



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 Question:

Give some examples of how to praise when you have a negative thought, fear or worry.

1. The dictionary defines the word praise as "to glorify, especially by the attribution of perfections." Attribution is further defined as "an ascribed quality, character, or right." In the video Sally puts it this way, "Praise is simply **acknowledging God** for who **He is, who He says He is** according to **His Word**. Praise is **stating the truth about God found in the Bible**. Praise is getting **to know God by name, attribute and character**." Read Psalm 145 and list some reasons for praise.

2. **Praise is stating the truth about God.** David praises God in 2 Samuel 22:1-4. Underline all the attributes or names of God you can find in this passage.

David sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. He said:

*"The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation.
He is my stronghold, my refuge and my savior—
from violent people you save me.*

*I called to the Lord, who is worthy of praise,
and have been saved from my enemies."*

2 Samuel 22:1-4

3. “A kindergarten teacher was observing her classroom of children while they drew. Occasionally she would walk around to see each child’s artwork. As she watched one little girl who was working diligently, the teacher asked what her drawing was. The little girl replied, “I’m drawing God.” The teacher paused and said, “But no one knows what God looks like.” Without missing a beat or looking up for her drawing, the girl replied, “They will in a minute.”

Wouldn’t you love to have seen her drawing? Fortunately for us, throughout Scripture God has painted a portrait of Himself by revealing His character. We can know what He “looks” like through learning and studying His attributes (an attribute is a quality God has revealed about Himself). His portrait never conflicts with itself; He is who He says He is. As we get to know Him, we’ll have an increasing desire to exalt, adore and esteem Him- and to make His portrait known.” *- From Moms in Prayer: Standing in the Gap for Your Children*

Let’s look at a few of the character traits of God described in the Bible. In the blank row add an attribute that reveals to you who God is, the definition and verses. .

Attribute	Definition	Verses
God is Omniscient	Having infinite knowledge; knowing all things	Psalm 139:1-6; Daniel 2:20-23; Romans 11:33-34
God is Omnipresent	Present at all places at all times	Psalm 139:5-10; Jeremiah 23:24; Matthew 28:19-20;
God is Omnipotent	All powerful; having unlimited power or authority; almighty	Psalm 89:8-13; Jeremiah 32:17; Hebrews 1:3

4. **Praise takes the focus off of ourselves and turns it back toward God.** Beside each of the scriptures below write down how often we are to praise God.

Psalm 113:3

Psalm 34:1

Psalm 86:12

5. **Read Matthew 14:22-32 focusing on verses 27-29.** Notice how Jesus describes Himself in verse 27 when He says **“take courage, it is I.”** Because Peter knew and trusted Jesus he was able to get out of the boat. He gets into trouble later in the story when he takes his eyes off Jesus but he knows Jesus and can see Him above his circumstances.

Let’s apply this to our lives. If I was awakened in the middle of the night by a noise, my heart would start pounding and I would experience fear. But if someone in my family called to me from the other room and said, “Don’t worry, it’s just me. I would immediately begin to relax because I know and trust my family member.

Describe how **getting to know the Lord God by name, attribute and character** helps you conquer fear or worry.

6. **When we praise God we not only acknowledge who He is but our minds are being renewed.** Praise is a healer of a mind that is anxious, fearful, worried and stressed. **Isaiah 26:3** says, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.” As we praise God and learn more about who he is we also learn to trust him. **Psalms 112:7** says, “They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.” Let’s lean into that verse as we go through this next week.

Write down a concern that you currently have.

Rewrite the concern while praising God for who He is.



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