

# MARINERS CHURCH



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## Life and Breath

3/14/2021

Praise the LORD!  
Praise God in his sanctuary; praise him in his mighty heaven!  
Praise him for his mighty works; praise his unequalled greatness!  
Praise him with a blast of the ram's horn;  
Praise him with the lyre and harp!  
Praise him with the tambourine and dancing;  
Praise him with strings and flutes!  
Praise him with a clash of cymbals; praise him with loud clanging cymbals.  
Let everything that breathes sing praises to the LORD!  
Praise the LORD! Psalm 150 (NLT)

**Hallelujah** "hallel" \_\_\_\_\_. "Yah" \_\_\_\_\_

**Why praise is good for me...**

### #1 Praise is God's gift to me.

*The nearness of God is my good. Psalm 73:28*

*How good it is to give thanks to you, O LORD, to sing in your honor, O Most High God, to proclaim your constant love every morning and your faithfulness every night, with the music of stringed instruments and with melody on the harp. Your mighty deeds, O LORD, make me glad; because of what you have done, I sing for joy. Psalm 92:1-4 (GNT)*

*In Your presence is fullness of joy. Psalm 16:11*

### #2 Praise re-charges my life.

*The joy of the Lord is my strength. Nehemiah 8:10*

*Praise the LORD, my soul! And all that is within me, praise his holy name!  
Praise the LORD, my soul, and do not forget how kind he is. He forgives all my sins and blesses me with love and mercy so that I stay young and strong like an eagle.  
Psalm 103:1-4*

### #3 Praise makes God seem more real to me.

*Praise the Lord!*

*Don't put your confidence in powerful people; there is no help for you there.  
But joyful are those who have the God of Israel as their helper, whose hope is in the LORD their God. Psalm 146*

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you. Ephesians 1:17-18*

**How do I praise?**

**I boast about who God really is.**

**I boast about what God is doing.**

*Delight yourself in the Lord. Psalm 37:4*

*He is a God who is passionate about His relationship with you. Exodus 34:1b (NLT)*

## Talk it Over! For my thoughts and LifeGroup\*

The last five Psalms in the Bible are focused on praise. Read Psalm 150. Unpack the "who, what, where, when, why and how" of praise described in the Psalm.

Read Psalm 146 & 148. After these are read, talk about what resonates with you.

Weekend praise and worship can easily be a thoughtless routine. What makes it a living and vital spiritual experience for you?

Psalm 149 talks about a "new song." What do you think that means? What would be a "new song" for you?

What are some circumstances or feelings this past month or so that have led you to praise?

\*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at [len@marinerscc.org](mailto:len@marinerscc.org)