

### Connection

Describe a time you were praised for something you did or said, and express how that felt.

### Content

When good things happen, we share the news, we laugh, we shout, we sing. That's how God made us. Like a musical instrument that is made to express a beautiful sound, we are made by God to praise Him and to share what He has done for us, starting with His gift of salvation through Jesus.

What good thing is God doing in your life right now?

### **Designed for Praise**

Here is Psalm 9:1-2: "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. I will be glad and rejoice in you; I will sing the praises of your name, O Most High." (NIV)

We are designed to praise. The flip side is that God is forever doing good things for us to sing and shout about. We need to take the time to recognize those things and God's role in bringing them about.

1. How do you feel when you don't get the praise you think you deserve? Name a time you forgot to praise God for His blessings in your own life.

### **The Effect of Praise**

Listen to Psalm 126:2-3: "Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The Lord has done great things for them.' The Lord has done great things for us, and we are filled with joy."

There is no secret when we express our joy in laughter and songs. The joy in your voice can be heard by everyone in earshot. It is infectious. People want to know what that joy is about.

2. Have you ever been asked what's making you happy? When the answer is that God has blessed you in some way, how do you explain that?

## **Go Tell It**

Mark 5:18-20 says this: "As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him, but said, 'Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.' So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed."

The man who had been demon-possessed wanted simply to bask in the presence of Jesus. But Jesus had other plans for him. Jesus wanted the man to go tell the world what the Savior had done for him. We can be the same way. Others need to hear our story of joy in Jesus.

- 3.** Has the someone else's joy in the Lord affected you personally? Share what that experience is like.
  
- 4.** Do you wonder why believers in Jesus want to praise Him? Will you give your life to God now and find out for yourself?

## **Commitment**

Take a moment and write down how God has done a praiseworthy thing in your life regarding one or two of the following:

- A breakthrough in your marriage or other relationship
- Physical or emotional healing
- A sense of God guiding your actions
- An experience of God's faithfulness
- Thankfulness for church support
- Gratefulness

## **Challenge Assignment:**

Tell a friend or family member today about the things you just wrote down.