

Thank you for downloading one of the eight, five-session small group studies from *Be Disciples*.

Be Disciples is a 40-week, video-driven small group study for men. Each session features a video from best-selling author, Rick Burgess, and a small group leader guide. You can purchase all 40 weeks, or purchase the eight, five-week sessions independently.

If we can help answer any questions about ***Be Disciples*** or any other of the Iron Hill Men resources, please don't hesitate to email (customercare@ironhillpress.com) or call (800) 307-9366



WORSHIPING GOD

A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN

**WORSHIPING GOD: A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN**

Leader Guides

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Videos

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A 5-WEEK, VIDEO-DRIVEN DISCIPLESHIP
CURRICULUM FOR MEN

BY RICK BURGESS



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DISCIPLESHIP MATTERS

DISCIPLE MEN, CHANGE EVERYTHING.

There is a discipleship problem affecting Christian men today. Too often, men are absent from both the church pews and from the vital work the church is doing in the world. These men are not engaged spiritually in their homes and aren't making a Kingdom impact in their workplace. And it all points back to one major issue:

Many men aren't being disciplined.

But when men ARE being disciplined, powerful things happen as a result. They impact the church, their family, and culture. We have seen the influence godly men can have. The purpose of The Pursuit curriculum is to equip and empower men to become the man God has called them to be.

WHAT IS BE DISCIPLES ?

Be Disciples is a 40-week, video-driven curriculum designed to help men discover what it means to be a disciple. Be Disciples takes eight traits of disciples from Scripture and unpacks them through video and small group Bible Study.

Rick Burgess, best-selling author and co-host of the nationally syndicated radio show The Rick & Bubba Show, starts off each session with a 10-15 minute video introducing the session's focus. Then, for each small group session, there is a leader guide to help facilitate a meaningful time of discussion and Bible study.

The reason men aren't living a more authentic faith is simple: they have yet to embrace the call to real discipleship. By leading a group through Be Disciples, you're a part of the growing tide of leaders who are looking to awaken men to embrace their calling as Christ-followers.

START HERE GET GO

For the man seeking to be a disciple of God, worship should be understood as simply this: a right response to who God is. If worship is your response to God when you encounter Him, and you encounter God all around you every day, then we can quickly see that worship must go beyond the sanctuary on Sunday mornings. You can and should worship God in the car, alone, with your thoughts or words. But you can also worship God through the manner in which you conduct yourself with your family. You can worship God through corporate praise with your church community. But you can also worship God with friends over coffee or in how you treat your co-workers.

A lifestyle of worship is the way an authentic disciple shows God his gratitude. Worship is simply giving back to God what is rightfully His.

WHAT YOU NEED TO GET STARTED

FIRST, preview your video. Every Be Disciples session starts with a video. You'll need to preview your video ahead of time and be prepared to show it to your group. You can access your videos through your Iron Hill Press account.

THEN, get ready for your small group discussion and Bible study by preparing your lesson. Use this leader guide to help lead a time of discussion based on the video and Bible study based on the passage Rick covered. Pray that God would lead your preparation and your facilitation of the material.

FINALLY, lead your time of small group Bible study using this leader guide. It's that simple.

If you have any questions or feedback, don't hesitate to let us hear from you at feedback@ironhillpress.com.

EDGE ELEMENTS

ACKNOWLEDGMENTS



RICK BURGESS is the Co-Host of the nationally syndicated *Rick and Bubba Show*. He has co-authored multiple New York Times Bestselling Books covering topics such as politics, marriage, business, comedy, and what it looks like to be a follower of Christ in secular entertainment. Rick has appeared on the Fox News programs *Hannity's America*, *Your World with Neil Cavuto*, and *Fox and Friends*.

