All of me

practicing praise with the Psalms

"Let everything that has breath praise the Lord."

PSALM 150:6

A Series Study Guide

June 2026

WHAT'S IN THIS BOOK?

SERIES INTRODUCTON

Week 1: Respond
Psalm 95:1-7

Week 2: Trust
Psalm 34:1-3

Week 3: Surrender
Psalm 103:1-22

Week 4: Overflow
Psalm 145:1-7

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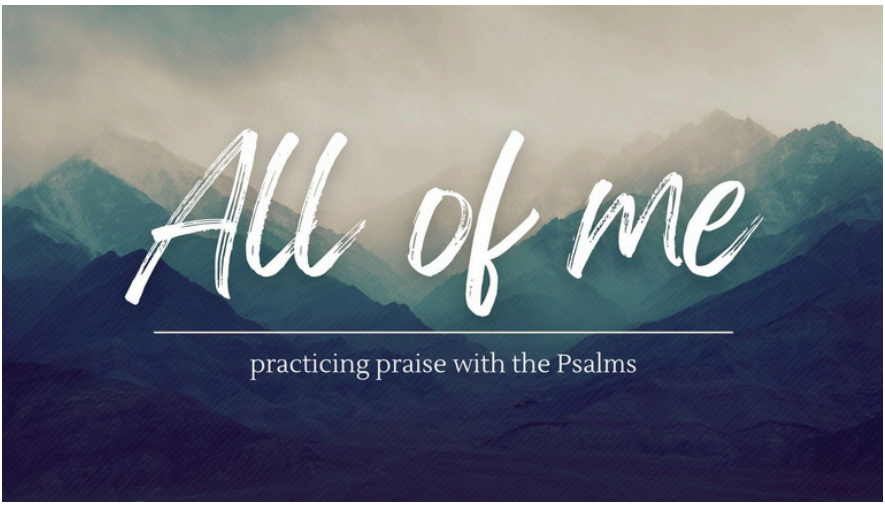
A SERIES INTRODUCTION



When Worship Becomes Life

The Psalms are the prayer book and worship catalogue of God's people. They teach us how to bring our whole lives before God: joy and sorrow, confidence and confusion, gratitude and grief, celebration and surrender. They give words to what we do not know how to say, and they give shape to what it means to respond to the living God.

In our world, worship is often reduced to music, style, preference, or a few songs before a sermon. But in Scripture, worship is much bigger and richer than that. Worship is the whole self responding to the worth of God. It includes our voices, our bodies, our attention, our gratitude, our surrender, our stories, our relationships, and our ordinary lives. Worship is not a performance we watch or a religious activity we consume. It is the natural response of people who have encountered the presence, mercy, beauty, and goodness of God.

That is why this series is called **All of Me**. Over these four weeks, we will let the Psalms expand our imagination for praise. We will learn that praise begins as a response to who

God is, but it does not stay in a single moment. True worship becomes a way of life. It teaches us to respond when God invites us near, to trust Him in every season, to surrender our hearts under His loving rule, and to overflow with His goodness in the world around us.

The Hebrew Bible gives us a wide vocabulary for praise. In fact, there are seven different words that can translated as "praise" (see below). These words are not meant to become a formula or a checklist, as though there is only one right way to worship. Instead, they help us see the range and fullness of biblical praise.

Yadah (יָדָה) means to extend or lift the hands, a picture of reaching, receiving, thanking, and yielding before God.

Halal (הָלַל) means to celebrate, boast, or rejoice in God with visible joy; it is the root behind the word hallelujah.

Zamar (זָמַר) refers to making music, reminding us that songs and instruments can help focus our hearts on God.

Towdah (תּוֹדָה) speaks of thanksgiving, even thanksgiving offered before the outcome is known.

Barak (בָּרַךְ) means to kneel or bless, a posture of humility and surrender before the Lord.

Tehillah (תְּהִלָּה) is a song or declaration of praise, often telling who God is and what He has done.

Shabach (שָׁבַח) means to shout or declare boldly, praise that cannot remain hidden or silent.

