

Praise is Worship!

Let
everything

that has
BREATH

PRAISE
THE
LORD!

Psalm 150:6

What does it mean to give God praise?

We all see and understand the value of praise. Watch a child's face light up when someone notices their hard work, their creativity, or their skill and you see the value of praise. When we give God praise, we are agreeing with His character and declaring we trust who He is even when we don't understand, regardless of our circumstances.

When our children see us trusting, believing in, and praising God even when we're sad, disappointed, anxious, or afraid, it will help them grow their faith to grow deep roots based on who God is and not on their feelings.

If anyone had an excuse to not give God praise based on his feelings it was Paul. There is an amazing story of Paul in the Bible in the book of Acts, chapter 16. Paul and his friend, Silas were locked up in chains in prison – but not because they had done anything wrong. Instead of grumbling and complaining about their situation, they did something completely surprising – they sang and gave praise to God! For the end of the story, read it together as a family and talk about praise being an expression and not a feeling.

PRAISE

is not a feeling,
it is an expression.

- Zach Neese, How To Worship A King

We praise God
because of:

- Who He is
- What He has done
- What He will do

HE made
heaven and earth,
The sea, and
everything in them.
He keeps every promise
forever.

Psalm 146:6

Praise the Promises of God

What does it mean to keep a promise? Ask your child if they have ever not kept a promise to someone? Why didn't they? Has someone not kept their promise to you?

God is a promise keeper. He is faithful to do what He has said He will do. And as we praise Him, we not only invite His presence with us, we can better receive and live in His promises.

Through praise you invite more of
God's presence.

Yet you are holy, enthroned on the
praises of Israel. Psalm 22:3

Family Praise Jar

One idea for practicing praise is to create a family Praise Jar. Begin making a list of God's promises from the Bible. You can use the ones on the next page to get started. Write each one on a separate piece of paper and put them in your praise jar. You might take several weeks to fill your jar with promises of God. Then, begin praising God for His promises. Choose a time each day or once a week – whatever suits your family - and take turns selecting a piece of paper from the jar and read the promise of God. Talk about how you can praise God for that promise and for keeping His promises. How can you express your praise? You can pray, sing, dance, or act it out! For example, If you choose a promise of God being your comforter, you might think of someone you could encourage as a family and draw pictures, send them a card or bring them a treat to let them know God is their comforter.



When our children learn to praise God in all circumstances, they will experience God as more mighty than their feelings and concerns and will have peace.

And my God will meet all your needs according to the riches of His glory in Christ Jesus.
Philippians 4:19

PRAISE God as your provider.

Heal me, Lord, and I will be healed;
Save me and I will be saved,
For you are the one I praise.
Jeremiah 17:14

PRAISE God as your healer.

Promises of God

God promises to help me when I am afraid.

So do not be afraid. I am with you. Do not be terrified. I am your God. I will make you strong and help you. I will hold you safe in my hands. I always do what is right. (Isaiah 41:10)

PRAISE God for His help and strength.

God promises to comfort me.

Blessed are those who are sad. They will be comforted. (Matthew 5:4)

PRAISE God as your comforter.

God promises He will never leave me.

The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope. (Deuteronomy 31:8)

PRAISE God for always being near to you.

God promises to guide me.

I will guide you and teach you the way you should go. I will give you good advice and watch over you with love. (Psalm 32:8)

PRAISE God He is your guide.