

PSALMS

IN REAL LIFE

Wk 3 · Aug 7 · Praise



INTRODUCTION

Pastor John continues our series *Psalms in Real Life* by sharing four practices of praise as found in Psalm 150. Praise helps us look up and acknowledge God's place in the universe and reorient our lives. Let's remember to praise God without reservation, anytime, anywhere, just for who He is!

DISCUSSION

1. What is your experience with praise in your faith life? Do you praise God in your prayers? Your conversations with others? Your journaling? Discuss with your group.
2. **Read Psalm 150 out loud.** List the different ways to praise described in this psalm. What does it mean to praise God in His "mighty heavens"? For His "acts of power"? For His "abundant greatness"?
3. From what you discussed in question 2, which of these "praises" have you practiced? Which ones would you like to try? Which ones could you do with your group or family?
4. Go around your group and share praises from this summer, and take time praise God for these blessings.

TAKE ACTION

- Psalms 144-150 are all praise psalms. Read one of these psalms each day and think about how it relates to your life.
- Many worship songs are based on psalms of praise. Find one (or more!) to help you praise God this week.
- Start (or continue) a gratitude journal. Write down everything you are grateful for and lift them up to God in prayer.

RESOURCES

[Seeds of Praise](#) short family videos on [RightNow Media](#)

[Prayer and the Psalms Devotional](#) by Mary DeMuth on [RightNow Media](#)

[The Prayer that Changes Everything: The Hidden Power of Praising God](#) by Stormie Omartian; available on Amazon