

PRAISE THROUGH THE PAIN

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Praise – Extol, magnify, glorify. Sing praises in honour to God.

We are _____ and called to give God praise (Psalm 148). We Praise because God is worthy of our praise (Psalm 48:1). How great is the Lord, how deserving of praise. *“How great is our God”* - Chris Tomlin.

Praising is easy when life is good. But what do we do when life gets really tough? Do we still _____ to praise God even though everything inside us is in turmoil? This is when we need to offer a sacrifice of praise (Hebrews 13:15). God will never leave us (Isaiah 40:27; 1 Corinthians 10:13; Deuteronomy 31:6).

What Should We Do?

1. Turn to God and _____ who He is.

As soon as we are faced with a trial we need to go to God (vs 3, 6 & 20; Deuteronomy 10:17). *“Stay amazed”* - Gateway worship. *“Raise a Hallelujah”* - Bethel Music. *“Break every chain”* - Tasha Cobbs

2. Know who _____ are in Christ (vs 9).

We are God's children, so we have direct access to God because of Jesus (Ephesians 5:1; 1 Peter 2:9; 1 John 4:4) *“I know who I am”* - Sinach. *“I am a child of God”* - Bethel music. *“Risen (bridge)”* - Israel Houghton

3. _____! Sometimes we are too quick to accept the bad reports.

- In fasting (Preparation) (vs 3; Mark 9:29; Esther 4:15-16).
 - In prayer (Warfare) (vs 6 *“He prayed”*; Ephesians 6:10).
 - In praise (Victory) (vs 21-24; Acts 16:25-27)
- “God is fighting for us”* - Darlene Zschech. *“I'll never give up”* - Jen Goffin

Why Pain?

1. Remove ourselves and rely on God.

When we have come to the end of ourselves and realise, we cannot do this in our own strength then we rely on God to get us through (vs 12; 1 Peter 5:7; Isaiah 45:22; 2 Corinthians 12:8-10; Psalm 28:6-7). *“Lord I need you”* - Matt Maher. *“Calling out your name”* - Sarah Kawalsingh

2. _____ and perspective changes.

As we are seeking God then a hunger for God and His presence is ignited within us. It becomes more about who God is rather than what God can do for us (Isaiah 45:22). *“When you pray, you are still in the midst of your situation. But when you praise, you soar above your situation.”* Watchman Nee (Praising) *“As the deer pants for the water”* - Martin J. Nystrom. *“Lord I long for you”* - Chris Aylett *“Turn your eyes upon Jesus”* - Helen Howarth Lemmel

3. God is preparing you

There may be areas in our lives that need correction or discipline that God has to deal with before we can move on to the next level in our spiritual life (2 Corinthians 3:18; John 15:2)

Benefits of Pain

1. _____ is given to God (vs 26 – 28; Psalm 40:3; Deuteronomy 20:4; Psalm 44:3-7).
2. Builds our character and _____ (Romans 5:3-5).
3. Increases our compassion (Romans 12:15; Proverbs 31:8-9; Psalm 82:3).
4. Recall _____ (Deuteronomy 10:21; 1 Samuel 17:37; Psalm 77:11; Psalm 103:2). *“Do it again”* - Elevation Worship. *“I remember”* - Sarah Kawalsingh

Trials are not a destination. It is always darkest in the middle of the tunnel! Keep going and you soon approach the light and come out the other side victorious and realise that God was with you taking you through all along.

So, when you next face your walls of Jericho or prison or your Ammonites and Moabites what song of praise will you sing to God?

Song of Praise: _____