

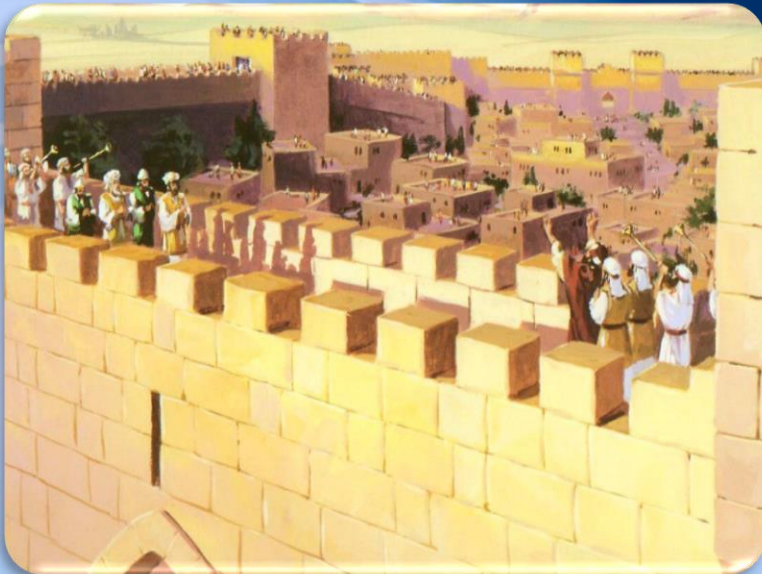
# A LIFE OF PRAISE

Lesson 9 for August 27, 2022

God encourages us to live a life of praise, both individually and collectively (Ps. 146:1; Eph. 5:19).

It's easy to praise God when there are no difficulties. But how can we praise Him when we're suffering and facing troubles?

The Bible is full of stories of people who praised God in tough moments. Let's learn from their experience.



- What is praise?
- How to live a life of praise?
- Praise that tears down walls
- Praise as our testimony
- Praise before victory

# WHAT IS PRAISE?

**"Great is the Lord and most worthy of praise; His greatness no one can fathom." (Psalm 145:3 NIV)**

**Psalm 145 introduces praise as seeing what God has done, remembering it, and talking about it.**



## Seeing

- ★ His greatness is unsearchable (3)
- ★ He is gracious and full of compassion (8)
- ★ He is good to all (9)
- ★ His kingdom and dominion are everlasting (13)
- ★ He upholds all who fall and raises up the oppressed (14)
- ★ He gives food to all (15b)
- ★ He blesses all (16)
- ★ He is righteous and gracious (17)
- ★ He hears our cry and saves us (19)
- ★ He preserves all who love Him (20)

## Remembering

- ◆ Meditate on His wondrous works (5)
- ◆ Remember His great goodness (7a)
- ◆ Make known His mighty acts (12)
- ◆ The eyes of all look expectantly to Him (15a)
- ◆ He is near to all who call upon Him (18)

## Speaking

- ✿ Exalt Him and bless His name (1)
- ✿ Praise Him forever (2)
- ✿ Declare His mighty acts (4)
- ✿ Declare His greatness (6)
- ✿ Sing of His righteousness (7b)
- ✿ Bless Him (10)
- ✿ Talk of His power (11)
- ✿ Speak His praise (21)

# HOW TO LIVE A LIFE OF PRAISE?

**"Rejoice in the Lord always. Again I will say, rejoice!"** (Philippians 4:4)

**Paul added: "with thanksgiving, let your requests be made known to God" (Philip. 4:6).**

**Paul encouraged us to joyfully praise God all the time and under any circumstance. Even when we can't find a reason to praise Him or we just don't feel like it.**

**Praise is an act of faith. We praise God for who He is, for what He's doing, and for what He'll do. Praise doesn't depend on our feelings or our reasoning (although both are involved in praise).**

**The harder the circumstances, the more we need to praise God. Praising Him will transform our thoughts and our feelings.**



# PRAISE THAT TEARS DOWN WALLS

*"And the seventh time it happened, when the priests blew the trumpets, that Joshua said to the people: 'Shout, for the Lord has given you the city!"* (Joshua 6:16)

**God commanded Israel to cross the Jordan just by the most fortified city around.**



**Evidently, Joshua was worried. How could they conquer Jericho?**

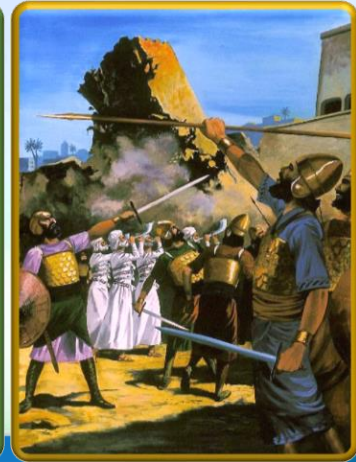
**God visited Joshua and requested an act of praise (Jos. 5:13-15).**



