

Prayer and Praise

Choose the best starter for your group

Starter a

Think about some songs that you know that praises something. They might be Christian songs or secular songs. Think about what they are praising? How do they make you feel? How would you feel if someone wrote a song praising you?

Starter b

Start the time together by saying we can only say uplifting things. Then do a team activity such as a team game, craft, cooking etc.

Read:

Ephesians 5:16 – 20; Psalm 47:1; Psalm 103:1-5; Luke 7:36 – 38

Discussion Questions

What is praise?

How does it feel to receive or give praise?

How does it make you feel when listening to music that praises something?

Is giving praise in prayer about making God feel good?

How do the bible passages give us different ways to offer God praise?

Is praising less or more important than other things we pray about?

About You

I am an extremely bouncy and friendly person and I love to heap praise on to people. It makes me feel all warm and fuzzy inside but even I often find it easier to drop in a sarcastic comment than make the effort to say something nice. I think it is something to do with our culture. You know when you are accepted into a group of friends when they are not afraid to take the micky out of you. This can mean that we never say anything encouraging or uplifting to people and so it feels very strange when we try to praise God. Like all the other parts of communicating with God it is important that we do it and if we feel really uncomfortable doing it then we will do everything we can to avoid it. So spend sometime finding how you feel comfortable praising God. If you hate singing but love painting do that. If you can just sit quietly and talk to God and tell Him how wonderful you think He is do that or if you love to jump and dance do that. Try not to laugh at the different ways people praise God. You might think the middle-aged woman prancing around the front with a big ribbon looks daft but God is loving the praise she is giving.

To do

Focus on praising God. Tell Him how great you think He is, or how great the stuff he has done is in whatever way you feel comfortable.