



HEART

Sermon Series



Companion Discussion Guide

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Praise

Read: 2 Samuel 6

We were made to praise and worship. Just watch a crowd at a football game or go to a concert. Watch what happens when a receiver makes a big catch or a singer starts singing the first few words of a favorite song. The cheers and applause can be deafening. The scene reveals that we are wired to praise. The question is, "What will we praise?" Will our praise be limited to sporting events or concerts? Or will we praise something bigger than that? Our hearts want to praise and ultimately, we will only be truly satisfied if we are praising something bigger than a game or a song.

Maybe we want to praise something bigger, but there is something in our life or heart; some pain or trial that prevents our desire to praise from becoming real and tangible. Something holds praise back and an atmosphere where praise flows for others just seems to be empty for us. What can be done to release real praise to God in our lives?

David is described as a man after God's own heart. He served King Saul by playing his harp and many of the Psalms were written by David as prayers and praise to God. He knew how to worship and praise. He knew that God was worthy of praise (Psalm 18:3). And the story of David's worship in 2 Samuel 6 serves as an example of unashamed praise to God.

Followers of Christ have the opportunity and the privilege to be able to worship and praise God with freedom as David did. Understanding praise, overcoming barriers to praise, and embracing the privilege we have to praise God helps us to become what we were created to be. We were wired to praise and God is worthy to be praised.

Starter question: Describe an event you attended in which you observed what could be described as exuberant praise or cheering.



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Discussion Questions:

1. After reading 2 Samuel 6, what character in the story can you most relate to and why? Can you describe times in your life when you can say that you felt like each character?

Uzzah – Who, while meaning well, seeks to help God out figuring the ends justify the means.

Michal – Who felt more like a pawn in life and bristled at David's praise.

David – Who feels free to worship without shame.

Obed-Edom – Who welcomed God's presence into his life and home and was blessed because of it.

2. What are the ways that we can show praise to God? Look at some of the following passages if needed.

- With your lips, words - Psalm 51:15, 63:5, 66:8, 66:17, 71:8, 15, 24, 105:2, 109:30, 119:171-172, 145:21
- Seek God, thirst for Him - Psalm 22:26, 42:2, 63:8, 105:4
- Thank God continuously - Psalm 71:6, 8, 14-15, 75:9, 79:13, 92:1-2, 115:18, 145:2
- Tell people about God's wondrous works - Psalm 26:7, 96:3
- Sing praises to God, sing with understanding, and make it glorious - Psalm 7:17, 47:7, 66:2, 66:4, 9:2, 27:6, 28:7, 57:9, 61:8, 63:7, 68:4, 32, 69:30, 71:22-23, 92:1, 96:2, 101:1, 104:33, 105:2, 135:3, 146:2
- Fear God, honor Him, glorify Him, revere Him - Psalm 22:23
- Don't sin, seek righteousness - Psalm 33:1
- Play musical instruments to praise God, and do it skillfully - Psalm 33:2-3, 43:4, 71:22, 92:3, 149:3, 150:3-5
- Shout for joy, rejoice - Psalm 33:3
- Be creative in your praise - Psalm 33:3, 149:1
- Stand in awe of Him - Psalm 33:8



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- Lift up your hands to Him - Psalm 63:4
- Encourage others to praise and thank God - Psalm 67:3-5
- Praise him with dancing - Psalm 150:3, 30:11, 149:3

3. How comfortable do you feel praising God with shouting, dancing, and raised hands? What contributes to your comfort or discomfort?

4. What are things you can specifically praise God for? Look at the following list you if you need some extra ideas. Pick one or two that stand out to you and explain why they are most meaningful to you?

- God's righteousness and holiness - Psalm 7:17, 30:4, 48:10, 71:16, 24, 99:3
- All God's marvelous works - Psalm 9:1, 66:3-7, 71:16-17, 72:18, 92:4-6, 105:5, 111:2-4
- Your body - Psalm 139:14-16
- God's guidance and instruction to you - Psalm 16:7, 48:14, 71:17
- The hope God has given you - Psalm 16:9
- Salvation - Psalm 16:9-11, 71:23, 92:1, 96:2
- The joy God gives you in His presence - Psalm 16:11
- God is great and worthy of praise - Psalm 18:3, 48:1, 96:4, 145:3
- When you were in trouble, God heard your cries for help - Psalm 18:6, 22:24
- Deliverance - Psalm 18:49, 54:7, 68:20
- Mercy and kindness - 117:2, Psalm 18:49, 31:21, 57:10, 86:13, 100:5, 106:1, 108:4,
- For not staying angry with us and not giving up on us - Psalm 30:5
- God's blessings and benefits - Psalm 68:19
- God's laws and commands - Psalm 19:7-8, 48:11, 112:1
- God's judgments and the warning they have provided to you - Ps 19:9-11, 119:7, 164
- God's power - Psalm 21:13, 29:3-10



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- God's faithfulness - 71:22
- For the strength & confidence God gives you – Ps 27:1-6, 28:7-8, 29:11, 56:4, 11, 138:3
- For listening to your prayers - Psalm 28:6, 66:20, 116:1-2

5. In talking about Michal, Nate said, "In your life, even if you have been grievously sinned against, you can't allow offense to take root in your heart or you will be unable to worship God, you will be unable to enjoy the worship of others, and/or you will be cut off from producing life." Have you had to deal with offense as a barrier to your praise? What are or have been barriers to praise for you? How have you or can you overcome those barriers and find ways to praise God?

6. Sometimes praise needs to take place in spite of events in our lives. Look at Habakkuk 3:17-19 in the Message. Considering your life experiences, how does it speak to the question of praising God in the midst of trials?

Though the cherry trees don't blossom and the strawberries don't ripen, though the apples are worm-eaten and the wheat fields stunted, though the sheep pens are sheepless and the cattle barns empty, I'm singing joyful praise to God. I'm turning cartwheels of joy to my Savior God. Counting on God's Rule to prevail, I take heart and gain strength. I run like a deer. I feel like I'm king of the mountain!

Living it Out – See if you can complete the following statements.

I choose to praise God today because...

I will praise God this week by...

I acknowledge that it is sometimes or often difficult to praise God because...

I understand that David was a man who loved to praise God and this week, with God's help, I commit to...

Closing Prayer: Take time to pray for one another and together commit to a lifestyle of praise.