



PLEASANT HILLS  
COMMUNITY PRESBYTERIAN  
CHURCH

**SMALL GROUP QUESTIONS**

*Week of Sunday, May 2*

*Questions with asterisks are meant to be answered by everyone in the group.  
Leave time for prayer at the end of your small group gathering.*

**Icebreaker**

\*\* What do you look forward to the most for this summer?

**Questions for the Sermon Series, *Balanced Diet: Worship***

*Read this Bible passage to provide the context for the discussion questions that follow.*

Come, let us sing for joy to the Lord;  
let us shout aloud to the Rock of our salvation.  
Let us come before him with thanksgiving  
and extol him with music and song.

For the Lord is the great God,  
the great King above all gods.  
In his hand are the depths of the earth,  
and the mountain peaks belong to him.  
The sea is his, for he made it,  
and his hands formed the dry land.

Come, let us bow down in worship,  
let us kneel before the Lord our Maker;  
for he is our God  
and we are the people of his pasture,  
the flock under his care.

Today, if only you would hear his voice,  
"Do not harden your hearts as you did at Meribah,  
as you did that day at Massah in the wilderness,  
where your ancestors tested me;  
they tried me, though they had seen what I did.  
For forty years I was angry with that generation;  
I said, 'They are a people whose hearts go astray,  
and they have not known my ways.'

So I declared on oath in my anger,  
'They shall never enter my rest.'"<sup>1</sup>

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<sup>1</sup> Psalm 95

1. Take a moment and quietly re-read Psalm 95 a few more times, discussing the significance of these components:
  - a. *How* does the psalmist call us to worship?  
Is this metaphorical language, or does the psalmist expect people to worship this way?
  - b. *Why* does the psalmist call us to worship?  
Which phrases are literal, and which phrases are figurative -- and what do they mean?
2. For background on the final portion of Psalm 95, take a moment to read Exodus 17:1-7 aloud. Then, looking back to Psalm 95...
  - a. What is the warning given by the psalmist?
  - b. How might that warning be applied to our lives here and now?
3. Pastor Mark said, "To relegate worship to a single hour per week is to do a great injustice to our God. Worship is a most-fundamental part of the Christian life and it extends so much farther beyond what we typically think... Worship is a *with-God* and *God-with-us* mindset."
  - a. How do these statements expand our understanding of worship?
  - b. What does this kind of worship look like beyond the one hour weekly worship service?
4. Everyone worships. No matter what, everyone worships... something or someone. As a group, describe how this is true with real-life examples from our culture.
5. \*\* How has the past year of various Covid restrictions forced Christians, including us here at Pleasant Hills Church, to expand our understanding and practice of corporate worship?
  - a. What aspects of this change do you think have been **helpful** for you and for our church family in regard to worship?
  - b. What aspects of this change do you think have been **burdensome** for you and for our church family in regard to worship?
6. Pastor Mark talked about *hope* as an outcome of our worship experience. How does worship (whether weekly corporate worship or holistic daily worship) point us to the future hope offered to us by Christ?

**\*\* This Week's Discipline\*\***

**Worship beyond weekly services.**

- Set reminders on your phone or in your daily planner/calendar to prayerfully engage everyday activities (at home, at work, running errands, having fun, etc.) as an act of worship.

**Engaging different *postures* for worship... this one might be a stretch! :)**

- Either alone or in corporate worship, take a risk! Try a new posture for worship to physically convey what you are praying or singing. This could include kneeling in humility, sitting with your hands open (a sign that you desire to receive something from God), standing with outstretched arms, etc.
- Some or all of these may seem foreign to you, but give them a try. These are biblical forms of worship practiced by God's people throughout the centuries.

*Take prayer requests and close in prayer.*