

# SING: A Theology of Song

## Life Group Leaders Guide

### Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

### Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

### Series Overview

Every week at The Point Church we sing songs together. Singing isn't something we do to check a box. It's an obedient response to who God is. In this series, we will take a deeper look at the PURPOSE and POWER behind singing together.

### SING Series Schedule

Week	Sermon Date	Topic of sermon and life group
1	3/10/19	Why We Sing
2	3/17/19	What We Sing
3	3/24/19	How We Sing

# The Point Church Life Group Curriculum

## *How We Sing*

### The Big Idea

Singing is a full BODY experience.

### Flow of Study

**Icebreaker:** What's a song (any song) that you just can't sit still when you hear it?

**Move #1:** Since the sermon series and life groups are covering similar topics, it might be a good idea to begin the discussion by unpacking people's reflections on the most recent sermon.

1. If you use your posture in worship to be expressive of your heart, how did you first come to do that? What has that experience been like?

**Move #2:** There were people in the early church who, because of Greek philosophy, thought that our bodies aren't important in our relationship with God. Let's see how the apostles responded.

#### **Read: Romans 12:1 NIV**

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

2. Why do you think our bodies, and not just our heart or soul, might be important in our relationship with God?
3. What are some different ways that we can offer worship to God with our bodies?

**Move #3:** Next, let's look at a few instances in the Gospel of Mark when different people reverently approached Jesus.

#### **Read Mark 1:40 NIV**

A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean."

#### **Read Mark 5:6 NIV**

When he saw Jesus from a distance, he ran and fell on his knees in front of him.

#### **Read Mark 10:17 NIV**

As Jesus started on his way, a man ran up to him and fell on his knees before him. "Good teacher," he asked, "what must I do to inherit eternal life?"

4. In each of these instances, the person knelt down before Jesus on their knees. What attitudes or feelings of the heart can be expressed through kneeling?
5. Kneeling is very common as an expression of worship or honor in many cultures among both the old and the young. Why do you think that it's less common in American culture?

**Move #4:** Next, let's look at a few statements in Scripture about lifting hands in worship.

**Read Nehemiah 8:6 NIV**

Ezra praised the Lord, the great God; and all the people lifted their hands and responded, "Amen! Amen!" Then they bowed down and worshiped the Lord with their faces to the ground.

**Read Psalm 63:4 NIV**

I will praise you as long as I live, and in your name I will lift up my hands.

**Read 1 Timothy 2:8 NLT**

In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.

6. What are some attitudes or emotions that can be expressed through lifting our hands to God?
7. How can our physical posture help us experience wonder as we worship God?

**Move #5:** Finally, let's check out a couple of verses that speak of clapping our hands in praise to God.

**Read Psalm 47:1 NIV**

Clap your hands, all you nations; shout to God with cries of joy.

**Read Isaiah 55:12 NIV**

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

8. What are some occasions in life that usually motivate us to clap our hands?
9. What are the different feelings in our heart that we express through clapping our hands?
10. In what ways is God worthy of our applause?
11. With all of the biblical examples and exhortations to worship God with not just our voices, but also our posture, why do people often feel inhibited to do that?
12. How can we begin to overcome some of these inhibitions?

**Next Steps:** The following are things you could challenge your members to do in order to take what you studied in this curriculum farther.

- Take a chance and try using your posture to worship God, whether by clapping or lifting your hands, or kneeling before him. Be open to what God wants to do in your heart as you do.
- Pick a song from the playlist from Point Worship to sing together. Find it at [pointchurch.com/sing](http://pointchurch.com/sing).

**Prayer:** End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.