

New Year, New Song- Bible study questions for Psalm 149

What would be your desert island disc choice any why? What is your favourite worship song and why?

Verses 1–3 – A New Song of Praise

1. What do you think it means to sing a “new song” to the Lord?
2. Do you think worship is meant to be done in community (“assembly of the faithful”)?
3. How do you personally express joy in worship? Are there ways you hold back in worship? Why?

Verse 4 – God Delights in His People

1. What does it mean to you that God delights in His people?
2. Do you find it easy or difficult to believe that God delights in you personally? Why?
3. Why do you think humility is connected to victory?
4. What does biblical humility look like in everyday life?

Verse 5 – Joy in Private

1. What do you think it means to “sing for joy on their beds”?
2. How does your private worship compare to your public worship?
3. What tends to fill your thoughts at night—worry or praise? How might praise affect anxiety or stress?
4. How can we cultivate gratitude at the end of the day?

Verses 6–9 – Praise and Spiritual Authority

1. Why do you think praise and battle imagery appear together in this psalm?
2. What might the “double-edged sword” symbolise spiritually?
3. How can worship be a form of spiritual warfare?
4. Have you ever experienced worship strengthening you during a difficult time?

Personal Application Questions

1. What is one practical way you can practice joyful praise this week?
2. Is there a battle (emotional, spiritual, relational) where you need to respond with praise?

On Sunday Naomi led us in a whisper prayer, you may like to use it in time together.

Whisper prayer- hold your hands over your mouth and whisper to God

- Something that made you happy today
- The name of someone you love
- Your favourite thing in creation
- One thing that makes you sad
- Someone that you are worried about
- One thing you'd like God's help with
- Finish by whispering to God all the things you love about him