



## Getting Started

Think back to a time when you were blessed by clear skies on a dark evening and the heavens were just awash in a sea of stars.

- Talk about the feelings, emotions, thoughts or desires that this glimpse of the galaxy evoked in you.
- Have you ever wondered, "Where is heaven?"

## Read and Reflect

Psalm 145 is David's Psalm of Praise for God.

- Read Psalm 145 out loud, as if it were **your** prayer of praise.
- Read verses 1-6 again.
  - What themes spoke to you in these verses (1-6)?
  - Do you ever start your prayers like this?
  - Do you live with a sense of humble-wonder before God, that is anything like this?
- Read (quietly to yourself) the following verses in Psalm 145 and write one or two words that capture what each verse evokes in you:
  - Verse 8 \_\_\_\_\_
  - Verse 9 \_\_\_\_\_
  - Verse 14 \_\_\_\_\_
  - Verse 16 \_\_\_\_\_
  - Verse 19 \_\_\_\_\_

- As a group, read each of the verses above out loud, pausing to discuss the words each of you wrote and then discussing why you wrote them.
- Read Psalm 111
  - What are the similar themes you are hearing in Psalms 145 and 111?
  - Did anything stand out for you in the verses found in Psalm 111?
  - Read verse 10 in Psalm 111 again. Discuss what you think this verse means.

## **Engage and Discuss**

- How would you respond if an inquisitive 7 year old asked you, "How big is God?"
- What if she wanted to know how God could hear her prayer when so many other people must be praying at the same time?
- Does the greatness of God naturally inspire in you a genuine awe, such that worship and praise just flow from you spontaneously?
- Discuss how you give praise to God? (When, where and why?)
- Do you naturally praise and thank God when you experience a personal success, or do you tend to take the Glory for yourself.
- Why do you think we are so often seeking the praise from one another, rather than praising Him and seeking His approval?

## **Next Steps**

- Start all your prayers this week in adoration of God, reading Psalm 145: 1-5 and then continuing to praise Him in prayer until the Spirit moves you on to other areas of prayer (contrition, thanksgiving and supplication).
- Pray for a humble spirit and then read Job, Chapter 38. Meditate on His word.
- Pray, that you may bring more and more pleasing praise and glory to our great God.
- Read Genesis, Chapter 1, and meditate with humble-wonder before God. Then praise Him in prayer.