Together, these words remind us that praise is not one-dimensional. Biblical worship can look like lifted hands, joyful celebration, quiet kneeling, honest thanksgiving, repeated songs, bold declaration, and a life poured out in love. Some praise is loud. Some praise is quiet. Some praise

has a beat. Some praise is expressed through obedience. Some praise rises easily from joy. Some praise is offered through tears. But all true worship begins in the same place: seeing God as worthy and bringing ourselves before Him.

So this series is not mainly about getting louder in a worship gathering, though some of us may need to step out of passive patterns and engage more fully. It is not about forcing expression, performing spirituality, or comparing one person's response to another's. It is about becoming a church family whose whole lives say, "God, You are worthy."

Our hope is that the Psalms will train us to praise with all of who we are. Not just when the church is gathered, but in our homes, our workplaces, our neighborhoods, our fears, our relationships, our waiting, and our witness. What begins as a moment of worship can become a life of worship. And what fills our lives will eventually flow from our lives.

Come, let us bring all of ourselves before the Lord.

Additional Resources

Enter His Courts with Praise, Andrew Hill

How to Worship A King, Zach Neese

Let the Nations Be Glad, John Piper

Engaging with God, David Peterson

The Air I Breathe, Louie Giglio

David's Crown, Malcolm Guite

Reflections on the Psalms, C.S. Lewis

All of Me
Week 1

Date:

Speaker:

Main Scripture: Psalm 95:1-7

SERMON TITLE

Respond

Main Points | Verses Used	Notes

REFLECTIONS

Reflect on how to apply today's sermon to your life

Quotes:

“Worship is our response, both personal and corporate, to God for who He is, and what He has done; expressed in and by the things we say and the way we live.”
- Louie Giglio

“I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment.”
- C.S. Lewis

Week 1: Reflect and Discuss

1. When you hear the word “praise,” what do you instinctively think of first? How might Psalm 95 expand that picture?

2. Psalm 95 begins with repeated invitations: “Come, let us sing… let us shout… let us bow down.” Which of those responses feels most natural to you? Which feels most stretching?

3. Where do you tend to become more of a watcher than a participant in worship?

4. What holds you back from responding expressively in praise?

5. What would change if you came to worship asking, “How can I respond to God?” rather than “What did I get out of this?”

6. “Worship begins when we stop watching and start responding.” Where is one place you can practice responding to God this week?

7. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

8. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

Practice: Bring Your Whole Self

"Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation."
Psalm 95:1

Before worship is ever something we do, it is a response to who God is.

The psalm does not begin with pressure or performance. It does not say, "Come, impress God."

It simply says, "Come." Come and sing. Come and give thanks. Come and bow down. Come and kneel before the Lord our Maker. This is the invitation of worship: to bring our whole selves before God.

For many of us, worship can slowly become something we watch. We stand in the room. We hear the songs. We see what is happening around us. We may even agree with the words. But somewhere along the way, our hearts, voices, bodies, and attention can remain at a distance.

Psalm 95 invites us back into participation.

Not performance. Not pretending. Not trying to worship the way someone else worships. But honest response to the God who is present, faithful, powerful, loving, good, near, and so much more.

The God who made us, saved us, shepherds us, and holds us is worthy of more than our observation. He is worthy of our attention, our gratitude, our voices, our bodies, our surrendered hearts.

Worship may look different from person to person. For one person, it may mean singing with more freedom; and for another, opening their hands in prayer. For one, worship means kneeling quietly, and for another, it's simply putting away distraction and becoming fully present to God.

The point is not expression for expression's sake. The point is response. So this week, take a few minutes to practice bringing your whole self before God.

Practice: A Whole-Self Worship Examen
Read Psalm 95:1–7 slowly. Then ask God to show you where He is inviting you to respond more fully.

My voice: Am I willing to sing, speak, or declare praise to God? Where do I hold back?

My body: Is there a physical posture that would help me respond more honestly to God: open hands, lifted hands, kneeling, standing, bowing, or stillness?

My attention: What usually distracts me during worship? What would help me become more present to God?

My heart: What part of God's goodness do I need to remember right now?

My life: Where could worship move beyond a weekend gathering and become part of my everyday life this week?

After you reflect, choose one simple step of response.
Don't try to perform. Don't compare yourself to anyone else. Simply pray: "God, what would it look like for me to bring more of myself before You?"

Maybe your step is singing with more intention. Maybe it is opening your hands during prayer. Maybe it is arriving to worship less rushed (come early and expectant). Maybe it is putting your phone away and giving God your full attention. Maybe it is pausing once a day to say out loud, "Lord, You are worthy of all of me."

Worship begins when we stop watching and start responding. This week, bring your whole self before the Lord.

All of Me
Week 2

Date:

Speaker:

Main Scripture: Psalm 34:1-3

SERMON TITLE

Trust

Main Points | Verses Used	Notes

REFLECTIONS

Reflect on how to apply today's sermon to your life

Quote:

“Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint.”

- Henri Nouwen

“Suffering is unbearable if you aren’t certain that God is for you and with you.”

- Tim Keller

Week 2: Reflect and Discuss

1. Psalm 34 begins, “I will bless the Lord at all times.” What does that phrase stir in you: comfort, resistance, hope, pressure, something else?

2. Where in your life right now do you feel fear, anxiety, uncertainty, or lack of clarity?

3. What is the difference between worshipping God because life is good and worshiping God because He is good?

4. Towdah speaks of thanksgiving before the outcome is known. Is there an area where God may be inviting you to thank Him before you have clarity?

5. How can praise be honest without pretending everything is okay?

6. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

7. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

Practice: Turning Worry into Worship

“I will bless the Lord at all times;
His praise will always be on my lips.”
— Psalm 34:1

Psalm 34 does not come from a life untouched by trouble. David is not writing from a place where everything is settled, easy, and clear. He has known fear. He has known danger. He has known what it feels like to be uncertain about what comes next. And yet, right there in the middle of real life, he says, “I will bless the Lord at all times.”

Not because everything is good, but because God is good.

This is one of the great gifts of worship. Worship gives us a way to keep turning toward God when life is uncertain. It does not require us to pretend we are not afraid. It does not ask us to deny pain, anxiety, disappointment, or confusion. Biblical praise is honest enough to name reality and faithful enough to remember God in the middle of it.

For many of us, worry becomes a kind of meditation. We rehearse the possibilities. We imagine the worst outcomes. We try to solve, control, manage, and predict. Our minds keep circling the same fears, hoping that if we think about them long enough, we can finally feel safe.

But worry doesn’t lead us into peace. It usually leads us deeper into fear.

Psalm 34 invites us into another way. Instead of letting worry carry us inward into anxiety, we can let worry become a doorway back to worship.

When worry rises, we can pause and ask: What am I believing right now? Am I believing it all depends on me? Am I believing someone else’s opinion has the final word? Am I believing God will not be good to me here? Am I believing I have to prove myself in order to be secure?

The gospel meets us in those places with better news. This week, when worry rises, don't shame yourself. Don't rush past it. Let it become an invitation to turn toward God.

Practice: Turn Your Worry Into Worship
At least once each day this week, pause when you notice anxiety, fear, or uncertainty. Then walk through these four questions:

1. What am I worried about?
Name the situation honestly. Don't minimize it or spiritualize it.

2. What am I believing right now?
Is your worry saying: "I have to control this"?
"I need their approval"?
"God may not be good to me"?
"I have to prove myself"?

3. What is true about God?
Use the 4Gs of the gospel to help you remember:
God is **great**, so I don't have to be in control.
God is **glorious**, so I don't have to fear others.
God is **good**, so I don't have to look elsewhere.
God is **gracious**, so I don't have to prove myself.

4. Turn that truth into worship.
Pray one simple sentence of praise:
"Lord, You are great, and I trust You with what I cannot control."
"Lord, You are glorious, and Your approval matters most."
"Lord, You are good, and I can come to You with my need."
"Lord, You are gracious, and I do not have to prove myself today."

Worship does not mean everything is resolved. It means God is worthy of trust before the outcome is clear. So this week, let worry become a doorway back to worship. When fear rises, turn toward Him again. Bless the Lord in the middle of real life. Let His praise be on your lips, one honest prayer at a time.

