

words for *worship*



Keep 'Em Up

Series: Words for Worship

Scripture: Psalm 44

yadah - to _____ or worship with _____ hands.

- Psalm 63
- Psalm 141
- Psalm 28:2

When we *yadah* we express:

1. What it looks like to _____.
2. _____
 - 1 Kings 8
3. A posture of _____
4. _____
 - to *yadah* is to _____ ourselves of God's _____
5. our _____ on the right _____ and in the right _____
6. _____
 - Psalm 44:8 = "In God we **halal** all day long and **yadah** Your name forever."
 - 2 Kings 19
7. celebration because we have _____
 - Hebrews 10:10-14

Start talking.

- Have you ever felt awkward or hesitant about physically expressing praise (like raising your hands in worship)? Why do you think that is?

Start thinking. Read Psalm 44

- What does this passage reveal about trust in God versus trust in our own strength?
- How do Psalms like 63 and 141 model physical expressions of worship? What do you think those gestures were meant to communicate?
- In what ways does the biblical use of hands in worship challenge our modern cultural or personal worship practices?

Start sharing.

- Think about the different expressions of *yadah* (celebration, surrender, confusion, attention, desperation, absolution). Which of these feels most relevant to your current season of life? Why?
- How do physical actions (like raising hands) help align our hearts with the truth we're singing or praying?
- What does it look like to "keep your hands up" in faith when life feels confusing or desperate?
- How can you cultivate a more holistic worship life—one that engages not just your words but your body and spirit as well?

Start praying. Be bold and pray with power.

Lord, in the midst of celebration and trials, I remember your past faithfulness to your people. You have always been a protector and deliverer. I trust in your power and goodness, even when I don't understand what is going on in my life. I know you are with me. So receive my praise, because I worship you and your unfailing love, even as I may cry out to you for deliverance and comfort. AMEN.

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

1. **Worship with Your Hands Raised at Least Once This Week** Whether it's during a church service, in your car, or in a quiet moment at home—practice lifting your hands in praise. Don't worry about how it feels; focus on why you're doing it: as a sign of surrender, celebration, or trust.
2. **Practice Nonverbal Worship Daily.** Use your body—kneel, lift your hands, look upward, bow down. Let your posture reflect your praise.
3. **Memorize and Meditate** on Psalm 44:8. Let this verse shape your mindset through the week. Speak it when you're feeling joyful—and especially when you're not.
4. **Surrender a Specific Situation to God—Physically.** In a moment of prayer this week, lift your hands and tell God you're trusting Him.