

words for *worship*



Living Future Forward

Series: Words For Worship

Scripture: Psalm 103

David begins with _____ getting his _____ right.

Positions him to _____ with _____ people rightly.

Which helps us take our _____ place in the _____ picture.

- You'll never be _____ what God wants under you until you come _____ what God has put _____ you.

barak - to _____ down, to _____ , an act of

- an act of _____ and _____

To live your life with anything but the one true God as your _____ most important thing is to _____ in what cannot _____ and will only _____ you when you need it the most.

- Isaiah 44

"God opposes the proud but gives grace to the humble." - James 4:6

3 things to keep in mind:

1. _____ God is.

2. _____ God has done.

- It's all a _____ to God's _____.

3. What's _____

Start talking.

- Have you ever made a decision you later regretted because you didn't consider the bigger picture or long-term future?

Start thinking.

- Read Psalm 103. Read verses 1–5. What does David command his soul to do, and why do you think that's significant?
- Why do you think it's important to “*forget not all His benefits*”? How does remembering God's goodness change your mindset or behavior?
- In what ways have you seen God “*redeem your life from the pit*” or “*satisfy your desires with good things*”?
- What does it mean to *barak* the Lord? How is this different from other forms of praise?

Start sharing.

- Why do you think kneeling (physically or spiritually) is such a powerful act of worship and surrender?
- Have you ever experienced a moment where kneeling in prayer or worship changed your heart posture?
- What are some areas in your life where you might need to humble yourself and “kneel” before God?
- What would it look like for you to make decisions this week with the future in mind, especially with the perspective of eternity?
- Is there anything you need to take off or put on to align your inner world with God's truth and prepare to encourage others?

Start praying. Be bold and pray with power.

Bless the Lord, O my soul, and all that is within me, bless Your holy name. Thank You, Lord, for forgiving my sins, healing my heart, redeeming my life, and crowning me with love and compassion. Help me remember all Your benefits and live today in humble praise. Amen

Start Doing. Commit to a step and live it out this week

- Each day this week, begin your morning by physically kneeling in prayer for just 3–5 minutes. As you do, reflect on one specific blessing from God—something He has done for you or given you. Let that moment of *barak* (kneeling praise) center your heart in humility and gratitude before you engage with the rest of your day.
- Make a list of God's blessings in your life (big or small), and turn that list into a prayer of praise using your own words—or Psalm 103 as a model.