

Sister Talk: Resuscitate Your Faith

Going Deeper — Week 7: Praise

Memory Verse:

“Praise the LORD!
For it is good to sing praises
to our God;
for it is pleasant, and a
song of praise is fitting.”
Psalm 147:1

Gratitude: There is no better way to remember who you are... whose you are than to give thanks. Write down things you are thankful for this week.

This Week's Spiritual Discipline

Throughout our faith journeys we have practiced a variety of spiritual disciplines. Spiritual disciplines are simply habits or activities we exercise to help us grow in faith. Each week we will make a suggestion for you to try.

Stacy says: In 1990 I made the decision to listen to Christian music and I'm still at it today. Yes, I still love Country tunes, but over the years I've realized the spiritual benefits of praising God through song. One of the best parts of music based on God's Word is how often I realize I have memorized a Scripture because I've been singing it.

So this week we challenge you to turn your radio dials to Christian music. In your car, at home, as you go about your daily activities surround yourself with praise music. Where we live we listen to FM 88.7 and FM 89.5. You can also find great praise music on internet radio stations like Pandora and Spotify. Or search online for local Christian stations in your area.

Devoted to Prayer: Praise

Praise is the compass pointing us to God and the direction we should go. Step by step it builds our faith.

<p style="text-align: center;">Day 1</p> <p>Praising God is not thanking Him for things He's done. We'll get to this topic soon. Praising God is celebrating who God is. It's true God knows who He is, and He doesn't need us to praise Him. We need to praise Him. When we praise God we ground ourselves in the very character of God. We remember who He is in the midst of our praise.</p> <p>God will lead us in praise when we prayerfully ask Him. Pray this simple prayer:</p> <p style="text-align: center;">"What can I praise you for today, Lord?"</p> <p>Listen. If a word comes to mind, look up the definition, maybe even search for a Scripture to go with the word of praise. Take a moment to praise Him in the way He leads you.</p> <p>What significance does this praise have for you?</p>	<p style="text-align: center;">Day 4</p> <p>Read Psalm 100</p> <p>According to the Psalm where do we enter when we praise God?</p> <p>Read Psalm 22:3</p> <p>The King James Version says, "<i>thou inhabitest the praises of Israel.</i>"</p> <p>When we praise God we enter His court, the very throne room of the King. When we begin our prayer time with praise we find ourselves in His presence.</p> <p>Read Isaiah 6:3</p> <p>Begin your prayers today with the words found in this Scripture.</p>
<p style="text-align: center;">Day 2</p> <p>Read Psalm 148</p> <p>Praising God is an act of obedience. It is not about how we feel or the circumstances around us. We praise Him because He commands it.</p> <p>Choose a characteristic to praise God for today. Write it on a sticky note or even on your hand like a temporary tattoo. (Yes, it might sound crazy but a word written on your hand is a constant reminder.)</p> <p>As you go about your day, whatever comes your way: joys, struggles, pain. Take a look at your word and praise Him.</p> <p>What did you experience by praising Him throughout the day?</p>	<p style="text-align: center;">Day 5</p> <p>Have you noticed something about our Scripture readings this week? It is not a coincidence God included 150 chapters of song and praise right in the middle of our Scriptures.</p> <p>When I teach the children at church how to use their Bible, the first thing we learn is how to find the book of Psalms. We begin there because it helps us navigate the rest of the book.</p> <p>Praise does the same for our faith. It helps us navigate as we continue on our faith journey.</p> <p>Let's give it a try. Hold your closed Bible in front of you and place your thumbs a little left of the middle. When you open it, did you find Psalms? Read the Psalm you find on the page. What do the words speak to you in this moment?</p>
<p style="text-align: center;">Day 3</p> <p>Read Psalm 28</p> <p>Let's take some time to compare two sets of verses in this Psalm. Read verses 1 and 2. Now read verses 6 and 7.</p> <p>Do you see any difference in the tone of the writer's words? What about his attitude?</p> <p>What do you think created this change? What happened to move the Psalmist to a new perspective?</p> <p>Take a look at the final words of verse 2. In the midst of this cry for help, what does the writer do? Praise moves us from self or circumstance focused to God focused. Like the writer of this Psalm, it can give new perspective and breathe fresh air over a stale situation.</p> <p>How have you experienced this in your life?</p>	<p style="text-align: center;">Want to learn more?</p> <p>Sister Talk: Going Deeper is an extension of the study our group did this summer. You can find more on Praise by going to:</p> <p style="text-align: center;">SisterTalkFaith.wordpress.com</p> <p>Scroll to the bottom and search week2/day 2 praise to review more information on Devoted to Prayer: Praise.</p> <p>Sign up to receive blog posts by e-mail and each day's lesson will come straight to your inbox.</p> <p>Follow us on Instagram for encouragement along the journey at sistertalkfaith.</p>