



Intro: Life is full of choices. Perhaps no choice has more consequence and as little thought put into it on a daily basis as what to say and not say! Which leads us to this weeks Life Lesson

Life Lesson: "Death and life are in the power of the tongue, And those who love it will eat its fruit." Proverbs 18:21

Life and death are in the power of the tongue...Choose LIFE

You have the power every day to choose to speak words of death or life, blessing or cursing.
Psalm 34:1 "I will **ble**ss the Lord at ALL TIMES. His **pr**aise shall CONTINUALLY be in my mouth."

You can choose to complain or you can choose to praise...Choose Praise!

Praise Revives: Isaiah 61:3 "The garment of praise for the spirit of heaviness;"

Praise Restores: Nehemiah 8:10 "Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for *this day is holy* to our Lord. Do not sorrow, for the joy of the Lord is your strength."

Praise Encourages: Psalm 42:5, Why are you [a]cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *For* the help of His countenance. (Psalm 42:11, 43:5)

Praise Prepares: Psalm 22:3 But You *are* holy, Enthroned in the praises of Israel.
(Praise prepares a place for God to demonstrate his power) He inhabits the praise of his people.

Praise Releases: Acts 16:25-26 "And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them. 26 And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed."

The prison doors were open when Paul and Silas praised. Your chains are broken, your prison doors open as you choose to praise!

In light of all this... Why choose to complain and curse?

I will CHOOSE to PRAISE!

Conclusion/Application:

Develop a lifestyle a habit of praise. Start each day with praise

Daily Challenge: Let the first words out of your mouth be Praise the Lord!"

Psalm 150:1-6 "Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! 2 Praise Him for His mighty acts; Praise Him according to His excellent greatness! 3 Praise Him with the sound of the trumpet; Praise Him with the lute and harp! 4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes 5 Praise Him with loud cymbals; Praise Him with clashing cymbals! 6 Let everything that has breath praise the Lord. Praise the Lord!