Shachah // Abad // Barak // Yadah // Hallal // Tephillah

WORSHIP

GROUP GUIDE

This guide is designed to help you experience deeper intimacy with Jesus and build meaningful, lasting relationships with others. Get together with friends or find a group by visiting brookwoodchurch.org/groups. Let's grow stronger together!

Message Title: *The Heart of Worship*
Message Date: January 18, 2026

CONNECT

Respond to any or all of these to get the conversation rolling:

1. To me, *worship is…*
2. What has God been revealing to you this past week?

PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- Dear Lord, I pray You'd break through the noise and help me hear Your voice.
- Help me sense Your presence at all times in many ways.
- I'm here, ready to receive from You. I hold nothing back.
- Lord, grow my trust and dependence on You. Reveal parts of my heart and life where I rely on my power instead of the power You've given me through the Holy Spirit.
- I pray You'd help me experience You in this area (name an area) of my life this week.
- I pray You'd deepen my love and concern for the people around me.
- May the people of Brookwood (maybe name specific people) get lost in the wonder of who You are.

> Worship does not just rehearse the past—it anticipates the future where praise never ends.
>
> Robert Webber, *Ancient-Future Worship: Proclaiming and Enacting God's Narrative*

STUDY AND DISCUSSION

Don't rush through this. It's OK if you don't get to all the questions. Sometimes it'll make sense to go on to the next question. Other times, you might slow down and process a bit longer. Allow God to guide the pace of your discussion.

There are seven Hebrew words in the Old Testament for worship, each revealing a distinct aspect or expression of what it looks like to praise God. Let's explore these, allowing God to cultivate in us a heart of worship.

- As you pronounce the Hebrew word, put the accent on the final syllable.
- Various translations are used in order to more fully express the definition of each word.

1 – YADAH

To throw, shoot or cast, to hold out hands in confession and surrender.
(Occurs 114 times in the OT)

Psalm 42:11 (NASB)
Why are you in despair, my soul?
And why are you restless within me?
Wait for God, for I will again praise *(yadah)* Him
For the help of His presence, my God.

Psalm 67:3 (NKJV)
Let the peoples praise *(yadah)* You, O God;
Let all the peoples praise *(yadah)* You.

1. The Psalmist asks himself *Why?* even though he is the one feeling the emotion. Why is it helpful—or difficult—to interrogate our own feelings like this?
2. How can reaching out to God be considered an act of worship?
3. What part(s) of your life do you need to surrender to God?

2 – HALAL

To shine, boast, celebrate, to be clamorously foolish before the Lord. Also shining, radiating light.
(Occurs 165 times in the OT)

Psalm 149:3 (NASB)
They shall praise *(halal)* His name with dancing;
They shall sing *(zamar)* praises to Him
with tambourine and lyre.

Psalm 115:18 (NASB)
But as for us, we will bless *(halal)* the LORD
From this time and forever. Praise the LORD!

4. When you think of *dancing* in the context of church or faith, what is your initial reaction (e.g., joy, discomfort, curiosity)? Explain.
5. Have you ever felt unrestrained joy after an encounter with God? Describe.
6. In what ways can our physical posture (standing, kneeling, raising hands or even dancing) change the way our hearts connect with God?

3 – ZAMAR

To sing spontaneously, to celebrate with musical instruments. Removing what is unnecessary so what is fruitful can grow.
(Occurs 45 times in the OT)

Psalm 71:22-23 (NLT)

Then I will praise *(yadah)* you with music on the harp,
because you are faithful to your promises,
O my God.
I will sing *(zamar)* praises to you with a lyre,
O Holy One of Israel.
I will shout for joy and sing *(zamar)* your praises,
for you have ransomed me.

Psalm 33:2 (NLT)

Praise the LORD with melodies on the lyre;
make *(zamar)* music for him on the ten
stringed harp.

7. What would a *song of your life* sound like right now? What emotions, colors or rhythms would it have? What instruments would you use? What does that tell you about this part of your journey?
8. If you could teach someone unfamiliar with faith what praise looks like, what would you show them from your own life?