Rick speaks regularly at men's events and marriage conferences across the country, all while teaching youth and men's Bible studies on a weekly basis. Rick is married to the former Sherri Bodine, and they have five children: Brandi, Blake, Brooks, Brody, and Bronner. Rick's wife Sherri is the author of the book "Bronner: A Journey to Understand," a powerful story about what she and Rick learned about God through the earthly death of their youngest son, Bronner. Rick's eulogy for Bronner became the most-viewed video in the world on YouTube the week of the service.

ALSO CONTRIBUTING TO *BE DISCIPLES: WORSHIPING GOD*:

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Main Passage: Psalm 136:1-26

Supporting Passage: 2 Samuel 6:12-15

Purpose: To understand what the Bible says about worship and how true and appropriate worship changes the life of the disciple of Jesus.

Session Snapshot: Worship is our heartfelt response to encountering God. As followers of Christ, we should encounter God regularly and properly in worship and thereby live in a way that reflects a pattern of daily and habitual worship.

GETTING STARTED

Kick off your time together by introducing a new theme.

FIRST, explain to your group that they will be beginning a video series that is part of a larger curriculum called *Be Disciples*, which seeks to define what a true disciple of Christ looks like. Over the next five weeks, you'll examine one specific aspect of a disciple's life, namely, that disciples desire to worship God. This 5-week study will guide men to understand exactly what this means.

If this is your first session as a group, consider introducing yourself, if necessary, and having the men in your group introduce themselves. If you want to pass around a contact sheet or do any other first-session "housekeeping tasks," this is the time to do it.

FINALLY, if there are no questions or other input, transition into the *Digging In* section of your leader's guide.

DIGGING IN

Jump into the session by watching this week's video.

FIRST, if this is your first Bible study time in the *Be Disciples* curriculum, explain to the group how your time together will work. Explain that you will watch a video that is usually about 15 minutes long, followed by a short discussion of the video. Then, you'll spend a few minutes in Bible study, followed by a closing activity. Consider encouraging men to take notes as they watch the video. (Remember, there is a participant guide available to you if you would like to distribute it to your group.)

THEN, play the video. You can access the video by logging into your Iron Hill Press account.

When the video is over, lead men in a short discussion based on what Rick covered. Feel free to come up with your own questions, or consider asking some similar to those below:

- **What actions or traits do you think of when you think of worship?**
- **What are ways that we worship God personally (or privately)? What are ways we worship publicly?**
- **Why do we, especially as men, have a hard time engaging in the public worship of God? What habits or attitudes prevent us from the private or personal worship of God?**

- In the video, Rick uses the following definition for worship: our response to Who God is. How does this definition challenge you? What aspects of this definition encourage you?
- How does worship lead you to be appreciative or have an attitude of gratitude? How does worship lead us to see God and see all that He has done for us?
- In what ways does worship show us the true depravity of our sin? What is your response to seeing a Holy God pursuing us, sinful man? How does worship allow us to both share and show that response?
- How does worship reflect the true feelings of our heart concerning our commitment to and love for God?
- If you were to take an honest look at your heart, what are the objects of your worship other than God in your life?
- Why are we drawn to worship anything else other than God?
- How do we focus our love and worship back on God rather than the other things in our life?
- If we truly love God and worship Him appropriately, how are our lives changed, and how do our actions reflect that love?

FINALLY, transition into the *Opening the Word* portion of your time together by saying something like the following:

- **Worship is so much more than how we spend the first 15 minutes of a Sunday service, although that aspect of public worship is very important. Today, let's look at how David displayed worship, and let's examine one of the psalms as we seek to discover what true biblical worship is.**

OPENING THE WORD

Spend time going deeper into a specific concept Rick introduced in the video.

FIRST, explain that you're going to take a more in-depth look at Psalm 136. Explain that as true followers of Christ, we must have an appropriate understanding of how to encounter God in worship.

