

# **WEEK ONE**

What is Worship?

# WEEK ONE BIBLE STUDY

## What is Worship?

Webster's Dictionary defines worship this way: "to regard with great or extravagant respect, honor, or devotion".

What is extravagant respect?

**Extravagant:** reckless, over the top, exorbitant, profuse, and unrestrained.

**Respect:** honor, admiration, high regard, courtesy, friendship, obedience and humble submission.

Look at Luke 7:36-50. How does the woman in Galilee show extravagant respect?

What does it cost her financially?

Physically?

Emotionally?

What does she gain spiritually?

What did she understand that Simon did not?

Did Jesus deserve the woman's extravagant respect?

Do you relate more to Simon, or to the woman who anointed Jesus?

Have you ever seen someone demonstrate extravagant respect?

# Reading the Psalms in One Month

Start on day one and skip up 5 until you read 5 psalms. Do this every day!

1, 6, 11, 16, 21  
26, 31, 36, 41, 46  
51, 56, 61, 66, 71  
76, 81, 86, 91, 96  
101, 106, 111, 116, 121  
126, 131, 136, 141, 146

When you get to the end, go back to the beginning and start on number 2 and count up by 5 again.

2, 7, 12, 17, 22

27, 32, 37, 42, 47..... Keep going until you get to the end

When you get to the end, go back to the beginning and start on number 3

3, 8, 13, 18, 23..... Keep going until you get to the end

On the last day, you will finish with Psalm 150 and then you can start again!

He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear the LORD  
and put their trust in him.

Psalm 40:3 NIV

# WEEEK ONE GUITAR SESSION

## Goals

1. Learn Posture
2. Toughen Fingers
3. Make a Pretty Chord – G

## Quick Tips for Guitar Session

1. **Push down close to the fret** - Make sure you are pushing down on the string as close to the fret as possible. You will almost be on top of the fret but just slightly behind it. If you push down in the back part of the fret, you will get buzzing and will have to push down much harder to get a clean tone. This will make your fingers hurt.
2. **Mute the second string** with thumb over top or with the fat pad part of your second finger. If you use your second finger to mute the second string, you will place it a little lower on the top string on purpose so it hangs down just a bit and purposely touches the second string. This takes some practice so be patient. Focus all of the pushing force into the tip of the finger on the top string and just let part of the finger touch the next string.
3. **Always build chords from top down** – When you start building a chord, always start from the lowest bass note that will be sounding. This is for several reasons but right now it is mainly because you are strumming from the top down and you need to be ready on the top string before you can begin your down strum motion. The rest of the chord falls in place underneath as you are strumming down.

# WTK

WEEK

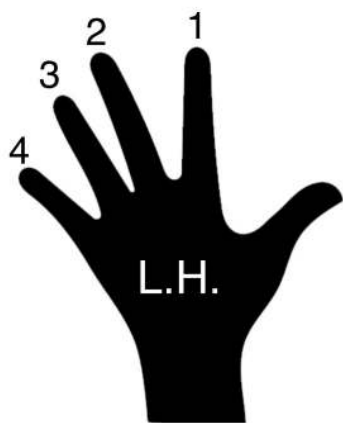
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## WEEK 1 GOALS:

- LEARN POSTURE
- TOUGHEN FINGERS
- MAKE A PRETTY CHORD

## LEFT HAND CHORD POSTURE

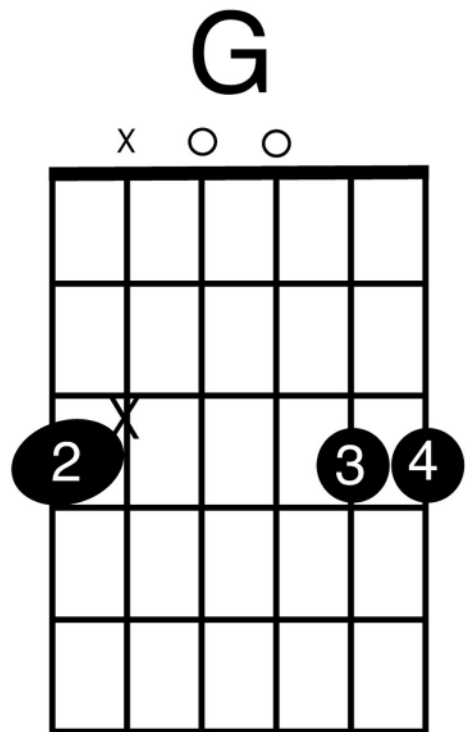
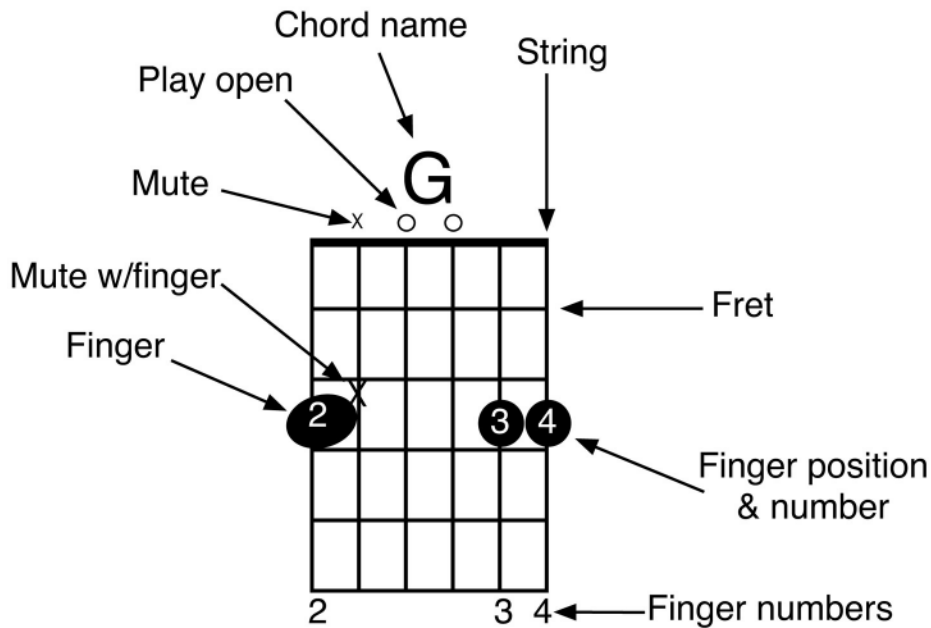
- ✓ OPEN UP
- ✓ LINE UP
- ✓ GRAB
- ✓ TILT



## Finger Exercise:

Continue down - up alternating picking.....

# Chord Diagram



Counting quarters and eighths:

