

# LG | Leader

[Psalm 95]

## WARM-UP (10 mins)

Let's take a moment to still our minds and go to the Lord in prayer.

- What was the best part of your summer?!
- In your time with the Lord, what is He teaching you?
- When you reflect on Sunday's sermon, what impacted you the most? Anything that stirred your affection towards the Lord?

## ILLUMINATE (40 mins)

Open your Bibles to the primary text.

1. Read Psalm 95. What are your initial observations of this text? What does this text say about the Lord?  
[Example: The Lord is King. The earth is His, He made it. He is above all things and worthy of our praise. The Lord will bring about justice on hardened hearts.]
2. How does this Psalm indicate that our worship is more than an isolated, individual act? What are the physical postures presented in this text?  
This text gives us a glimpse that our worship is purposed for a community of believers. Continually the Psalmist says, "let us" followed by "For he is *our* God and *we* are the people of his pasture." We are to gather corporately, we are commanded to sing, and this worship at times includes the changing our physical posture (bowing, kneeling before the Lord).
3. Verse 8 speaks of events at Meribah and Massah in the wilderness? Where do you think Israel is in the storyline of the Bible during these events? What book would you look to begin your research?  
Exodus 17:1-7 gives us insight into this historical event. Israel expresses their frustrations and discomfort to Moses, displaying their hard hearts and unbelief, thus stirring the wrath of God. The consequence of their hardened hearts was unfortunately, eternal.
4. We oftentimes hear the phrase "hard heart." What does it mean to have a have a hard heart? Should we view verse 8 as a warning for us today?  
"The biblical writers use "heart" for the central core of the person's thoughts, feelings, and choices. To harden the heart is to make it dull and unresponsive to God, and thus to strengthening it in disbelief" (ESV Study Bible). When we sit in church on Sunday and hear

God's voice through the preaching of His revealed word, we too are vulnerable to hardening our hearts towards God.

5. What is God's rest?

God's rest is both physical and spiritual and oftentimes represents God's presence.

Physical in the sense that God provides rest in places like the promised land, real-time rest for us today in the peace of Jesus Christ, and eternal rest as those who believe will enjoy God's presence forever.

6. If you could capture this Psalm in one sentence, what is it saying to us?

[Example: We must learn from the lessons of the past and set our heart and minds upon the Lord.]

## **PRAY**

**Use this time to pray specifically. Pray for the needs of others; locally and abroad.**