

## RULE #10

*Don't forget to praise Him.*

### **Goal:**

To lead students to praise God regardless of their circumstances.

### **Introduction:**

The gathering time may be bittersweet. It's the discussion of the last rule, but it's also a time to rejoice for completing the journey. Be careful that time doesn't get away, but ask open ended questions like:

*How have you changed since beginning the Red Sea journey?*

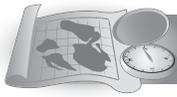
*What's the most significant truth you've learned about God and yourself during this journey?*

Make sure to thank and congratulate people for their endurance during the study and more importantly through their tough times.

As you transition into the primary discussion insert a statement like:

*As we near the close of our study together and rejoice for the progress that has been made, we don't want to falter now. There's still one important step to cover, which is Rule 10:*

***Don't forget to praise Him.***



## PREVIEW THE JOURNEY

Rule 10 is based on Exodus 15:1-21 which describes a praise service taking place after the crossing of the Red Sea. Once again summarize the event culminating with the outburst of praise. Be prepared to read a few verses from chapter 15, which highlight the Israelites praise toward God.

Then ask:

*What do the words sing, praise, and exalt in verses 1-2 mean?*

*Sing*, of course, means to sing praises to God. *Praise* here means to beautify or glorify referring to clearly seeing and acknowledging the character of God. *Exalt* means to lift God up to the highest place both in our worship and lifestyle.

Pages 60-61 explain that the Israelites praised God both for His character and actions. With an open Bible, have the group survey chapter 15 picking out some of God's characteristics and actions for which His children praised Him.



## PREPARE FOR THE JOURNEY

Use this text and question based on page 62 in the study guide:

*God is deserving of praise at all times, but in our journey we're specifically focusing on praise during times of testing. Such praise should occur before the deliverance, during the crisis, and after the crisis.*

*What do Acts 16:25-32, Job 1:21-22, and Luke 17:11-19 teach us about when praise occurred?*

*What others praise truths do you see in these verses?*

In preparation make sure you have read the above passages and understand the events taking place in them. Be able to summarize the stories if you don't have time to read them. Please emphasize that Job specifically was praising God even before God acted favorably in his situation. He praised God because God is worthy whether He acts according to our expectations or not.

Interject into the discussion that experience shows that tough times can influence people to praise God more or less. Then ask questions like:

*In your current journey have you wanted to praise God more or less?*

*Why do some people praise God while others curse God during the challenges of life?*



On pages 109–110, Rob offers several suggestions for developing a habit of praise. Ask the members for specific actions steps on how to implement these in their lives:

- Begin the day with praise
- Use your car-time for praise
- Incorporate praise into the daily quiet-time
- Praise God in the assembly of a church
- Develop a perspective of praise



Encourage the participants to record in their journal specific reasons to praise God. Ask them also to formulate praise-prayers based on the reasons.

As the meeting closes, by all means take another opportunity to reflect on the journey together. Remind everyone that this is just the beginning. Just as one Red Sea journey ends another one begins. Ask them to constantly reread their journals to build faith for the next Red Sea.