

SUNDAY RECAP: PRAISE IS WHAT I DO

ENCOURAGEMENT

Start by creating a relaxed, open space for everyone to share.

- What was a “high” from your week?
- What was a “low” or something challenging?
- Where did you see God move in your life this week—big or small?
- On a scale of 1–10, how’s your heart/spirit right now?

Leader Note:

Remind the group this is a judgment-free space. Celebrate wins and sit with people in the hard moments. This is where connection is built.

SCRIPTURE

Main Passage:

- Psalm 150
 - Supporting:
 - Isaiah 55:12
 - Habakkuk 3:17–18
 - Luke 19:40
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Key Theme:

“Praise is what I do.”

Read Together:

Have someone read **Psalm 150** out loud.

Discussion Questions:

1. Praise Is a Command

- Psalm 150 repeatedly says “Praise the Lord.”
 - Why do you think God *commands* praise instead of just suggesting it?
 - How does that shift the way you view worship?

2. Praise Is a Response

- “Everything that has breath owes its praise...”
 - What are some “mighty acts” God has done in your life that you can praise Him for?
 - Is your praise more reactive (when things go well) or consistent?

3. Praise Isn't Based on Circumstances

- Look at Habakkuk 3:17–18
 - What stands out to you about choosing joy when everything is going wrong?
 - What's something difficult in your life right now that you can still choose to praise God through?

4. Praise Is Expressive

- Psalm 150 describes instruments, dancing, loud praise
 - What holds people back from expressive praise?
 - What does authentic praise look like for you personally?

5. Praise Is Inevitable

- Luke 19:40 — “If they keep silent, the stones will cry out”
 - What does this say about the importance of praise?
 - How do you want your life to reflect praise instead of silence?

PRAYER

Prayer Prompts:

- Thank God for His “mighty acts” and faithfulness
- Ask God to help you praise Him in *every* season, not just the good ones
- Surrender any current struggles where it feels hard to rejoice
- Pray for boldness and freedom in worship
- Lift up specific needs shared during the check-in

Leader Tip:

Consider starting with a moment of personal praise before moving into group prayer.

NEXT STEPS

Help your group move from discussion → action:

Personal Next Steps:

- Start each day this week with 2–3 minutes of intentional praise (before checking your phone)
- Make a “praise list” of things God has done in your life
- Put on worship music during a hard moment instead of sitting in stress
- Choose one current struggle and actively praise God *through it*

Group/Church Next Steps:

- Show up early next Sunday ready to engage in worship
 - Encourage someone else in the group midweek
 - Share a testimony next week of how choosing praise impacted your mindset
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Closing Thought:

Praise isn't just something we do at church. It's a posture we carry.
If we have breath, we have a reason to praise!