

SERMON NOTES: MORE THAN SERMONS 3: POSTURE OF PRAISE (28/8/16)

SCRIPTURE

Psalm 66

Psalm 34:1-3

QUOTES

“The longer I live, the more I realise the impact of attitude on life... It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, or a home... The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you—we are in charge of our attitudes.”

- Charles Swindoll

“The soul which comes under the Holy Spirit’s authority is a restful one. Once we busily planned, today we calmly trust the Lord. Once we were flushed with anxieties, today we are like a child quieted at its mother’s breast. Once we entertained many thoughts and ambitions, today we consider God’s will best and rest ourselves in Him. We do not rely upon the soul to execute God’s will, rather we perform His will from the soul, that is, with our whole heart... through the operation of the Cross. That which carried out its own will, or tried to do God’s will by its own idea, is now of one heart with God in all things.”

- Watchman Nee

KEY POINTS

+ The first three verses from Psalm 34 show three practicals for having a posture of praise:

- + (1) **choosing a life of praise.** Ask God by His Spirit to help you choose a posture of praise in everything that is before you.
- + (2) **ministering to others through your praise.** Whilst a bad attitude rubs off on others like a bad smell, a heart of praise is a fragrance that lifts others up by pointing to the Lord.
- + (3) **embracing the power of communal praise.** Together we align ourselves with God’s will, allowing the Spirit to move instead of rebelling against Him.

REFLECTION QUESTIONS

- + Consider the last day or two, noting a) the circumstances around you and b) your attitudes. In what occasions was your attitude driven by your circumstances (positive or negative)? What would it have looked like to take an attitude of praise in these circumstances?
- + An attitude of praise can look different for different people, for example, not everyone will be outwardly bubbly when taking a posture of praise. What does a posture of praise look like for you? How might this minister to others even if it is different to their own expression?
- + Do you agree that the praise of God ministers to those who are weak or struggling? Are there examples of this in Scripture? What are some simple ways that you can bring God’s praise to the forefront the next time you interact with someone experiencing defeat or hardship?
- + **What stuck out to you from the teaching?** Did God remind you of something, or reveal something new? Did the Spirit minister to you?
- + **Were any questions raised for you?** Did you get stuck on any scriptures or points? Anything you need clarity on?

- + **Where do we see Jesus Christ in this teaching?** Jesus is at the centre of everything in the Scriptures. It follows that he is at the centre of everything we understand about church, faith and the Kingdom. What in the teaching has helped you see more of Jesus and the cross, or moved you to love him more?
- + **How can you personally apply this teaching?** Identify and commit to something you sense the Spirit is leading you to do in obedient response. Make it actionable and personal. What is in place to help you stay accountable to this?
- + **What/with whom can you share from here?** Who in your life needs to know the truth you've discovered? How can you share it with them?