We must make sure your people have a good understanding of the context of the passage you'll be studying. Provide the context for the passage using the following bullet points:

- **Author:** God inspired various authors to write most of the psalms, including seventy-three by David, twelve by Asaph, eleven by the Korahites, and two by Solomon. Heman, Ethan, and Moses each wrote one, while the authorship of fifty other psalms remains unknown.
- **Time frame:** Psalms was written during different eras of Israel's history, spanning from 1100 BC (i.e., Psalm 29, 68) to 400 BC (i.e., Psalm 119).
- **Purpose:** The psalms are inspired by God to poetically reflect humanity's journey with Him. Each psalm serves a different purpose, such as a personal or communal lament, hymn, song, reflection, or declaration. Many were set to music and intended to be shared publicly, even when sharing a revealing confession (i.e., Psalm 51).

THEN, in leading this discussion of worship, say something like this:

- **David was one of the greatest kings in ancient Israel. He wrote many of the songs of worship that we have today in our Scripture compiled in the book of Psalms. Before we look at one of the psalms, let's first look at an example of how David worshiped.**

Read or ask a group member to read 2 Samuel 6:12-15. Consider discussing this passage by saying something like this:

- **David is bringing the Ark of the Covenant into Jerusalem after being stored at a person's house for several months. The Ark was built centuries earlier under the direction of Moses and was initially housed in the Tabernacle's Holy of Holies as the place where God came and dwelt amongst His people. With the return of the Ark to the Tabernacle, what was David's response?**
 - *Answer:* David sacrificed an ox and another animal, and then he danced before the Lord.
- **How does the Bible describe David's joyful dancing? What was the response of the people to seeing David's worship?**
 - *Answer:* David was wearing an ephod which was like a long, linen undershirt that would've gone down to his thighs and was dancing, verse 14 states, with all his might. Verse 15 tells us that the entire nation rejoiced with their king as the Ark was brought into Jerusalem. Not only was there dancing but there was shouting and the playing of instruments as well.
- **What words would you use to describe David's worshipful dancing?**
 - Answers will vary here, but the primary point of this part of the discussion should be to emphasize the following qualities we see in this passage about David's worship: free, expressive, passionate, God-focused, engaged, heartfelt.
- **How would you describe your worship compared to David's?**
 - Answers will vary. Again, allow group participants to honestly share their feelings about participating in corporate worship. Many men may not feel comfortable singing or exhibiting an outward display of worship to reflect their heart's posture.
- **You don't have to dance to worship like David. That's not the point. The point is that David worshiped freely with the idea that his only "audience" was God. If your worship does not follow David's example, what should you change about your worship?**
 - Answers will vary. The main point here is that David's worship was sincere and completely focused on God. He was not distracted and was not afraid of what others said about his worship. He worshiped with no inhibitions. Our worship should follow this example.

NEXT, explain that you're going to look at one of the psalms and see the words used in worship. Ask the group to turn to Psalm 136 and read or ask a group member to read Psalm 136:1-7. Then, ask something like this:

- **What is the repeating phrase used in each verse of this Psalm?**
 - *Answer:* The psalmist uses the phrase "his steadfast love endures forever" in each verse.
- **What does "steadfast" mean?**
 - *Answer:* steadfast means unwavering, unchanging, resolute, and firm.
- **How is God's love steadfast?**
 - Answers will vary, but group members should point to how God's love is unconditional and unchanging. His love is perfect and different from our human, flawed, and wavering love.
- **The first four verses of this Psalm thank God for what characteristics?**
 - *Answer:* The first verse praises God for His goodness, the second declares Him the God of all gods, and the third states He is the Lord of all lords. Psalm 136:4 praises God for His great wonders.
- **What do these first four verses teach us about worshipping God?**
 - *Answer:* We worship God by praising Him for His attributes. Worship involves understanding and declaring Who God is and appreciating how He is so distinctly different from us! When we declare the attributes of God in worship, it focuses our attention on Him and allows us to encounter Him with our heart, mind, soul, and strength! Also, declaring God's attributes remind us of His supremacy.

