

PSALMS: BEING AUTHENTIC WITH GOD

PRAISE Psalm 150

Q - Is there anything from what you spoke about last week that you were able to reflect on or put into practice? (The theme was next generations)

Q - Can you remember anything that struck you from Sunday's service?

Please read Psalm 150

Q - Do you have a favourite worship song? (perhaps your favourite at the moment if it's too tough to choose one!) Perhaps you might like to split into smaller groups and share which your chosen song is. Why does it resonate with you particularly?

Praising God is a foundational expression of faith. Praise is a human reaction to anything that we adore, are inspired by, or receive from. We might praise people, places, experiences, or works of art, anything really! Praising God is a privilege and a joy. As we see from the refrain this Psalm is all about praising the Lord (v.1&6).

Q - The psalms are essentially poetry so we can enjoy digging into what they're saying through their form and composition. Do you notice anything about how this Psalm has been put together? (Think through your different ideas, at some stage try to draw attention to: Praise 'in' | Praise 'for' | Praise 'with')

We're going to think about this Psalm and praise through 3 angles: Where? Why? How? Praising God can be hard at times. We might not feel the reason to, we may feel too weak or unable to, or simply not know how. We will all engage in praise in different ways, but one thing is for sure: as we grow in love and trust in God, we grow in praise. First up, lets think about 'Praise God in...' and where we are when we praise.

Q - What does Psalm 150 show us about where we are when we praise?

Q - How does it change our perspective of praising God when we consider it as something done in the presence of God/heavenly places?

Q - How can it be that praise and presence of God/heavenly places are linked? Does it make sense that we could be 'in heaven' as we praise?

Q - Do you find it helpful to link our proximity to God in praise or not? Why? (in either case!)

Secondly, this Psalm shed light on why we might praise God. Considering our purpose behind praise is so important as it will reveal really what we are praising.

Q - What does the Psalm indicate we might praise God for?

Q - What are some examples of God's 'acts of power'? (think bible and our own lives)
What about 'his surpassing greatness'?

Q - Would keeping these things at the forefront of our mind whilst we pray change our praise at all?

Q - How can the purpose behind our praise become muddied? What might unintentionally we be praising for?

Q - Do you ever think about your reason for praising during prayer/gathered worship?
Do you think it would help you to be deeper in praise? Why?

Finally, the Psalm offers some ideas about how we can praise God. We learn of things that we can 'praise him with'.

Q - What is the common theme with the 'praise him with...' statements?

Q - Do you think this is meant to be a restrictive or illustrative list?

Q - What might be some of our own examples?

Q - Why do you think music can be such a helpful accompaniment to our praise?

Q - What are the benefits of praising with the accompaniment of music? (emotions, fun!)

Action

Q - What is something someone has said, or an idea you have had, that you've found particularly useful?

Q - What might you take from today that will impact your times of praise? (practical or theoretical)

Q - What might be some ways that we can be intentional about developing our purpose/intention behind our praise?

Re-read Psalm 150 together. Spend some time praising! Perhaps through your favourite songs, or through prayer, considering as you do the where, why and how of praise!

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