4 – TEHILLAH

A hymn. A song of praise. A new song. A spontaneous song. Linked with the idea of God's dwelling place.
(Occurs 58 times in the OT)

Psalm 22:3 (NKJV)

But You *are* holy,
Enthroned in the praises *(tehillah)* of Israel.

Psalm 34:1 (NKJV)

I will bless the LORD at all times;
His praise *(tehillah) shall* continually be
in my mouth.

9. What does it mean that God is *enthroned in the praises of Israel* (or in *our* praises)?
10. When has an experience with God given you a sense of stillness or peace?
11. How would your life be different if you praised God *continually*?

5 – TODAH

An expression of faith, a declaration of trust, an offering of thanksgiving, especially before the answer comes. Being in agreement with who God is.
(Occurs 32 times in the OT)

Psalm 56:11-12 (NKJV)
In God I have put my trust; I will not be afraid.
What can man do to me?
Vows *made* to You are *binding* upon me, O God;
I will render praises *(todah)* to You.

Psalm 50:14 (NKJV)
Offer to God thanksgiving *(todah)*,
And pay your vows to the Most High.

12. How do we practically put our hope in God when our feelings haven't caught up to our faith?
13. What does it look like to worship God before the answer or victory comes?
14. In what area of your life are you discouraged and not sure God will come through for you?

6 – BARAK

Kneeling, showing reverence (as an act of adoration), a quiet bowing in awe before God. To salute.
(Occurs 330 times in the OT, words for worship)

Psalm 96:1-2 (NKJV)
Oh, sing to the LORD a new song!
Sing to the LORD, all the earth.
Sing to the LORD, bless *(barak)* his name;
proclaim the good news of His salvation
from day to day.

Psalm 104:1 (NKJV)
Bless *(barak)* the LORD, O my soul!
O LORD my God, You are very great:
You are clothed with honor and majesty,

15. What does this aspect of worship tell you about how God made you and how you most naturally meet with Him?
16. How might celebrating God move you into new areas of transformation?
17. What can you do so that worship feels like it's constantly new?

7 – SHABACH

To shout loudly; to declare triumph and victory with power and boldness. Meant for others to be filled with courage and strength.
(Occurs 11 times in the OT)

Psalm 117:1 (NLT)
Praise *(halal)* the LORD, all you nations.
Praise *(shabach)* him, all you people
of the earth.

Psalm 106:47 (NKJV)
Save us, O LORD our God,
And gather us from among the Gentiles,
To give thanks to Your holy name,
To triumph *(shabach)* in Your praise.

18. When has a shout of victory inspired you?
19. If God asked you to teach others about His faithfulness using a story from your life, which story would you tell and why?
20. Think of someone whose life is hard right now. How could your *song of praise* be a gift or encouragement to them?

PERSONAL APPLICATION

1. Which Hebrew word for worship is most meaningful for you right now?
2. Which passage from the Psalms do you need to hold onto most this week?
3. Ask God what He wants you to know and remember from this week's study and discussion. Share this with your group or with a friend, and pray for each other.

THE PRACTICE OF REORIENTATION

Living in a broken world, our hearts are prone to wander, to be overcome with fear, and to get lost in the demands of everyday life. Maintaining union with God requires a careful reorientation of our hearts and minds to the work and wonder of God. Focusing our attention on Him is an act of worship.

1. Choose a simple phrase of worship (like *You are here*, or *I belong to You,* or *You are enough*).
2. Set three to five natural cues during the day (entering a room, grabbing your phone, stopping in traffic).
3. At each cue:
    a. Pause for 5-10 seconds.
    b. Breathe slowly.
    c. Say your phrase of worship quietly or out loud.

Try doing this every day this week and see what happens!

SCRIPTURE MEMORY

One of the best ways to hear God in your daily life is to have His words rooted in your heart. Memorize this Scripture to direct your heart and mind in the ways of God.

Bless the LORD*, O my soul,*
and all that is within me,
bless his holy name!
Psalm 103:1 (ESV)