

Week 2 | UP

Read **Psalm 116** watch the video of Psalm 116 (posted on sermon page)

Watch the short video summary of the message

- What stood out to you about the message?
- What strikes you about **Psalm 116**?

5 Words of Worship:

Abba (I Belong to You, Father)

Hallelujah (God be praised)

Hosanna (Save, please! Salvation has come!)

Amen (So be it)

Maranatha (Lord Jesus has come, Lord Jesus is come, Lord Jesus will come – all 3 tenses in this one word)

- These 5 words are used throughout the Bible
- How do these words resonate with you?

Expressions of Worship other than Singing:

Dance

Art

Reflectively Watch Worship Videos

Lectio Divina (download the Lectio Divina Guide from the sermon page)

Prayer Postures

Liturgical Prayer

These are just a few ways in which we can worship without singing.

- Have you used any of them?
- What has been your experience with them?
- What other ways of worshipping without singing have you done?

Lectio Divina – Revelation 1:9-19

Prayer | Journaling | Reflecting

- What is a word or phrase the Holy Spirit impresses on you?
In silence meditate on that.
- What do you feel?
What specific situation in your life today relates?
Write down a prayer or pray quietly.
- What is God's personal invitation to you from the Scripture?
You can write down what the Lord may be saying to you or prayer a prayer of thanks.
Or simply rest quietly in the Spirit's presence.

This week:

- Read **Matthew 11:25-30** several times this week –use different translations
- Introduction to the Text
Jesus has just denounced the cities where he did most of his miracles because they did not turn from their sins and put their trust in him as Lord and Savior. He's pronouncing God's judgment on those cities when suddenly he stops to pray. Then he changes his tone to tenderness and invites the people to join the "easy yoke" of his intimacy with the Father.
- As you read the passage, immerse yourself in the text. Imagine yourself being there.
Ask yourself:
 - Who do I identify with?
 - What do I see Jesus doing?
 - What do I hear Jesus saying?
- Prayer | Journaling | Reflecting
 - What is a word or phrase the Holy Spirit impresses on you?
In silence meditate on that.
 - What do you feel?
What specific situation in your life today relates?
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