



## ***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:** *Is there an area of your life you think God can't transform? How can you unleash the power of praise into, over and through that situation?*

1. In the video Sally states, **“What if you could be empowered to rise above your troubles, tribulations and circumstances to live a life as more than a conqueror? Praise has the power to defeat all your anxieties, fears, worries, suffering, uncertainties, and anything that holds you back from the fullness of God’s great plans for you. Storms will come your way, but God is greater!”** Through Christ we are more than conquerors (From Romans 8:37). One example from the video of how to do this is from the story of King Jehoshaphat. As three vast and fierce armies were ready to attack, King Jehoshaphat’s gaze stayed on the Lord. He says in **2 Chronicles 20:12**, *“We have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on You.”* Rewrite this verse below and personalize it for yourself.
  
2. Praise isn’t like the caboose that just follows what happens, it’s more like the engine of a train. **Psalm 100:4-5** tells us to, *“Enter His gates with thanksgiving and **His courts with praise**; give thanks to Him and **praise His name**. For the Lord is good and His love endures forever; His faithfulness continues through all generations.”* At this point in Biblical history ‘courts’ referred to the temple where God was enthroned in the innermost part. Because of Christ, we can now picture ourselves entering the presence of God and imagine this happening in the "courts of heaven," located in the spiritual realm.

Do you “enter His courts” with praise or do you enter it with a ‘to do’ list for God?

Why do you think the psalmist praised His name first?

What three attributes of God are given in verse 5?

3. God inhabits the praises of His people (From Psalm 22:3). Praise invites Him to be seated right in the middle of our lives. The illustration below is what happened when the Levites gave praise and thanks to the Lord.

*“The trumpeters and musicians joined in unison to give praise and thanks to the Lord. Accompanied by trumpets, cymbals and other instruments, the singers raised their voices in praise to the Lord and sang:  
‘He is good; his love endures forever.’  
Then the temple of the Lord was filled with the cloud, and the priests could not perform their service because of the cloud, for the glory of the Lord filled the temple of God.”*

**2 Chronicles 5:13-14**

Can you give an example of how you are not inviting God into a circumstance of your life?

4. Fern Nichols, MIP Founder, shares the following in the book, *Unshaken*. *“To trust in the Lord more, we need to know Him better. Those who know Your name trust in You (Psalm 9:10). Praising God for His attributes takes us deeper into knowing who He is. To know Him is more than accumulating facts about Him; to know Him is to experience Him in our daily lives in light of who He has revealed Himself to be. When difficult times of suffering, trials, disappointment, brokenness, and hard decisions come, we can ‘run’ to the God we know. Praise is our greatest weapon against unbelief. Praise dispels the lies of the Enemy, who is constantly working hard at trying to undermine our concept of who God is. When we praise, the Enemy flees!”*

A weapon is a means of contending against something with the intent to defeat or destroy it. Have you ever considered praise as a weapon? How can praise help you keep your eyes on the victory instead of complaining and believing the lies of the Enemy?

What are a few practical ways you can get to know God better by name, character and attribute?

5. One of the most familiar stories in the Bible is found in **1 Samuel 17**. King Saul's army was faced with a situation that seemed impossible as they looked upon Goliath, the giant. They felt unequipped to come against him and his fighting skills. The Israelites were dismayed and terrified because their eyes were only fixed on Goliath. But David viewed the situation differently because he knew God was greater. He saw an opportunity for God's strength to be revealed. Goliath mocked David for his lack of weapons in verses 43-44. However, David responded in verse 45, "You come against me with sword and spear and javelin, **but I come against you in the name of the Lord Almighty**, the God of the armies of Israel, whom you have defied."

David trusted God to fight for the Israelites He saw God come through in a mighty way and win the battle.

What do you feel your limitations are in the battle you are fighting? What name of God do you need to call out over it?



*This resource is made available for individual use. No part of this study may be copied or distributed in conjunction with any another work or compilation. It may not be posted to any other website. All verses are NIV unless otherwise noted. For more information on Moms in Prayer International, visit [MomsInPrayer.org](http://MomsInPrayer.org).*