

# When...

When I Don't Feel Like Praising God

Psalm 103

## Launch

What's something you enjoy doing in the summer? What makes that special for you?

## Explore

### Read the Psalm

At first glance, what stands out from David's words?

This Psalm speaks about praising God even when we don't feel like it. Why do you think David emphasizes this?

What does this passage teach us about *how* we should praise God?

Re-read verses 2-6. In what ways does this show God's love for us and reflect the grace we receive from God?

## Apply

What things do you praise God for? How can you praise God, even when you don't feel like it? (When you don't know what to praise God for, try looking at this Psalm and praise God for these things that David lists.)

God forgives. God is our redeemer. God satisfies our every desire. God brings justice to the oppressed. After reading this Psalm, how does it shape the way we see God actively working in our lives?

Talk about a time in your life when you didn't feel like giving God praise. What happened? Did you plow through and praise Him anyway?

## Pray

Pray that you would find ways to praise God in the mundane and in the lowest of lows. Pray that we would live out our calling as people who are made to bring God glory. Take some time to thank God for the things David talks about in this Psalm.