

Processional Exhortation

Writer not named · Book IV · The LORD Reigns

PICTURE WORD

Kneeling

IN ONE SENTENCE



ome, sing and kneel to the LORD, our Rock and Maker, and listen to his voice today instead of hardening your heart.

Remember it: Ninety-five: kneel before the Rock today, and keep your heart soft.

MEMORY VERSE

for he is our God. We are the people of his pasture, and the sheep in his care. Today, oh that you would hear his voice!

Psalm 95:7 · World English Bible

HEBREW WORD

לְצוֹר

“rock” · verse 1

In the Psalms: 26 times, in 19 psalms

לְצוֹר is a rock, a cliff or mass of stone, firm and unmoving, a place to stand and to hide. In the wilderness at Massah and Meribah, water poured from a rock. So the psalm that calls God “the rock of our salvation” ends by warning against hearts as hard as stone.

HOW THE PSALM MOVES

- 1–5 Come, sing to the Rock, the great King over creation.
- 6–7 Kneel before our Maker; we are his sheep.
- 8–11 Today hear his voice; don’t harden your heart like the wilderness.

IN THE NEW TESTAMENT

- v. 7–11 → **Hebrews 3:7–11** Today, if you hear His voice, do not harden your hearts.
- v. 7–8 → **Hebrews 4:7** Hebrews names David as the writer and calls it ‘Today.’
- v. 11 → **Hebrews 4:3** The rest God promised is still open: enter it by faith.

MY NOTES



Listen. Hear Psalm 95 sung in the **Psalm Song** app, or free at ispress.de/psalms/95.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God’s Word

Waiting on God

FILL IN THE BLANKS

Come, sing and _____ to the LORD, our _____ and Maker, and listen to his voice _____ instead of hardening your heart.

CHECK YOURSELF

1. What is God called in verse 1?

(A) The rock of our salvation

(C) The light of the world

(B) The shepherd of our souls

(D) The king of glory

2. What are we, according to verse 7?

(A) Servants of the king

(C) Stones in his house

(B) The people of his pasture and sheep in his care

(D) Strangers in the land

3. For how long was God grieved with that generation?

(A) Seven years

(C) Forty years

(B) Twelve years

(D) Seventy years

TALK IT OVER

1. How does the psalm move from joyful singing to a solemn warning?

2. Hebrews 3-4 uses this psalm to speak of God's rest. What does God want for his people?

3. What would it mean for you to hear God's voice "today" and not harden your heart?

IN YOUR OWN WORDS: WHAT DOES PSALM 95 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: kneel · Rock · today · Check yourself: 1. A (v. 1) · 2. B (v. 7) · 3. C (v. 10)