All of Me
Week 3

Date:

Speaker:

Main Scripture: Psalm 103:1-22

SERMON TITLE

Surrender

Main Points | Verses Used	Notes

REFLECTIONS

Reflect on how to apply today's sermon to your life

Quote:

“When the whole soul is yielded to the Holy Spirit, God Himself will fill it.”

- Andrew Murray

“Keep back nothing. Nothing that you have not given away will be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.”

- C.S. Lewis

Week 3: Reflect and Discuss

1. Psalm 103 begins, “Praise the Lord, my soul.” Where do you notice your soul needing to be re-centered right now?

2. What are you most tempted to forget about God when life feels heavy, busy, disappointing, or uncertain?

3. The Hebrew word *barak* carries the picture of kneeling or bowing before God. What would kneeling before God symbolize for you in this season?

4. Psalm 103 connects praise with remembering. What rhythm could help you remember God’s goodness this week?

5. What truth about God do you need to preach to your own soul this week?

6. How can embodied posture — kneeling, open hands, bowed head, stillness — help your heart practice surrender?

7. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

Practice: Come as You Are

“Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits.”
- Psalm 103:1–2

Psalm 103 begins with an invitation to bring the whole self before God.

Not just the polished self. Not just the strong self. Not just the part of us that knows the right answers or sings the right words. The psalmist says, “all my inmost being.” Everything within me. The honest places. The hidden places. The hurting places. The places I would rather manage, cover, avoid, or keep at a distance.

This is where surrender begins.

Surrender is not pretending to be somewhere we are not. It is not performing strength for God. It is not cleaning ourselves up so Jesus can finally come close. Surrender is letting Jesus meet us where we really are.

And Psalm 103 shows us what kind of God meets us there.
He forgives.
He heals.
He redeems.
He crowns with love and compassion.
He satisfies and renews.

That means we do not have to hide the places that need forgiveness. We do not have to disguise the places that need healing. We do not have to deny the places that feel stuck, weary, ashamed, or afraid. We can bring the truth of who we are into the presence of the One who is merciful enough to meet us there.

This week, practice coming honestly before Jesus.

Each day, read Psalm 103:1–5 slowly. Then choose one phrase from the Psalm and let it lead you into honest prayer.

“He forgives all your sins.”
Where are you carrying shame, guilt, or regret?
Pray: “Jesus, meet me here with forgiveness.”

“He heals all your diseases.”
Where are you hurting in body, heart, memory, or relationship?
Pray: “Jesus, meet me here with healing.”

“He redeems your life from the pit.”
Where do you feel stuck, trapped, wasted, or too far gone?
Pray: “Jesus, meet me here with redemption.”

“He crowns you with love and compassion.”
Where do you feel unseen, unloved, harsh toward yourself, or afraid to be known?
Pray: “Jesus, meet me here with compassion.”

“He satisfies your desires with good things and renews your youth like the eagle’s.”
Where are you weary, depleted, hungry, or running on empty?
Pray: “Jesus, meet me here with renewal.”

Do not rush to fix what you notice. Do not turn this into another assignment. Simply tell Jesus the truth. “Jesus, this is where I really am.”

Then sit for a moment in the promise of Psalm 103. The God who meets you is not distant or disgusted. He is the God who forgives, heals, redeems, crowns, satisfies, and renews.

Worship reorders our hearts when we stop bringing God the version of ourselves we wish we were and begin bringing Him the truth of who we are.

All of Me
Week 4

Date:

Speaker:

Main Scripture: Psalm 145:1-7

SERMON TITLE

Overflow

Main Points | Verses Used	Notes

REFLECTIONS

Reflect on how to apply today's sermon to your life

Quote:

“Worship does not satisfy our hunger for God—it whets our appetite. Our need for God is not taken care of by engaging in worship—it deepens. It overflows the hour and permeates the week.”

- Eugene Peterson

“There is nothing so secular that it cannot be sacred.”

- Madeleine L’Engle

Week 4: Reflect and Discuss

1. Where is your life currently declaring something other than God’s goodness, for example, hurry, fear, control, resentment, self-protection, comfort?

2. Psalm 145 moves praise from a moment into a way of life. What would it look like for worship to continue after the gathering ends?

