

The Benefits of Worship Bible Study

Opening Discussion: Along with singing, how else could you engage with the words of the Bible in new ways?

A REMINDER OF THE BENEFITS: “Worship offers significant spiritual, emotional, and mental benefits, including a deeper connection with God, inner peace, and a shifted perspective from fear to faith. It helps to alleviate stress, depression, and anxiety while fostering gratitude, joy, and spiritual strength, often leading to personal transformation and a more purposeful life.” (*Google.com Ai Overview*)

LESSON 3: “Singing the Scriptures” Song of Songs 1:1-6

“Some people interpret the Song of Songs as an allegory of God’s love for His people, but many view it as a celebration of marital love. In witnessing the beauty of the couple’s commitment to each other, we can echo the friends’ words: ‘We rejoice and delight in you; we will praise your love more than wine.’ (v. 4).”

“However we interpret these ancient words, we can affirm... that God revels in His chosen people. As He says elsewhere in the Old Testament: ‘You are precious and honored in my sight, and... I love you’ (Isaiah 43:4).” (*Our Daily Bread*, 11/15/25)

WARNING: Scholars note - “The book never mentions God, but it bears witness that the Creator has graciously provided His human creatures with the good gifts of sexuality and intimate love.”ⁱ **Read Song of Songs 1:1-6.**

Questions to guide our study:

1. As this is the "Song of Songs" (the best song), **how** does the poetic, musical language elevate the theme of romantic love beyond mere physical attraction?
2. Scholars identify at least three distinct "voices" in the opening verses: the Bride (Shulammite woman), the Groom (the King/Shepherd), and a chorus known as the "Daughters of Jerusalem". **How** does the shifting of speakers in verse 4 (from "draw me" to "we will rejoice") change the tone of the song?
3. Jewish tradition (*the Targum*) lists this as the ninth of ten great songs in history. **What** spiritual significance does it hold compared to other biblical songs like those of Moses (Exod. 15; Deut. 32) or Deborah (Judges 15)?
4. In verse 6, she sings that she has "not kept" her own vineyard. **How** can this metaphor be applied to the neglect of one’s spiritual or emotional "song" or health?
5. Some modern devotions involve literally singing these verses. **Does** vocalizing God's word in song change how the mind perceives truth compared to just reading it?

Challenge for the week: How can you embrace the truth that God loves you?

ⁱ NLT Study Bible