

**This is Your Brain on Praise***Philippians 4:4-7 and Acts 16:20-33***1. PRAYER rolls the burden on God, PRAISE keeps it there.**

**MATTHEW 11:28 NKJV** "Come to Me, all you who labor and are heavy laden, and I will give you rest."

**ACTS 16:25 NKJV** "But at midnight Paul and Silas were praying and singing hymns to God."

**2. A midnight praise especially PROTECTS the mind.**

**ACTS 16:25-26** "But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed."

**PSALM 22:3 NKJV** "But You are holy, enthroned in the praises of Israel."

**PHILIPPIANS 4:4-7 NKJV** "Rejoice in the Lord always: and again I say, Rejoice."

**3. Praise literally CHANGES your brain.**

**ISAIAH 61:1-3 NKJV** "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to <sup>[a]</sup>heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; <sup>2</sup>To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, <sup>3</sup>To <sup>[b]</sup>console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

**ACTS 16:28** "But Paul called with a loud voice saying, 'Do yourself no harm, for we are all here.'"

**ACTS 16:29-31 NKJV** "Then he called for a light, ran in, and fell down trembling before Paul and Silas. <sup>30</sup> And he brought them out and said, "Sirs, what must I do to be saved?" <sup>31</sup> So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household." <sup>32</sup> Then they spoke the word of the Lord to him and to all who were in his house. <sup>33</sup> And he took them the same hour of the night and washed their stripes. And immediately he and all his family were baptized."