

FOOLS
FOR
YOU



**7-DAY PRAISE
CHALLENGE**

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PRAISE WITH YOUR MOUTH

DAY 1

FOCUS:

LOUD SPEAKING, SHOUTING, AND SINGING

SCRIPTURE:

PSALM 34:1 – “I WILL BLESS THE LORD AT ALL TIMES; HIS PRAISE SHALL CONTINUALLY BE IN MY MOUTH.”

ACTION STEPS:

1. START YOUR MORNING BY LOUDLY PROCLAIMING PRAISES TO GOD FOR 10 MINUTES. DECLARE HIS ATTRIBUTES AND THANK HIM FOR HIS GOODNESS.
2. SING A WORSHIP SONG THAT EXALTS GOD DURING YOUR COMMUTE, WHILE DOING CHORES, OR IN A QUIET MOMENT.
3. CONCLUDE YOUR DAY BY SHOUTING PRAISES TO GOD, ACKNOWLEDGING HIS SOVEREIGNTY AND LOVE.

PRAISE WITH YOUR POSTURE

DAY 2

FOCUS:

BOWING, KNEELING, STANDING, AND DANCING

SCRIPTURE:

PSALM 95:6 – “OH COME, LET US WORSHIP AND BOW DOWN; LET US KNEEL BEFORE THE LORD, OUR MAKER!”

ACTION STEPS:

- 1. BEGIN YOUR DAY BY KNEELING IN PRAYER, DEDICATING YOUR DAY TO GOD.**
- 2. STAND AND LIFT YOUR HANDS IN PRAISE AT SOME POINT DURING THE DAY, ACKNOWLEDGING GOD'S PRESENCE.**
- 3. IN THE EVENING, PLAY A WORSHIP SONG AND DANCE BEFORE THE LORD, EXPRESSING YOUR JOY AND GRATITUDE.**

PRAISE WITH YOUR HANDS

DAY 3

FOCUS:

PLAYING INSTRUMENTS, CLAPPING, AND LIFTING HANDS

SCRIPTURE:

PSALM 47:1 – “CLAP YOUR HANDS, ALL PEOPLES! SHOUT TO GOD WITH LOUD SONGS OF JOY!”

ACTION STEPS:

1. IF YOU PLAY AN INSTRUMENT, SPEND TIME PLAYING WORSHIP MUSIC. IF NOT, LISTEN TO INSTRUMENTAL WORSHIP MUSIC AND MEDITATE ON GOD'S GREATNESS.
2. CLAP YOUR HANDS IN PRAISE DURING YOUR PRAYER TIME, CELEBRATING GOD'S VICTORIES IN YOUR LIFE.
3. LIFT YOUR HANDS IN WORSHIP DURING A QUIET MOMENT, SURRENDERING ALL YOUR WORRIES AND CARES TO GOD.

PRAISE IN THE MIDST OF ADVERSITY

DAY 1

FOCUS:

PRAISING GOD DESPITE CHALLENGES AND DIFFICULTIES

SCRIPTURE:

HABAKKUK 3:17-18 – “THOUGH THE FIG TREE SHOULD NOT BLOSSOM, NOR FRUIT BE ON THE VINES... YET I WILL REJOICE IN THE LORD; I WILL TAKE JOY IN THE GOD OF MY SALVATION.”

ACTION STEPS:

1. IDENTIFY A CURRENT CHALLENGE OR DIFFICULTY YOU ARE FACING. SPEND TIME PRAISING GOD FOR HIS FAITHFULNESS AND SOVEREIGNTY OVER THE SITUATION.
2. WRITE DOWN A LIST OF PAST ADVERSITIES WHERE GOD HAS SHOWN HIS FAITHFULNESS. PRAISE HIM FOR EACH INSTANCE.
3. SHARE A TESTIMONY OF GOD'S FAITHFULNESS WITH A FRIEND OR FAMILY MEMBER, ENCOURAGING THEM TO PRAISE GOD IN THEIR OWN CHALLENGES.

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PRAISE WITH SCRIPTURE

DAY 5

FOCUS:

USING THE WORD OF GOD TO FUEL YOUR PRAISE

SCRIPTURE:

PSALM 119:164 – “SEVEN TIMES A DAY I PRAISE YOU FOR YOUR RIGHTEOUS RULES.”

ACTION STEPS:

1. CHOOSE A PSALM OF PRAISE (E.G., PSALM 100, PSALM 150) AND READ IT ALOUD, MAKING IT YOUR OWN PRAYER OF PRAISE.
2. MEMORIZE A VERSE THAT SPEAKS OF GOD'S GREATNESS AND REPEAT IT THROUGHOUT THE DAY AS A FORM OF PRAISE.
3. IN YOUR EVENING PRAYER, THANK GOD FOR HIS WORD AND HOW IT GUIDES AND SUSTAINS YOU.

PRAISE IN COMMUNITY

DAY 6

FOCUS:

PRAISING GOD WITH OTHERS

SCRIPTURE:

HEBREWS 10:24-25 - "AND LET US CONSIDER HOW TO STIR UP ONE ANOTHER TO LOVE AND GOOD WORKS, NOT NEGLECTING TO MEET TOGETHER, AS IS THE HABIT OF SOME, BUT ENCOURAGING ONE ANOTHER, AND ALL THE MORE AS YOU SEE THE DAY DRAWING NEAR."

ACTION STEPS:

1. ATTEND A WORSHIP SERVICE OR A SMALL GROUP MEETING AND ACTIVELY PARTICIPATE IN CORPORATE PRAISE.
2. CALL OR MEET WITH A FRIEND OR FAMILY MEMBER AND SPEND TIME PRAISING GOD TOGETHER, SHARING WHAT HE HAS DONE IN YOUR LIVES.
3. ENCOURAGE SOMEONE IN YOUR COMMUNITY TO JOIN YOU IN THIS PRAISE CHALLENGE, FOSTERING A SPIRIT OF COLLECTIVE WORSHIP.

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PRAISE AS A LIFESTYLE

DAY 7

FOCUS:

MAKING PRAISE A CONTINUOUS PART OF YOUR LIFE

SCRIPTURE:

1 THESSALONIANS 5:16-18 - "REJOICE ALWAYS, PRAY WITHOUT CEASING, GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU."

ACTION STEPS:

1. BEGIN YOUR DAY WITH A DECLARATION: "TODAY, I WILL PRAISE THE LORD IN ALL CIRCUMSTANCES."
2. THROUGHOUT THE DAY, FIND MOMENTS TO THANK GOD FOR THE SMALL AND BIG THINGS, MAKING PRAISE A NATURAL RESPONSE.
3. REFLECT ON THE PAST WEEK AND WRITE DOWN HOW THIS CHALLENGE HAS IMPACTED YOUR RELATIONSHIP WITH GOD. COMMIT TO CONTINUING A LIFESTYLE OF PRAISE BEYOND THIS CHALLENGE.

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