

Verses on Vinyl

How Music Helps Us Grow

WEEK OF MARCH 13, 2022

There's something in music that moves us. Psalm 63 teaches us about worship, and how we can bring all of ourselves to God—the good, the bad, and everything in between.

MESSAGE NOTES AND HIGHLIGHTS

- There's something in music that moves us.
- The Psalms teach us about worship. Worship is about how we orient our lives, our priorities, our focus, our feelings.
- Read Psalm 63.
- Psalm 63 was written in the desert while David was on the run from King Saul.
- "You are MY God." David's faith was a personal commitment and relationship that mattered to him.
- "...earnestly I seek you." Earnest seeking isn't occasional, indifferent, or detached.
- "I thirst for you...in a dry and parched land." David is spiritually dehydrated.
- "I have seen you..." David starts to recall the experiences he's had with God in the past.
- "I will be fully satisfied..." David acknowledges that he'll find his satisfaction in God.
- "...with singing lips my mouth will praise you." David is remembering who God is and what he's done, and it causes David to sing, to praise.
- Praise is powerful. It reminds of who God is and what he is capable of. It helps to shift our perspective. It fills us with faith.
- There are different postures of praise.
- We lift our hands when we're giving and when we're receiving.
- We lift our hands to give God praise and to receive his gifts--his presence, his care, his counsel.
- We lift our hands in surrender. We're saying, "God, I'm not in control; you are."
- We lift our hands in celebration and victory.
- We can be honest in prayer. God can handle your pain, your hurt, your anger.
- True worship is when we are open with God in the fullness of who we are.
- God wants all that we are. We can come to him with all that we are, raw and real.

DISCUSSION QUESTIONS

1. Do you have a go-to song, artist, or type of music for a particular mood or moment? What do you listen to when you're sad, or happy, or working out, or driving?
2. What's the most powerful moment you've experienced involving music?
3. How do you feel about music in the form of praise and worship? Is it something you're comfortable with, or uncomfortable with? Why do you think you feel that way?
4. "True worship is when we are open with God in the fullness of who we are." We can come to God whether we're in a great mood or whether we're in pain or angry. Do you feel like you can come to God in prayer and worship as your full, honest, real self?
5. What might help you moving forward to engage more in worship—to give praise, to surrender, to receive God's gifts?