



Week 9- “Is What We’re Praising Strong Enough”

In this series we will go on a journey experiencing the Psalms. The Psalms offers not just a practical, theological journey but also an experiential journey through poems and songs. The Psalms invite us to experience humanity in an honest and real way. In this week’s message, we explore why we see the theme of praise throughout the Psalms and how praise ultimately helps us experience how great God is.

1. What stood out to you from the message?
2. In the message Rebekah shared that praise is a part of the human experience. What are some of the ways in which praise comes out of you?
3. Have you ever considered that what you praise is connected to what you love? Why does an awareness of this matter?

Read Psalm 145

4. What happens when you face times of trouble and pain? Is what you praise strong enough in those times?
5. Why do you think it is important to evaluate if what you praise is strong enough?
6. In what ways does Psalm 145 point to the “one” who is strong enough?

Read 1 Peter 1:3-7

7. What do these verses say about God’s mightiest act?

8. Have you discovered that Jesus' death and resurrection is the greatness your soul is ultimately searching for? Why or why not?

9. What does it practically look like to turn your eyes to Christ in everything including times of suffering?

10. How can this group help you discover more deeply what Christ has done for you and that it is strong enough?

The Psalms help us to see the power of praise and the Psalms help us to discover what is strong enough. Praise in the psalms is pointing us to Jesus who died and rose again, and He is strong enough for our praise. Is what you are praising strong enough?