



### ***The Power of Praise***

Psalms of Summer: A Heart for God

Psalm 100:1-3, 150:6, 113:3, 1 Peter 2:9 | July 12th - 18th, 2015

**Warm Up:** Praise is found within the larger context of a life of worship, and specifically describes the way we offer joyful gratitude for who God is and all He has done. As Jon stated on Sunday, "it's the fuel for a grateful heart" and "Praise is really just the outflow of enjoying God." As a group, pray aloud through the following verses and allow the Spirit of God to speak these truths into your hearts! **Psalm 100:1-5, 111:1-10, 150:1-6**

- ❖ Psalm 75:1 says, "**We give thanks to you, O God; we give thanks, for your name is near, we recount your wondrous deeds.**" ESV
  - Share praises or areas of thankfulness for what God is doing in your life right now?
  - How would you *specifically* declare God's goodness in this area? (e.g. "He is my faithful provider for giving me this job")
  - Has hearing the praises shared among the group directed your eyes to the Lord? How?
- ❖ On Sunday, 3 problems were shared which can keep us from praising God - 1) Distractions: hurried and busy lives are often "about us" and we end up seeking our validation (praise) from others. 2) Insecurities: the way we look, sound or feel in the moment often drowns out our desire to praise God 3) Sin: We don't feel worthy enough to praise God.
  - Which of these reasons can you most relate too? Why?
  - Why is it so natural for us to "spontaneously" praise a great meal or a great accomplishment but at times feel inhibited to praise God in the same way?
  - Do you find yourself praising the "things" you value?
- ❖ Describe what it's like to be around a person who exhibits a thankful, joyful and encouraging spirit. Do you find yourself gravitating towards people like this?

**Wrap Up:** *PEOPLE OF PRAISE LIVE POWERFUL LIVES* - This is our challenge! How do we become a people of praise? Explore this question together and challenge each other to do the following assignment this week! **Meditate on Psalm 77:11-14.** Then, 1) Remember, ponder and meditate on all that the Lord has done for you! Ask God to release His joy into your life. 2) Choose a verse in **Psalms** each day that praises God -- share this with someone in your life you sense may need to hear it. 3) Get alone with God and write out a psalm of praise to the Lord.