



## WOODLANDS CHURCH

Discussion Notes for January 5<sup>th</sup> 2020

**SERIES:** Prayer Power  
**FOCUS:** Unleashing the power of prayer  
**TOPIC:** Praise: The Prayer Life of David  
**VERSES:** Psalm 18 and 2 Samuel 22

### OVERVIEW

David is famous in scripture as a 'man after God's own heart' and the composer of many Psalms which are heart cries to God in every season of life, but which are particularly the praise repertoire of worship. David of course is from the tribe of Judah, a name which means 'praise' and his life with all its trials as well as blessings is punctuated by prayer and praise. 2 Samuel 22 marks something of a summing up of David's life and his reflection on the 'unfailing kindness' of God.

### QUESTIONS FOR DISCUSSION

1. Praise is often a starting point for prayer and worship ('I will enter his courts with praise'). What are the enduring truths about God that for you meaningfully help you to praise Him? What does heartfelt praise of God tell us about our own relationship with Him?
2. How can songs of praise help the activity of prayer? What praise music would you choose to help you pray?
3. It's easy to praise God when you have things to say thank you for. What's been your experience of praising God in the midst of hardship? Did David do this? Can you give some examples?
4. We sometimes say prayer changes things. What things does praise change?
5. What are the key things David praises God for in Psalm 22? Can you relate to any of David's experiences?

### ADDITIONAL ACTIONS

Praise might be given to God for two key things, for **who He is**, and for **what He has done**. Can you plan a time of prayer as a group that begins with Praise for who God is, and finishes with Praise for what he has done?

Back in the 70's a well-known Christian book was 'Prison to Praise'. It prescribes praise as medicine against depression and life's adversity. A friend of mine who was very low tried 15 minutes of praise a day and it really helped. Would that be a good prescription for you going into 2020?