

“Praise Transforms Outcomes”



Psalm 150:6 NIV

**Let everything that has breath praise the Lord.
Praise the Lord.**

What does it mean to 'praise'?

To express admiration or approval of the achievements or characteristics of a person or thing. (Cambridge Dictionary)

- To extend the hands, **to give thanks**, to praise aloud, to declare God's name
- To shine; boast; rave; celebrate; be glamorously foolish
- **Singing songs and hymns to God**
- To shout
- To spin around under the influence of a violent or abundant emotion and joy; great gladness

Praise and worship

Praise

Given to each other as well as God

An outward action of some form

Given in response to what God has done and who he is

Associated with thanks

Worship

Reserved for God alone

An attitude of the heart expressed through a life of submission to God. Can also be expressed outwardly.

Associated with surrender, humility, literal or metaphorical bowing down.

Why praise God?

Gives access to God

Psalm 100: 4-5 NIV

Enter his gates with **thanksgiving** and his courts with **praise**; give thanks to him and praise his name.

Enables us to step into God's will

1 Thessalonians 5: 16-18 NIV

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ **give thanks in all circumstances; for this is God's will for you in Christ Jesus.**

Singing while stuck in the storm

Acts 16:25-26 KJV

²⁵ And at midnight Paul and Silas prayed and sang praises unto God: and the prisoners heard them. ²⁶ And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and everyone's bands were loosed.

Psalms 34: 1-2 NIV

¹ I will extol the LORD at all times; his praise will always be on my lips. ² I will glory in the LORD; let the afflicted hear and rejoice.

Singing while stuck in the storm

1 Thessalonians 5: 16-18 NIV

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ **give thanks in all circumstances**; for this is God's will for you in Christ Jesus.

What's so special about praise?

“Praise is not something that we do for God.

Nor is it something that we do to get God's approval, so that He will grant our desires.

When we praise God, we are changed—even if our circumstances are not.

While God is present everywhere, all the time, He is present in a special way when His people praise Him.”

C.S. Lewis

How can I nurture praise in my life?

- Recognise God's praiseworthiness
- Praise God daily (Philippians 4: 8-9)
- Praise God at frequent intervals
- Choose to praise God regardless of feelings and circumstances
- Be intentional about praising God with others

Questions for Reflection

1. What could God do if I chose to praise him despite my circumstances?
2. How could I be more intentional about bringing God-focused praise into my everyday life?
3. What difference would it make to other people if I chose to praise God more in my life?