



EXPLORE THE BIBLE®

Session 6: God's Messiah
Suggested Week of Use: July 6, 2025
Core Passage: Psalm 110:1-7

News Story Summary

Recently, the phrase “Dress for Success” has been linked to the Torah and to studies conducted by Northwestern University and Yale University. “Enclothed cognition” is a theory that focuses on how the way individuals dress influences their thoughts, feelings, and behavior. Researchers point to Genesis 27 where Jacob dressed like Esau and stole his brother’s blessing. They also note how, in Exodus, God revealed the intricate details of color, fabric, design, and accessories for the priestly garments. In His service, the priests and their garments were set apart as holy.

In a Northwestern University study, participants were given a white coat, with some designated as painters and others as doctors. The ones wearing the doctor’s white coat performed better. In a Yale University study, subjects wore either business suits or casual wear. The ones wearing business suits performed better. Both studies suggest that what individuals wear is an important factor in shaping what they believe about themselves and how they act on those beliefs.

For more information on this story, search “Dress for Success in the Torah.”

Engage

To supplement the Engage activities, ask: *What does it mean to dress for success? How do our clothes influence our thoughts and behavior?* Summarize the news article related to the Torah and the studies at Northwestern and Yale universities. Ask: *How would you dress for the coronation of a king? Why would it matter what you wore?* Discuss responses. Share that today’s study is taken from Psalm 110. Explain that this is a “royal psalm” and points to Jesus—not as a baby in a manger, but as the Messiah who is both conquering King and Priest. Encourage adults to reflect on how Jesus holds all authority and power as they study this passage and to consider how they can better show Him the honor and worship He alone deserves.

Challenge

To supplement the Challenge activities, ask: *What do you think holiness should look like in our lives? On a scale of 1 to 5, with 1 being “unholy” and 5 being “perfect,” how would you rate your level of personal holiness? Why?* Remind the group of the news article about dressing for success, including how God directed the priests to dress for their responsibilities. Ask: *What qualities can we “wear” in life that will honor Him and point others toward Him?* Discuss responses. Challenge adults to take whatever steps are necessary to reflect Jesus’s power and glory well to the world. Close the session in prayer, asking God to help each adult remember that they are priests of the King of kings in every arena of their lives.