



# Psalms

## Week 4: How to Worship when You're Overwhelmed

### CCV Groups Discussion Guide

#### OPENING QUESTION:

Where in creation do you connect best with God (mountains, beaches, water, trees, etc.)?  
What does the creation reveal to you about the Creator?

#### GROUPS VIDEO GUIDE

#### READ:

[Psalm 8](#)

#### DISCUSS:

- From Psalm 8:5, how would you explain that verse to a child about their dignity and worth to God? How does Jesus fulfill that role according to [Hebrews 2:6–8](#)?
- According to Psalm 8:6–8, what do you think your responsibility is to steward God's creation and care for the environment?
- Jesus quotes Psalm 8:2 in [Matthew 21:16](#), highlighting praise coming from the mouths of infants and children. What can we learn from children's expressions of wonder and praise, and how can we incorporate this attitude into our own worship and daily lives?
- Based on Psalm 8, what practical changes could you make to align more closely with God's view of you. Specifically, how could you better steward the portion of creation God has put under your authority and how could you better represent your dignity and self-perception so see in the mirror what God sees in you?

#### PRAYER:

Offer praise to God by completing one of these two sentences: God you are \_\_\_\_\_. God you have done \_\_\_\_\_. [You might consider going around the circle and everyone completing the first sentence and then take a second round for everyone to complete the second sentence.]

## TAKE HOME QUESTIONS:

**Table Talk (a question to ask your family):** How would you finish this statement? God you are \_\_\_\_\_.

**Water Cooler (a question to ask at work):** What is the greatest complement you've ever received?

## SCRIPTURES:

**Matthew 21:16**, "And they said to him, 'Do you hear what these are saying?' And Jesus said to them, 'Yes; have you never read, "Out of the mouth of infants and nursing babies you have prepared praise"?"

**Exodus 8:19**, "Then the magicians said to Pharaoh, "This is the finger of God." But Pharaoh's heart was hardened, and he would not listen to them, as the LORD had said."

**Exodus 31:18**, "And he gave to Moses, when he had finished speaking with him on Mount Sinai, the two tablets of the testimony, tablets of stone, written with the finger of God."

**Hebrews 2:6-8**, "It has been testified somewhere, "What is man, that you are mindful of him, or the son of man, that you care for him? You made him for a little while lower than the angels; you have crowned him with glory and honor, putting everything in subjection under his feet." Now in putting everything in subjection to him, he left nothing outside his control. At present, we do not yet see everything in subjection to him."

**Psalms 144:3**, "O LORD, what is man that you regard him, or the son of man that you think of him?"

**Genesis 1:26**, "Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

**1 Corinthians 15:27**, "But "God has put all things in subjection under his feet." But when it says, "all things are put in subjection," it is plain that he is excepted who put all things in subjection under him."

**Hebrews 13:15**, "Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name."

**Psalms 71:8**, "My mouth is filled with your praise, and with your glory all the day."

**Psalms 69:30**, "I will praise the name of God with a song; I will magnify him with thanksgiving."

**Psalms 150:6**, "Let everything that has breath praise the Lord! Praise the Lord!"

**1 Peter 1:3**, "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead."

**James 5:13**, "Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise."

**Colossians 3:16**, “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

**Ephesians 5:19**, “Addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart.”