

# (Psalms) - WORSHIP: From Our Heart to God's Heart



- Does your heart long to worship God or do you feel distant from God?

The human heart was made to worship God. But, if don't worship God, we will substitute Him for worshipping materialism, money, power, possessions, prestige, people, thrills, science, humanism, idols, or some type of false god. Worship is built into the DNA of our soul. The question is who or what will we worship!

Worship is the focus of the book of Psalms. Originally it was called the "Book of Praises." Almost every psalm contains some expression of praise to God. The word "praise" is used over 150 times.

The book of Psalms shows us that **we should experience God on a relational, emotional, and "soulish" level**. In other words, **worship is our heart connecting to God's heart**. Many of the psalms record the worshiper pouring out his heart to God for deliverance from trouble, protection from harm, peace for sorrow, confession and repentance for forgiveness, joy, and love for God's goodness. The Psalms show us that **worship is not an intellectual exercise but an encounter with God experienced on the level of our core being**. *Have you learned to worship God with all your heart?*

## Central Lesson:

**Worship is our heart connecting to God's heart.**

**Author:** The Psalms were written by **DAVID** (almost half—73) and several other contributors. This includes an individual named **Asaph** (a' saf), one of David's chief musicians (cf. 1 Chron. 6:39; 15:17), the sons of **Korah** (ko' rah) meaning "baldness," a group of singers and composers, two psalms by **Solomon** (Psalm 72 and 127), one by **Moses** (Psalm 90), one by **Heman** (he' man) which means "faithful," a wise man (Psalm 88. cf. 1 Kings 4:31; 1 Chron. 15:19), one by **Ethan** (e' than), a wise man (Psalm 89. cf. 1 Kings 4:31; 1 Chron. 15:19), and fifty of the psalms are **anonymous**. Some of these are traditionally attributed to **Ezra**.

**Date:** Approximately **1410** to **430** B.C. The book of Psalms is a collection of individual psalms from a wide time span as early as Moses (1410 B.C.) to the post-exile days under Ezra and Nehemiah (430 B.C.). The span of authorship is about **1,000 years**.

**Key Verses:** **Psalm 29:2** "Honor the Lord for the glory of his name. Worship the Lord in the splendor of his holiness" *The Life Application Bible* designates **Psalm 150:6** as the key verse: "Let everything that breathes sing praises to the Lord! Praise the Lord!"

**Key Chapters:** **Psalm 100** and **119**. Psalm 100 expresses how we should worship the Lord. Psalm 119 emphasizes the importance of God's Word. It is an **acrostic** with each section beginning with a letter of the **Hebrew alphabet**. Psalm 119 is the "a, b, c's" of our spiritual life.

**Key Word:** **PRAISE** used over 150 times.

**Outline:** The Book of Psalms has five parts. It is one book made up of Five books:

- I. **Book One—Psalm 1-41**
- II. **Book Two—Psalm 42-72**
- III. **Book Three—Psalm 73-89**
- IV. **Book Four—Psalm 90-106**
- V. **Book Five—Psalm 107-150**

## Content:

1. **Man—Psalm 1-41.** Man's blessedness, sinfulness, and recovery. This section parallels the book of **Genesis**.
2. **Israel—Psalm 42-72.** Israel's ruin, redeemer, and redemption. This section parallels the book of **Exodus**.
3. **Sanctuary—Psalm 73-89.** The Sanctuary in relation to man and Jehovah. This section parallels the book of **Leviticus**.
4. **Nations—Psalm 90-106.** The Nations and Israel are the primary themes. This section parallels the book of **Numbers**.
5. **Law—Psalm 107-150.** The Word of God is the central theme. This section parallels the book of **Deuteronomy**.

**Christ in the Psalms:** Christ can be seen in Psalms in at least **FIVE** ways:

1. **Type**—the psalm pictures or symbolizes Christ (Psalm 34:20; 69:4, 9).
2. **Prophetic Type**—the psalm describes the life of the Psalmist, but the description finds fulfillment only in Christ (Psalm 22).
3. **Messianic Indirectly**—the psalm is about a king or the house of David in general, but it is specifically fulfilled in Christ (Psalm 2, 45, 72).
4. **Prophetic**—the psalm refers directly to Christ (Psalm 110).
5. **Enthronement**—psalms that anticipate the coming of Yahweh and the reign of His Kingdom which is fulfilled in Christ (Psalms 96-99).

## What Is Worship?

In the **Old Testament**, the word "worship" comes from a Hebrew word that means: *to bow down, to prostrate oneself, to fall flat, to reverence*. The word is used 170 times in the Hebrew scriptures. In the **New Testament**, the word "worship" comes from a Greek word, *proskuneo*, made from two words: *pros* meaning "towards" and *kuneo* meaning "to kiss." Together they mean "**to kiss towards**." It conveyed in ancient culture the meaning of prostrating oneself in homage to a person of great rank and kissing their feet. **Worship is giving God a kiss, expressing to Him our love and reverence.** **Luke 7:36-50** is a picture of this kind of intense reverence and affection where the sinful woman washed Jesus' feet with her tears and repeatedly kissed his feet.

## The Essence of Worship—GIVING God Our Love and Adoration.

The key to true biblical worship is the word "give." Worship is not getting, but giving to God our love, praise, hearts, and lives. John MacArthur explains in his book about worship titled, *The Ultimate Priority*,

"When we talk about worship, we are talking about something we **give** to God. Modern Christianity seems committed instead to the idea that God should be giving to us. God **does** give to us abundantly, but we need to understand the balance of that truth—we are to render honor and adoration to God. That consuming, selfless desire to give to God is the essence and the heart of worship. It begins with the **giving first of ourselves**, and then of our **attitudes**, and then of **our possessions—until worship is a way of life.**"

## Central Lesson: Worship is our heart connecting to God's heart.

- ▶ Accept Christ as your Savior. ▶ As a Christian, dedicate your life to Christ.
- ▶ Invite someone to next Sunday's study. ▶ Attend a small group. ▶ Read the Bible this week & journal meaningful verses. ▶ Pray for friends that need Jesus.