**Then, He gave Joshua detailed instructions to conquer the city. Those instructions were based on God's power.**



**The walls fell only after they praised the Lord with trumpets and a loud shout (Jos. 6:12-16, 20).**



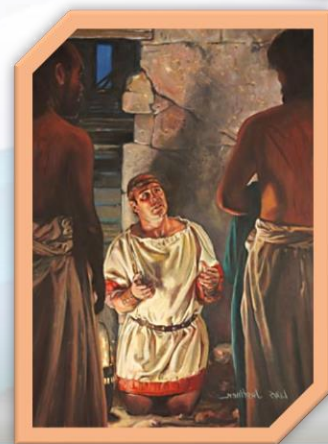
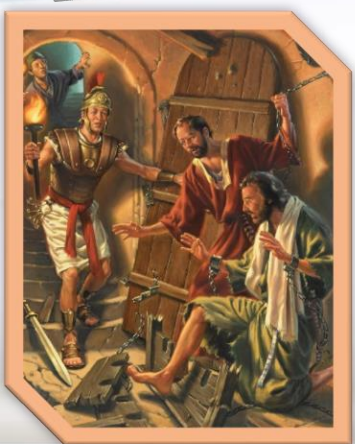
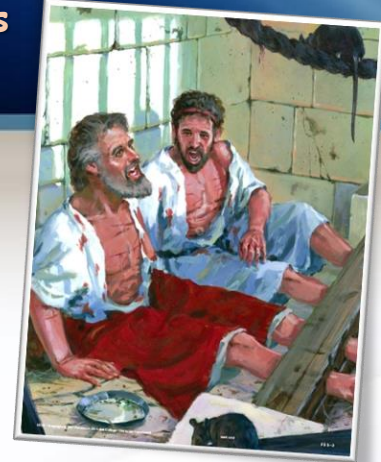
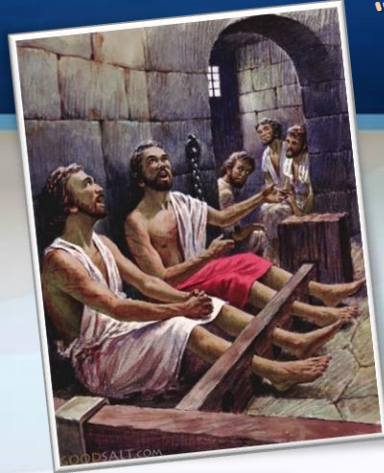
# PRAISE AS OUR TESTIMONY

**"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them." (Acts 16:25)**

**Paul and Silas are a good example of praise and joy in the crucible. Despite their bleeding wounds caused by the rods and the uncomfortable position of the stocks, they were praying loudly... and singing hymns!**

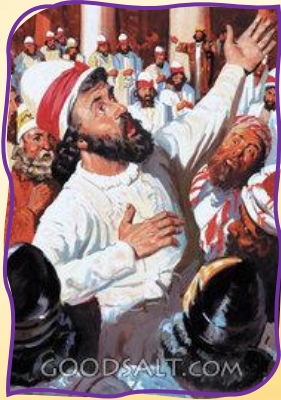
**Their joy didn't rely on the circumstances. They found joy in doing the will of He who had redeemed them.**

**Their praise was a testimony for the prisoners and for the guards. The prisoners could've left after the earthquake, but they remained in their cells. The guard asked immediately: "what must I do to be saved?" (Acts 16:30).**



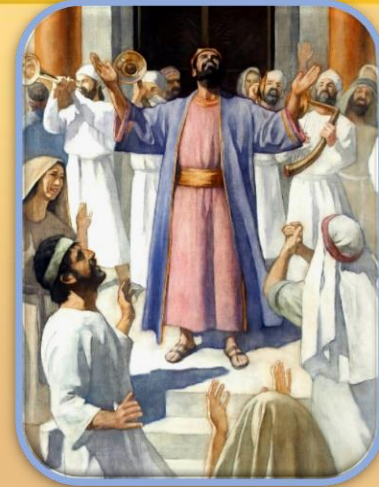
# PRAISE BEFORE VICTORY

“And when he had consulted with the people, he appointed those who should sing to the Lord, and who should praise the beauty of holiness, as they went out before the army and were saying: ‘Praise the Lord, for His mercy endures forever.’” (2Chr. 20:21)



When Jehoshaphat realized a great army was coming, he ordered the people to fast and acknowledged his impotence before everyone. Then he asked for God’s help (2Chr. 20:1-12).

God responded his prayer by giving instructions for the battle to prophet Jahaziel: they wouldn’t have to fight; God would fight for them (2Chr. 20:14-17).



Then, Jehoshaphat and the people worshipped (2Chr. 20:18). They were so sure that they’d be victorious that the Levites were placed in the frontline to praise God for the victory He was going to provide (2Chr. 20:20-21).

Let’s praise God for the great wonders He’s going to do in our lives.

**“If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer. We would abound more and more in the love of God and have more bestowed to praise Him for. You who complain that God does not hear your prayers, change your present order and mingle praise with your petitions. When you consider His goodness and mercies you will find that He will consider your wants.”**

**E. G. W. (Testimonies for the Church, book 5, cp. 34, p. 317)**