



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

With Sally Burke,  
President of Moms in Prayer International

To view the accompanying video, go to  
<https://momsinprayer.org/power-of-praise-bible-study/>

### ***Group Discussion Questions:***

***What is it in your life that you do not understand? What is stealing your peace and joy?  
How can praise propel you forward?***

1. Purpose is defined as the reason for which something is done. In the video, Sally discusses a few purposes for praise: **to exalt God, to know who God is, to set our hearts on things above and to bring glory to God.** Read Psalm 148 and list a few reasons for praise.
  
2. When we **exalt God** we are placing Him in His proper place. To exalt God is to raise Him to the highest place in our lives. To give Him first place in every thought, word, and deed. Look at the song below and see if you can relate.

*I tried to fit you in the walls inside my mind,  
I try to keep you safely in between the lines  
I try to put you in the box that I've designed  
I try to pull you down so we are eye to eye  
When did I forget that you've always been the king of the world?  
I try to take life back right out of the hands of the king of the world  
How could I make you so small  
When you're the one who holds it all  
When did I forget that you've always been the king of the world*

-From *King of the World* by Natalie Grant

Have you done this? It's easy to fall into the trap of thinking we are in control which is why we need to be purposeful about exalting Him. Read the verses below and list why He alone is worthy to be exalted.

**Psalm 99:5**

**Psalm 57:11**

**Psalm 97:9**

3. The more we **get to know who God is** the more we find that in every need, problem, inadequacy, or trial, an attribute will well up in our heart, giving us peace and strength in the situation. Many people have a problem with remembering names. It is frustrating to look directly at someone you know and suddenly go completely blank on what their name is. Has this happened to you? I have a trick to help me recall a person's name I have forgotten. I go through the alphabet in my mind and as I say the letters I will often remember the name.

As you go through the alphabet, list an attribute of God for each letter. The first ones have been done for you. .

- A- We praise you because you are the **ALMIGHTY** God.
- B- We praise you because you are **BEAUTIFUL**.
- C- We praise you because you are the **CREATOR** of all things.
- D- We praise you because you are our **DELIVERER**.
- E-
- F-

4. Praise changes your perspective and allows you to **set your heart on things above**. It is easy to become weighed down as we look around our world right now. Colossians 3 tells us how we can develop a heavenly mindset.

*So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.*

**Colossians 3:1-2 The Message (MSG)**

As you praise Christ for who He is and look at the things going on around you from His perspective, how is your mind transformed?

5. In **Luke 2:8-20** the shepherds are in the field when an angel of the Lord appears telling them details of Jesus' birth in Bethlehem. In **verses 13-14** it says, *"Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God' in the highest heaven, and on earth peace to those on whom his favor rests."* When the angels left, the shepherds quickly headed off to Bethlehem to see for themselves 'this thing that has happened'. In **verse 20** we read, *"The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told."*

Both the shepherd and the angels gave **glory to God**. The Bible does not record the exact way the shepherds did this but we know that honor, praise, renown, distinction are all are words synonymous with glory. How would you have praised and given glory to God if you were one of the shepherds?

6. **Praise allows us to receive peace and joy regardless of our circumstances.** Praise helps us to see beyond our present circumstances. It's easy to praise God when the sun is shining, when the kids are getting good grades and you just received a raise at work. But what about when the medical test comes back positive, a spouse asks for a divorce, your child is on drugs or you are overdrawn at the bank? To praise God in those times requires an act of the will. Praise is not a feeling. Praise is not an emotion. It may involve our emotions, but it is a choice that we make to extol the Lord. We are saying "Lord, You are greater; You are more real; You are more powerful than any circumstance I'm facing in my life. God is still good and He can be trusted (Nahum 1:7).

*"I will extol the Lord **at all times**; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together." Psalm 34:1-3*

As you go through this week notice what is stealing your peace and joy. Then choose to praise God because He doesn't change, He is always on His throne, and He has you in the palm of His hand. We can rest in the hope that He has a good plan for us.



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