

Playlist: Dance the Night Away

Psalm 146

Small Group Discussion Guide

Intro Question

- What memories of cheering do you have?
- Andy said that living a life marked with frequent praise to God helps create a sense of cheerfulness in life, even through tough times. Do you consider yourself a person of praise?

Psalm 146

- Read Psalm 146 out loud.
- The Psalmist specifically mentions singing praises to God. What benefits come from singing praises? What benefits are there in just speaking them? Which are you more comfortable with?
- Verse 2 says, "I will sing praise to my God as long as I live." What gives us confidence that we will be able to praise God in the future, even though we don't know what the future holds for us?
- Why does the Psalmist caution us about putting our trust in "princes, in human beings, who cannot save"?
- The difference between **giving thanks** and **giving praise** is that praise is the outward expression of being thankful.
 - o What kind of praises do you give to other people?
 - o How does it make a person feel to *receive* praise, and how does it make you feel when you *give* praise to someone? How does it make you feel when you express praise to God?
- C.S. Lewis said, "Joy is incomplete until it is expressed." What are some things that the Psalmist takes joy in which lead him to express that joy? What do you express joy to God for?
- Andy said that sometimes feelings of gratitude bring out praise for what we've received, and sometimes we start by giving praise and that stirs feelings and emotions of gratitude.
 - o Do you find yourself starting with thanks or starting with praise?
- Psalms 145 – 150 are known as the Hallelujah psalms. Note that while the book of Psalms expresses a range of emotions from sadness and pain to joy and trust, it ends on an overall note of praise. Why do you think the book is arranged this way? Does this tell us something about our relationship with God?

Prayer and Sharing

- As a group, spend a few minutes saying what you're thankful for, and what that shows you about who God is. Then as you pray, praise God for specific attributes of his character.
- Pray for David Baer, the missionary who spoke in church on Sunday. Praise God that through the work he and others have done in dangerous parts of the world, Jesus's kingdom continues to grow here on earth.
- If you would like to close in singing, here is a link to the doxology to sing along with, or to just meditate on: <https://www.youtube.com/watch?v=8Q5ojeA78c>