

## **The Benefits of Worship**

This quarter we have looked at, "Wonderful Worship in Psalms." In April, our focus was upon the Spirit or attitude in worship. In May, we used the Psalms to consider the Majesty of Worship. Now, in June, we will give thought to the benefits of worship.

This is an important study. Some believe worship is one directional, only going upward to God and that there isn't any benefits for us. Others, placing so much emphasis upon self, often using the excuse of "not getting anything out of worship," as a reason to quit. And, yet others, are content to settle for substandard service to God, allowing worship to become lifeless, cold and of no practical value.

### **Psalms 34**

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

<sup>2</sup> My soul will make its boast in the LORD; The humble will hear it and rejoice.

<sup>3</sup> O magnify the LORD with me, And let us exalt His name together. I sought the LORD, and He answered me, And delivered me from all my fears.

<sup>5</sup> They looked to Him and were radiant, And their faces will never be ashamed. <sup>6</sup> This poor man cried, and the LORD heard him And saved him out of all his troubles. <sup>7</sup> The angel of the Lord encamps around those who fear Him, And rescues them. O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!

<sup>9</sup> O fear the LORD, you His saints; For to those who fear Him there is no want. <sup>10</sup> The young lions do lack and suffer hunger; But they who seek the LORD shall not be in want of any good thing. Come, you children, listen to me; I will teach you the fear of the LORD. <sup>12</sup> Who is the man who desires life. And loves *length of days* that he may see good? <sup>13</sup> Keep your tongue from evil And your lips from speaking deceit. <sup>14</sup> Depart from evil and do good; Seek peace and pursue it.

**To get the most out of worship, we must begin with excellence in worship.**

Excellence in Worship is a Reflection of God Giving His Best. List four ways God has given the Best:

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Excellence in worship in the O.T. is seen in:

- ⇒ Purification and adornment of the priests
- ⇒ Construction of the Temple
- ⇒ Unblemished sacrifices offered to God

How do we demonstrate excellence in worship?

**A. Psalms 34 is a great example of the benefits of worship**

1. This is said to have been written by David after he sought asylum among the Philistines (1 Sam 21:10-22:2)
  - he was running from King Saul
  - David had Goliath's sword with him
  - Fearing the King of Gath, David faked being crazy
  - He escaped to a cave and found safety
  - This Psalm was reflective of that time

2. Each verse begins with a letter of the Hebrew alphabet (easy to remember and recite)

The eyes of the LORD are toward the righteous And His ears are *open* to their cry.

<sup>16</sup> The face of the LORD is against evildoers, To cut off the memory of them from the earth. <sup>17</sup> *The righteous cry*, and the LORD hears And delivers them out of all their troubles.

<sup>18</sup> The LORD is near to the brokenhearted And saves those who are crushed in spirit.

Many are the afflictions of the righteous, But the LORD delivers him out of them all.

<sup>20</sup> He keeps all his bones, Not one of them is broken. <sup>21</sup> Evil shall slay the wicked, And those who hate the righteous will be condemned. <sup>22</sup> The LORD redeems the soul of His servants, And none of those who take refuge in Him will be condemned.

3. Twice Peter quotes this chapter in 1 Peter
- Ps 34:8— quoted in 1 Pet 2:3
  - Ps 34:12-16 - quoted in 1 Pet 3:10-12

**4. This chapter is broken down into four sections:**

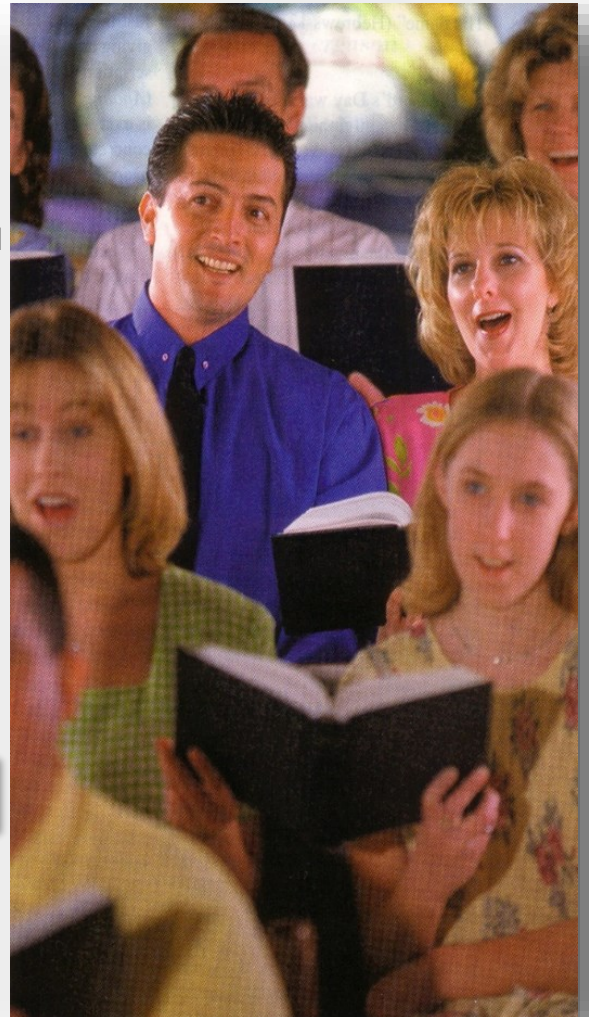
- B \_\_\_\_\_ the Lord (1-3)  
Bless, praise, boast, magnify
- S \_\_\_\_\_ the Lord (4-8)  
God hears, God saves, God rescues
- F \_\_\_\_\_ the Lord (9-16)  
God takes care of His people
- T \_\_\_\_\_ the Lord (17-21)  
God delivers; God is near

5. Benefits David found:

- a \_\_\_\_\_ (God heard his prayers— 4)
- r \_\_\_\_\_ from troubles(4, 6, 7)
- g \_\_\_\_\_ (8)
- b \_\_\_\_\_ (9)
- desire to \_\_\_\_\_ with others (11-12)
- brings a \_\_\_\_\_ to the Lord (18)

**What are the upside benefits of worship for us?**

1. Makes the Lord front and \_\_\_\_\_ to us
2. Reminds us of the \_\_\_\_\_ of His word
3. Keeps the \_\_\_\_\_ of God fresh to us
4. Shows the \_\_\_\_\_ of following the Lord
5. \_\_\_\_\_ us with others who walk with  
the Lord
6. Builds \_\_\_\_\_ and \_\_\_\_\_ in the Lord
7. Drives out \_\_\_\_\_, \_\_\_\_\_ and  
\_\_\_\_\_
8. Makes us \_\_\_\_\_ for Heaven
9. Creates a \_\_\_\_\_ to please the Lord
10. \_\_\_\_\_ us to do more and be better



**What can you do to get the most out of worship?**