- **What do verses 5-7 of Psalm 136 tell us about worship?**
 - *Answer:* These verses talk about how creation points us to worship God. Follow-up by asking the group, “**How does examining creation cause us to worship God?**” Answers will vary, but creation is the masterpiece of the Creator!! The beauty of this world should cause us to pause and worship God. The psalmist looks around him and sees how creation reflects the unending love of God for man.

THEN, read or have a group member read Psalm 136:10-16.

- **What do these verses tell us about worshipping God?**
 - *Answer:* These verses point to specific examples of how God has worked in the past.
- **How does remembering past works of God cause us to praise Him and worship Him in the present?**
 - *Answer:* Many of the psalms point to the amazing miracles that God has done in the past in order to encourage the worshipping reader of the faithfulness of God in the present and the future. Encourage your group members to take some time this week to write down all the ways God has worked in their lives and to keep this list handy (perhaps in their Bibles) as a way to worship God.

FINALLY, read or ask someone in the group to read Psalm 136:23-25. Then say something like:

- **How does having a proper understanding of God’s attributes and His works affect my worship?**
 - *Answer:* When I have a proper Biblical understanding of God, I can encounter Him in a one-on-one intimate manner. I see Him as *my* Rescuer, *my* Shield, and *my* Sustainer. I understand my dependence on Him in a whole new way and see His creative and miraculous works from a personal perspective.

Close your discussion by reminding your group how having a worshipful heart changes the way we go about our days. Say something like:

- **When we have the right perspective of God and see His creative, redemptive, and compassionate works around us as the psalmist does in Psalm 136, our life decisions are made from a heart that seeks to please God. We recognize that our worship is not confined to just the public time of a Sunday service but also is in our private times of daily Bible study and prayer. A heart of worship that is displayed in Psalm 136 will lead to a life of worship that thanks God constantly and proclaims to others that “His steadfast love endures forever!”**

Ask if there are any questions, and if there are none, transition into *Accepting the Challenge*.

ACCEPTING THE CHALLENGE

Focus your group’s attention on a few key takeaways from your time together.

FIRST, explain that you want to challenge the group to focus on takeaways from this session. Ask the group for what they think are the main application points from this lesson and allow discussion around those suggestions.

THEN, if necessary, use these application points. Say something like:

- **We started our Bible Study looking at how David responds in worship in 2 Samuel 6. Our first main point is that our worship should be sincere and genuinely joyful but also should be free and uninhibited.**

- At this point in the study, it would be appropriate to mention that external actions do not always reflect the heart. For example, some participants in a worship service may show signs of worshiping, such as raising hands but might be merely moved emotionally by a musical beat rather than be moved to encounter God in worship. Likewise, some worshipers best encounter God respectfully and quietly. The main application point here is that God sees our hearts, and when we encounter God, we should not be inhibited in our worship due to fear of others' opinions.
- **Secondly, worshiping God entails having a proper understanding of God.**
 - The passage in Psalm 136 reminds us of God's never-ending love, His infinitely supreme state, and His miraculous and incredible works. Remembering these attributes and actions of God and reciting them in prayer is one way we can encounter God in worshipful praise.
- **Lastly, if we regularly worship God in private, then our lives should reflect our worship in public.**
 - Our private daily worship should change the way we worship publicly at a worship service when gathered with other Christ-followers. Also, the follower of Christ who has a worshiping heart should reflect that heart with a life dedicated to honoring God through obedience, thereby offering his whole life in worship to God.

Allow the group to consider the importance of worship. Allow participants to either ask questions based on their reflections or share how they need to improve their concept and practice of worship.

FINALLY, encourage men to process these questions in the week to come. Challenge them to listen to what God is trying to tell them and to respond accordingly. If there are no more questions or input, close your time together in prayer, being sure to ask the Holy Spirit to move in each group member's heart to create a proper heart of worship.