1. Praising the LORD at all times
   a) What repeated theme do you hear in the following psalms? Psalm 34:1, 146:1-2, 147:1, 150:1-6
   b) Who has been an inspiration to you of someone who is constantly giving praise to the LORD? (a Bible character, a Christian whose story you have read about, or perhaps someone you have known personally)
   c) Share a time when your heart was blessed as you participated in seasons of praise to the LORD. (singing in a choir/praise team, participating in a praise-filled worship service, engaging in prayers of praise, etc.)
   d) Who has encouraged you to praise the LORD more?
   e) What can we do to encourage others lift their hearts and voices in praise to the LORD?

2. Praising the LORD in times of suffering
   b) How did this praise to the LORD by Paul and Silas impact others who were in the prison? Acts 16:25b-30
   c) What other Bible characters or Christians through the ages praised the LORD in times of suffering?
   d) Why does praising the LORD in times of suffering have such a profound impact on those who witness such unexpected behavior?
   e) Think of someone you know who faced a time of suffering and yet was able to continue to praise the LORD. How did that person’s witness impact your life and your relationship with God?
   f) What is your testimony about praising the LORD during a time of suffering?

3. Praising the LORD when facing insurmountable obstacles
   a) 2 Chronicles 20:1,5-12, 13-19 How did King Jehoshaphat respond when he faced an insurmountable obstacle?
   b) 2 Chronicles 20:20-21 Where did King Jehoshaphat come up with the idea of having a praise team lead the army?
   c) What was the outcome of praising the LORD when facing this insurmountable obstacle? 2 Chronicles 20:22-24
   d) Who else continued to praise the LORD even when facing an insurmountable obstacle?
   e) Share a time when you faced an insurmountable obstacle. How did God enable you to praise Him through that challenging experience?