Book of Psalms.

In the Psalms we find the thoughts and prayers of God’s people who were facing situations common to us all. God gives us these words to read and speak to express our own faith in the many different circumstances in which we may find ourselves.

Introduction

The Book of Psalms served as the “hymn book” for the people of Israel. The songs and poetry it contains reflect a range of human emotions, from joy to sadness. Similar to the songs we sing in church today, many of the psalms were used in worship, accompanied by musicians, to give praise to the Lord!

Read: Psalm 95:1-7 and Psalm 150

On reading these verses, what are some of your initial impressions and questions? What stands out to you?

When in Time?

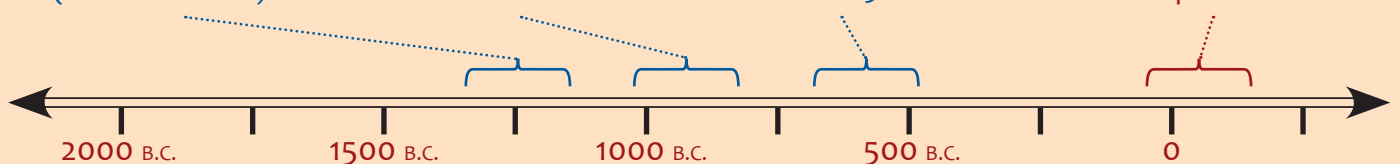
The Bible was not written all at one time, or by the pen of a single person — it was written over the course of several hundred years as God spoke through many people over time:

The first small pieces of the Bible were written at the time of Moses, around 1200 B.C. (“Before Christ”).

The first major section of the Old Testament was written at the time of King David, around 1000 B.C.

A second large section of the Old Testament was written at the time of the Major Prophets, around 500 B.C.

The New Testament was written during the 20 to 80 years after Jesus’ ministry, at the time of the Apostle Paul.





Discuss: Psalm 95:1-7 and Psalm 150

1. The Book of Psalms is a collection of songs, poetry, and prayers directed to God that express many different emotions. How does having written words like this help us to pray together as people of faith?
2. In what way(s) do the Psalms remind us that we all share the same human experience? Why is that important to know?
3. When you read Psalm 95:1-7, what attitude do you feel expressed by the writer? In what way might reading this Psalm help *you* to have that same attitude? How does God's Word change us?
4. Thankfulness and praise often go hand in hand. Write down some specific things you are thankful for. Then express your praise to God for the gifts he has given you.
5. What does Psalm 95:7 mean when it says "we are the people of his pasture and the sheep of his hand"? What is God to us?
6. In Psalm 150:2, for what reasons are we told to praise God? What example can you give from the Bible that exemplifies this? What examples from your life also show that this is true?
7. In Psalm 150:3-5, what musical instruments are mentioned? In our lives of faith, why do you think we use music and song to praise and worship God?
8. Read Colossians 3:12-17. How do our everyday actions and the way we treat each other express our thanks and praise to God? How should our actions match our words?



Christians commonly refer to the Hebrew Scriptures as the **Old Testament**.

Jewish believers refer to their Scriptures as the **Tanak**. The word Tanak is an acronym formed from the initials for the three major sections of the Hebrew Scriptures:

T = Torah (the Law)

N = Nivi'im (the Prophets)

K = Khetuvim (the Writings)

While the Hebrew Scriptures recognized by Jews and Christians are practically the same, they are ordered, grouped, and numbered differently in printed volumes.

The Book of Psalms is a great collection of Hebrew hymns, poetry and prayers, expressing the varied emotions of joy, sadness, anger, and guilt — as well as a genuine trust and praise toward God.

The Book of Proverbs is a collection of wise sayings and good advice, reminding people to do the right thing and not be foolish.

The Book of Job is the story of a man who suffered much under the devil's temptation, but God remained faithful to Job to the end.

The Book of Ecclesiastes contains the reflections of a wise man who was honest about the struggles of life and faith.

The Song of Songs (also known as the Song of Solomon) is a love poem between a man and a woman. It symbolizes God's faithful and loving relationship with us as his people.