

## **Beyond Sunday**

### **Weapon of Praise (Recalculating pt 1)**

#### **A Sermon Application Guide**

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Our hope is that the living, breathing words of truth that are revealed to you become a part of your everyday life. In the book of James, we read about a key to living life with God. We are told that if we ask for wisdom by faith then we shall receive it generously from our Father in Heaven. One of the best ways to receive this wisdom is by preparing to receive it. We invite you to pray this prayer prior to the message and starting the study guide:

*“God, thank You for Your truth and wisdom. Help me to see what I need to see, hear what I need to hear, and know what I need to know. Holy Spirit, help me to understand in a way that shows me the Father's true nature and heart. May this time help me to know You more and become more like Jesus. Amen.”*

#### **Message Theme**

Moving from victims to victors.

#### **Key Concepts/Truths**

Statistics last year show that 9.5% of Americans were considered to be clinically depressed, and 30% of Americans are considered to be suffering from some form of depression at any given time.

What we think determines how we feel.

Praising the Lord recalculates and redirects all of our thoughts.

Our celebration is a demonstration of our expectation.

When we praise God and give him thanks our hearts change and His presence invades our lives and circumstances.

God inhabits our praises, and it's our praise that turns us from victims to victors.

Praise is a spiritual weapon which the Bible tells us to use in order to actively contend for our faith.

It is not the opposition we face that determines the outcome of our situation, it is the perspective of our heart that determines our victory.

Key Verses: Isaiah 26:3 • John 14 • Psalm 150:1-6 • Joshua 1:1-9 • Jude 1:3 • Psalm 116:7

**Which one truth do you already have evidence of in your life today? Ask the Lord for new ways to see even more of it for you and others around you. Write your answers out.**

**Which one truth is the most challenging or least existing in your life today? Why do you think this is? Ask the Lord if there are any beliefs or barriers that are keeping you from believing that particular truth. Write it out.**

### **Real-Life Application**

Whether we mess everything up, feel defeated and helpless, or seem like we're at the end of our rope God's perspective matters the most in that moment. He is the one that forgives, restores, and puts us back on a solid foundation for our lives. Recognizing his perspective as truth and praising him for it genuinely turns our attention toward our Father, changes our disposition, and affects our lives.

Imagine a situation in your life that looks dark. It is gloomy, filled with shadows, and can feel like a room that is closing in on you. How will you try to escape?

Praising God in the middle of a gloomy situation is like opening the curtains and letting sunlight brighten that dark room. The dark corners no longer look threatening and you can see the decorative and comforting details in the room. The sunlight changes everything from your perspective to your emotions.

Notice that before the room changed, something was required of you: you had to let the sunlight in. When you invite God in with praise, He can change the room! What you chose to focus and meditate on will dictate your emotions. Choosing to have faith and focus on God shifts your perspective and emotions to Him who is worthy and able. Open the curtains and let the light of the Lord into your situation!

### **This Week's Declarations**

Life is released when your words are in agreement with God. Intentionally speaking life and biblical truth out loud is extremely powerful. In fact, you have that very life in the power of your tongue. These words below, when spoken out loud, will cause an acceleration of the reality of God's words in your life. We encourage you to speak the following with an expectancy to renew your mind and see God's fullness.

- I know that my God is more than able to do all that I can ask or imagine.
- I am expectant of God for good health, providence, and security both physically and mentally.
- I am kept in perfect peace as my mind and words are focused on the Lord.
- As I focus on the Lord, I will see his perfect plan play out in my life.
- I choose praise over defeat

### **What's Next?**

Now it's time to write down anything that the Lord has spoken to you. Praise Him, thank Him, and ask the Holy Spirit to help you walk this out.

## **Scripture Reference**

### **Weapon of Praise**

#### **Isaiah 26:3 NKJV**

You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

#### **John 14:1 AMP**

Do not let your heart be troubled

#### **Psalms 150:1-6 NKJV**

Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His excellent greatness! Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the Lord. Praise the Lord!

#### **Deuteronomy 8:12-13 & 17-18 NKJV**

lest—when you have eaten and are full, and have built beautiful houses and dwell in them; and when your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied; then you say in your heart, 'My power and the might of my hand have gained me this wealth.' "And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day.

#### **2 Chronicles 5:13-14 NKJV**

indeed it came to pass, when the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord, and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the Lord, saying: "For He is good, For His mercy endures forever," that the house, the house of the Lord, was filled with a cloud, so that the priests could not continue ministering because of the cloud; for the glory of the Lord filled the house of God.

#### **Psalms 22:3 NKJV**

But You *are* holy, Enthroned in the praises of Israel.

#### **Psalms 149:5-6 NKJV**

Let the saints be joyful in glory; Let them sing aloud on their beds. Let the high praises of God be in their mouth, And a two-edged sword in their hand,

#### **Psalms 149:7-9 NKJV**

To execute vengeance on the nations, And punishments on the peoples; To bind their kings with chains, And their nobles with fetters of iron; To execute on them the written judgment— This honor have all His saints.

### **1 Timothy 6:12 NKJV**

Fight the good fight of faith...

### **Joshua 1:6-7 & 9 NKJV**

Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them. Only be strong and very courageous... Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed...

### **Psalms 78:41 NKJV**

Yes, again and again they tempted God, And limited the Holy One of Israel.

### **John 14:1 NKJV**

"Let not your heart be troubled; you believe in God, believe also in Me."

### **Jeremiah 32:27 NKJV**

"Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?"

### **Numbers 13:30-31 NKJV**

Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it." But the men who had gone up with him said, "We are not able to go up against the people, for they *are* stronger than we."

### **Numbers 14:1-3 NKJV**

So all the congregation lifted up their voices and cried, and the people wept that night. And all the children of Israel complained against Moses and Aaron, and the whole congregation said to them, "If only we had died in the land of Egypt! Or if only we had died in this wilderness! Why has the Lord brought us to this land to fall by the sword, that our wives and children should become victims? Would it not be better for us to return to Egypt?"

### **Jude 3 NKJV**

Beloved, while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for the faith which was once for all delivered to the saints.

### **Romans 3:20 NKJV**

Therefore by the deeds of the law no flesh will be justified in His sight, for by the law *is* the knowledge of sin.

### **Ephesians 2:8-9 NKJV**

For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, **9** not of works, lest anyone should boast.

**Psalm 116:7-8 NKJV**

Return to your rest, O my soul, For the Lord has dealt bountifully with you. For You have delivered my soul from death, My eyes from tears, And my feet from falling.