



EVERY BELIEVER STUDIES

Session 11: Praise and Thanks

MEMORY VERSE: PSALM 106:1

¹ Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

SOUL PRAISE

Soul praise can take place without words; it is an attitude of the heart.

PSALM 4:7-8

⁷ Fill my heart with joy
when their grain and new wine abound.
⁸ In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.

PSALM 103:1

¹ Praise the Lord, my soul;
all my inmost being, praise his holy name.
² Praise the Lord, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.

ISAIAH 29:13

¹³ The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.

JOHN 4:23-24

²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth."

SOCIAL PRAISE

The Spirit of praise is a social spirit. The person who praises God desires to do so publicly. Let's read the following verses:

PSALM 34:1-3

¹ I will extol the Lord at all times; his praise will always be on my lips.
² I will glory in the Lord; let the afflicted hear and rejoice.
³ Glorify the Lord with me; let us exalt his name together.

PSALM 40:9-10

⁹ I proclaim your saving acts in the great assembly;

I do not seal my lips, Lord, as you know.

¹⁰ I do not hide your righteousness in my heart;

I speak of your faithfulness and your saving help.

I do not conceal your love and your faithfulness from the great assembly.

SONG PRAISE

The spirit of praise and edification is expressed through songs and testimony. In the Old Testament we find lyrical and musical forms of praise as in the Book of Psalms. In the New Testament and today, we continue to praise God and encourage each other with psalms, hymns and spiritual songs.

EPHESIANS 5:15-20.

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is. ¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

LET'S SPEND A FEW MOMENTS THINKING ABOUT OUR OWN PRAISE & THANKS:

1. Praise God for His character or who He is.

Begin one-sentence prayers with: "O Lord, we want to praise You for who You are." One word or one sentence may follow. For example, "Thank You for Your holiness, Lord."

2. Praise God for what He has made. Look up and read PSALM 19:1-6.

3. Praise God for His power. Read PSALM 77.

The psalmist is in trouble. What helps him at this time?

4. Praise God for for what He has done in our lives.

We can see God in His loving action toward us. READ ISAIAH 12:1-5.

5. Use PSALM 106 as an model for your own life Psalm.