

# Growth Group Bible Study

Moving Toward Maturity: Becoming a Fully Devoted  
Follower of Jesus Sermon Series  
*Practicing Praise*



March 10, 2019

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**Reading** Psalm 145

## Opening Questions

1. Have you been “praised” a little, some or a lot in your life? What has that praise felt like in your life?
2. Are you a person who tends to praise others or not so much?
3. Share a recent time when you “praised God” in a specific way.
4. What tends to constrain our praise of God as Christians?

## Study

1. What could be the significance of Psalm 145 being David’s “last words” contained in the Psalms?
2. How can we define “praise” and “worship” as Christians?
3. What is to be the “direction” of our praise and how does David emphasize that in Psalm 145? (Give examples) cf. also Matt. 4:10
4. Record below some of the “content” of David’s praise to God (i.e. what he praised God for):

5. Give some specific examples for which we can praise God for in His greatness; His works, acts and provisions; His mercy and grace; His presence and care in our “falls and failures”. cf. Psalm 145:3, 5, 7-8, 15-16 (with Matt. 5:45; Luke 6:35; Acts 17:25) and vv17, 18, 19, 20
6. In Psalm 145:21, David says “my mouth will speak the praise of the Lord”. What are some of the “methods” in which we can offer praise to God?
7. Is singing/music something with which you resonate in praising God? In what ways is singing and music emphasized in Scripture as a way of praising God? cf. Psalms 66:1-2, 4; 95:1-2; 135:3; Eph. 5:19-20; Col. 3:16
8. How much do you think our personality fits with our expressions of praise to, of, for and about God privately and/or publicly?
9. What five lessons of practicing praise did Pastor Greg emphasize? Which of these could you use more “help” in acknowledging or doing?

### **Application**

1. Jesus said (John 4:23) that God seeks worshipers who worship Him in Spirit and in truth. What can you do, based on this study and Scripture, to improve in the “healthy spiritual habit of practicing praise”?