

Living in Freedom: The Power of Praise!

Week 4

Spirit: _____

Flesh: _____

“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will. That’s why those who are still under the control of their sinful nature can never please God.”

Romans 8:5-8 NLT

“Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind.”

Romans 12:2 NLT

“ Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer. You satisfy me more than the richest feast. I will praise you with songs of joy. I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely.

Psalm 63:3-8 NLT

A look into King David’s life:

"The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine." Saul said to David,
"Go, and the LORD be with you."
1 Samuel 17:37 (NIV)

Praise Helps Us to See God's Perspective

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy think about such things. Whatever you have learned or received or heard from me, or seen in me—put into practice. And the God of peace will be with you."
Philippians 4:4-9 (NIV)

Praise will Defeat Adversity/The Enemy

"Then King Jehoshaphat bowed low with his face to the ground. And all the people of Judah and Jerusalem did the same, worshiping the LORD. Then the Levites from the clans of Kohath and Korah stood to praise the LORD, the God of Israel, with a very loud shout. Early the next morning the army of Judah went out into the wilderness of Tekoa. On the way Jehoshaphat stopped and said, "Listen to me, all you people of Judah and Jerusalem! Believe in your God and you will be able to stand firm. Believe in his prophets, and you will succeed."

After consulting the people, the king appointed singers to walk ahead of the army, singing to the LORD and praising him for his holy splendor. This is what they sang: “Give thanks to theLORD; his faithful love endures forever!”

At the very moment they began to sing and give praise, the LORD caused the armies of Ammon, Moab and Mount Seir to start fighting among themselves. The armies of Moab and Ammon turned against their allies from Mount Seir and killed every one of them. After they had destroyed the army of Seir, they began attacking each other. So when the army of Judah arrived at the lookout point in the wilderness, all they saw were dead bodies lying on the ground as far as they could see.

Not a single one of the enemy had escaped. King Jehoshaphat and his men went out to gather the plunder. They found vast amounts of equipment, clothing and other valuables—more than they could carry. There was so much plunder that it took them three days just to collect it all!”

2 Chronicles 20:18-25 (NLT)

Notes:

**Homework/Quiet Time:
Practice Listening to the Holy Spirit**

Pray this prayer out loud before beginning this Holy Spirit prayer time.

Father, I come to You today offering everything of myself before You. I want You to mold me into everything You are. Help me to quiet myself in Your presence so that I may hear You clearly. Thank You that I am Your sheep and I hear my Shepherd's voice (John 10:27) and I know Your voice. Holy Spirit, please quiet any voice of the demonic that may try to interfere in the name of my Lord Jesus Christ. Thank you for your pure and perfect love for me.

Quiet your mind and go to God with these things, writing everything that comes to mind.

1) God, are there areas in my life where I am facing a giant? (Write down all areas.) Lord, I want Your heavenly perspective in these areas. Please show me each time my mouth and attitude get in the way.

2) Write down three personal testimonies of things God has done for you, or ways He has shown Himself to you throughout your life. God, please help me remember Your good works in my life in my past and present.

Meditation scripture/speak aloud daily

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy think about such things. Whatever you have learned or received or heard from me, or seen in me—put into practice. And the God of peace will be with you.”
Philippians 4:4-9 (NIV)

Praises and thanksgiving to speak out loud to God

- You have made me righteous through Jesus, and You give me the ability to stand before You without guilt or shame or inferiority.
- Thank You for the sacrifice of Jesus so that I could be set free and in relationship with You. You have made me righteous through Jesus, and You give me the ability to stand before You without guilt or shame or inferiority.
- Thank You for the sacrifice of Jesus so that I could be set free and in relationship with You.
- Thank You that You provide all I will ever need according to Your riches and glory in Christ Jesus.
- Because You have overcome, I have overcome.
- Thank You for giving me authority through Jesus.
- I will always prosper in times of famine.
- You will always guide me in Your goodness and You will never let me go.
- You will never leave me nor forsake me.
- You chose me before the foundations of the world.
- Your plans for me are good and not for evil.
- Jesus was sacrificed so that I could live an abundant life.
- You justify and protect me.
- You return sevenfold everything the enemy has stolen.
- You are always faithful and Your mercy is new every morning.
- You have forgiven every sin of mine before I have committed it, and I receive that forgiveness.
- You will always deliver me out of the storms of my life.