

# Discipleship Group

## PRAISE – PRESENCE – PROMISE – PROTECTION Group Study

Message Link : <https://www.youtube.com/watch?v=dtNuJa5WwhY&t=275s>

In this group study, Ps Craig calls us back to a posture of praise. Drawing from Psalm 103, we are reminded that praise isn't the tempo of a song, it's a heart posture. In every season (victory, failure, confusion, waiting), Scripture invites us to praise the Lord. Praise lifts our eyes from circumstance to the God who forgives, heals, redeems, and satisfies.

Praise ushers us into God's Presence; Presence awakens confidence in God's Promises; and walking in His promises leads to Protection. Rather than waiting to praise after the breakthrough, we learn to praise on the way, like Israel sending Judah first, like the crowds at the Triumphal Entry laying down cloaks and palm branches before the cross and resurrection, declaring victory in advance. Praise isn't hype; it's holiness. Praise disentangles us from entitlement, cuts the cord of anxiety, and reorients our hearts to God's reality. It lifts our eyes, confess truth, and partners with God's purposes.

### Key Scripture

- **Psalm 100:1–5** — “Praise the Lord, my soul... who forgives all your sins... heals... redeems... satisfies...”
- **Psalm 22:3** — “You are holy, enthroned on the praises of Israel.”
- **Judges 1:1–2** — “Judah shall go up.”
- **2 Timothy 1:7** (NIV) — “God gave us a spirit not of fear but of power, love and a sound mind.”
- **Romans 10:9**

### Key Takeaways

- **Praise is a posture of warfare.** It's the soul's decision to bless God— *before* outcomes change (Ps 103:1).
- **If the enemy can stop our praise; He can sabotage our God given purpose.**
- **Praise ushers Presence.** God is enthroned on praise (Ps 22:3); thanksgiving opens the door to peace that guards (Phil 4:6–7).
- **Praise precedes victory;** we don't wait for something to change before we praise, we praise our way into the promise (Judg 1:2; Luke 19).
- **Praise defeats entitlement and anxiety.** Gratitude remembers grace and refuses the lie that God “owes” us (Phil 4:6–7).
- **Praise is communal.** When our hands grow heavy, others lift them (Ex 17:11–12). Discipleship groups hold up weary arms.
- **Promise leads to protection.** Living from God's promises shapes how we speak, stand, and see, positioning us under His care.



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- **Our confession of faith matters.** Our words have the power of life and death. We need to lift our eyes, align ourselves with God's truth (2 Tim 1:7; Rom 10:9).

## Discussion Questions

1. **There are 9 expressions of praise, which do you express most often and why do you think you don't regularly engage some of these other expressions?**  
Expressions with the Voice - Speaking, Shouting, Singing  
Expressions with Posture - Bowing/Kneeling, Standing, Dancing  
Expressions with the Hands - Playing Instruments, Clapping, Lifting Hands
  - *Follow-up:* How can you commit to engaging a more 'unfamiliar' aspect of praise this week?
2. **How does praise practically "enthron" God in our situation (Ps 22:3) and lead to guarded peace (Phil 4:6-7)?**
  - *Follow-up:* What shifts when thanksgiving comes before petition in your prayer life?
3. **"Ps Craig asked, If everything I have today in the world is a result of what I thanked God for yesterday – what would you have?"**
  - What came to mind for you when he posed this question?
4. **If your 'Thanks' was a tank – would it be thank-FULL or thank-LESS?**
  - *Follow up:* What can you do to fill your Thank-Tank daily?
5. **Where do you need to 'send Judah first'—an area you'll praise into rather than wait on?**
  - *Follow-up:* What truth will you confess (e.g., 2 Tim 1:7) and what practical step will you take in the next 7 days?

## Practices that your group could try this week:

- **Thanks Tank:** Start each day by naming **3 thanks** before any request.
- **Praise First:** Sing or speak a Psalm (try **Ps 103** or **Ps 34**) *before* tackling a hard task.
- **Confession Card:** Write a short truth you'll declare daily (e.g., "God has not given me a spirit of fear..." 2 Tim 1:7).
- **Lifted Arms:** Text/call one person whose "arms" are tired—pray aloud with them.

## Tips for This Discussion

- **Be Patient with Process:** Some are praising from a valley—hold space for honest lament *and* faith.
- **Be Kind:** Don't shame struggle; model gentle invitation to lift eyes and confess truth.
- **Focus on Jesus:** Praise is Christ-centred, not circumstance-centred.
- **Call to Response:** Consider ending with communion or a moment to verbally thank and praise God together.



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## GROUPS PRAYER POINTS

### **Pray for each other's personal journey as a disciple and discipleship in our church**

- Being in the presence of Jesus, becoming more like Jesus and continuing the work He did.

### **Pray for the Holy Spirit's presence**

- That we would be led, filled and empowered to live surrendered, love God and serve others.

### **Pray for Expansion**

- That we would be hungry for the harvest – that as Ps Dan shared at team night we might commit to labouring together in weakness, in unity and in the power of the Spirit
- That there would be favour on the build team as we create more space for more people
- That hearts would be softened towards the Gospel and that many would accept Jesus and find home at LIFE

### **Pray for Help and Hope Week**

- That all those impacted would be blessed
- That seeds of hope would be planted and ultimately that every seed would grow and lead to salvation

