

JOY AND PRAISE

PRACTICING A SPIRITUAL DISCIPLINE TOGETHER

Joy and Praise

Practicing a Spiritual Discipline Together

Content:

Read: Psalm 100:4, Psalm 22:3

Takeaways: *What we know about Joy and Praise*

Praise is already in you, so direct it towards God.

Humans were built for worship. We have a capacity for it.

Praise directed towards God sets the table for meeting with God.

This is the Biblical Model. Throughout the scriptures we see authors, inspired by God beginning their writings with joy and praise.

Praise is our portion in spite of our current circumstance.

The scriptures reveal to us, rejoice in all things and again I say rejoice.

Praise may be your best pathway to strength today.

Praise is an outward expression of inward health.

Praise may be your best weapon against the flesh & enemy today.

Some biblical examples of this are the walls of Jericho being destroyed and King Jehoshaphat defeating Moab and Ammon.

Questions:

1. Each person name one thing (anything) you are thankful for.
2. The psalms are full of Joy and Praise. What other scriptures come to mind that are full of joy and praise?

Practice:

Go around in a circle as long as you can, in corporate, confessional, audible (out loud), personal praise. Follow the instructions below:

1. Make praise personal.
2. Make praise confessional & audible.

Example: God, thank-you for your spirit that lives within me. I'm so grateful for your presence in my life. Thank-you for leading and guiding me.