3. If worship is a whole-life response to God, what part of your ordinary week needs to become more worshipful?

4. How might worship reshape the way you respond to interruptions, difficult people, or ordinary responsibilities?

5. “What fills your life will eventually flow from your life.” What do you want to be more filled with, and what would help you make room for that?

6. What is one ordinary thing you already do that could become an act of worship if done with God and for God?

7. How is God calling you to respond to this passage? Try writing an “I will” statement (“I will _____”) that captures your response. Then, go and do!

8. Who can you tell about how God has met you in His Word? Pray for an opportunity to share it with them.

Practice: Hidden Praise

““Everyone wants a revolution.
No one wants to do the dishes.”
– Tish Harrison Warren

Psalm 145 gives us a picture of praise that cannot stay contained to a single moment.

David says, “Every day I will praise you.” Not only in the temple. Not only when the music is playing. Not only when the gathered people of God are singing together. Every day. In every part of life.

This is where worship begins to overflow.

At some point, praise moves beyond the words we sing and becomes the life we live. It becomes patience with a difficult person. Generosity when no one is watching. Encouragement spoken at the right time. A meal shared. A burden carried. A hidden act of service. A quiet choice to reflect the goodness of God in an ordinary place.

That does not mean we need to make our lives impressive. Overflow is not forced. It is not another assignment to prove our devotion. It is simply what happens when the goodness of God begins to fill us. What fills your life will eventually flow from your life.

Psalm 145 says, “They celebrate your abundant goodness.” One way we celebrate God’s goodness is by letting that goodness move through us toward someone else.

This week, practice one act of hidden praise.

Choose one simple act of love that no one may notice, applaud, or repay. Do it as worship to God.

You might clean something that is not yours to clean. Write an encouraging note. Give quietly. Pray for someone and then follow up. Make someone's burden lighter. Serve without needing credit. Listen without rushing. Bring peace into a room. Choose patience when irritation would be easier.

There is something deeply forming about the hidden life. In a world that trains us to be seen, noticed, platformed, and affirmed, Jesus invites us to live parts of our lives before the Father alone.

The goal is a life where the gap narrows between who we are in public and who we are when no one is watching. Hidden acts of worship help us become people of integrity: not because we are performing goodness, but because we are learning to live honestly and humbly before God.

Before you do it, pause and pray:
"Lord, You have been good to me. Let my life quietly reflect Your goodness to someone else."

Then do the act with God and for God.

Afterward, resist the need to make it known. Let it remain praise. Let it be one small way your worship moves beyond the gathering and into ordinary life.

At the end of the day, ask:
Where did God's goodness flow through me today?
What did I notice in my heart as I served without being seen?
Who might God be inviting me to love quietly this week?

Hidden praise reminds us that worship is not only sung upward; it is lived outward. The God who has been generous, patient, merciful, and kind to us forms that same goodness in us.

This week, let your praise become love.

Next Steps
As we wrap up our series, what's your next step in the direction of Jesus?

Sent Saturday
Sent Saturday is a simple way for us to practice being a church sent into the city with the love and presence of Jesus. We'll gather briefly, then walk and pray through our neighborhood, asking God to open our eyes to where He is already at work, bless the people and places around us, and form us as everyday disciples who carry good news into ordinary spaces.

This is not about having all the right words or doing something complicated—it's about slowing down, listening to the Spirit, and joining Jesus in love for our city.

Saturday: June 27 | July 25 | August 8
9-11am | Meet in the courtyard

House Church
Community is a family of House Churches scattered across our valley. House Churches are simple communities designed to help us practice the way of Jesus: being with Jesus; becoming like Jesus; doing what Jesus did.

Find your House Church: www.findcommunity.com/housechurch

WinShape Day Camp || June 29-July 3
WinShape Camp is one of the most tangible ways we get to love our city together. For one week, our campus fills with kids laughing, learning, and experiencing the kind of joy and belonging that reflects the heart of Jesus.

There are two simple ways to be part of what God is doing. First, you can serve: showing up with presence, energy, and care to help create an unforgettable week for these kids. Second, you can give: helping remove financial barriers so more families in our community can say yes to camp.

More info: findcommunity.com/winshape

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