

**1. Praising the LORD at all times**

- a) What repeated theme do you hear in the following psalms? Psalm 34:1, 146:1-2, 147:1, 150:1-6
- b) Who has been an inspiration to you of someone who is constantly giving praise to the LORD? (a Bible character, a Christian whose story you have read about, or perhaps someone you have known personally)
- c) Share a time when your heart was blessed as you participated in seasons of praise to the LORD. (singing in a choir/praise team, participating in an praise-filled worship service, engaging in prayers of praise, etc.)
- d) Who has encouraged you to praise the LORD more?
- e) What can we do to encourage others lift their hearts and voices in praise to the LORD?

**2. Praising the LORD in times of suffering**

- a) Praising the LORD while suffering in prison – Paul and Silas. Acts 16:16-25.
- b) How did this praise to the LORD by Paul and Silas impact others who were in the prison? Acts 16:25b-30
- c) What other Bible characters or Christians through the ages praised the LORD in times of suffering?
- d) Why does praising the LORD in times of suffering have such a profound impact on those who witness such unexpected behavior?

- e) Think of someone you know who faced a time of suffering and yet was able to continue to praise the LORD. How did that person's witness impact your life and your relationship with God?
- f) What is your testimony about praising the LORD during a time of suffering?

**3. Praising the LORD when facing insurmountable obstacles**

- a) 2 Chronicles 20:1,5-12, 13-19 How did King Jehoshaphat respond when he faced an insurmountable obstacle?
- b) 2 Chronicles 20:20-21 Where did King Jehoshaphat come up with the idea of having a praise team lead the army?
- c) What was the outcome of praising the LORD when facing this insurmountable obstacle? 2 Chronicles 20:22-24
- d) Who else continued to praise the LORD even when facing an insurmountable obstacle?
- e) Share a time when you faced an insurmountable obstacle. How did God enable you to praise Him through that challenging experience?

