



PRAISE: CREDITING THE CONDITIONS

This lesson is focused on praise as an essential element of youth ministry.

ENHANCER OF JOY

Praise

DURATION

60 minutes

LESSON DEVELOPED BY

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MATERIALS CHECKLIST

- Film clips with soundtracks that enhance
- Bibles
- Freshly brewed coffee
- 4 different types of cup including a classy one and a Styrofoam/polysterene one
- Paper and pens
- A digital image of the word Praise

SCRIPTURE FOCUS

- Habakkuk 3: 16-19
- Psalm 73

Purpose

- To recognize the formative place of praise
- To identify obstacles to praise
- To commit to being apprentices of praise

Further Study

www.theworkofthepeople.com - liturgical resources, films and images

www.concreteonline.org - a UK based resource for those working with young people.

Gather

Gather (5 minutes)

- Opening Prayer
 - Greeting One Another
 - Introduction of Session
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Engage

Engage (30 minutes)

Activity 1: Watch two film clips which are enhanced by their soundtrack. Maybe an action film and a romantic film.

- Ask the group to comment on what the music/ soundtrack adds, not just to the film, but to the experience of those watching the film.
- In the same way that the events are experienced differently because of what accompanies/ surrounds them so are our lives as followers of Christ – this is the gift of praise.
- Read Habakkuk 3: 16-19 – what difference do you think v 18 makes to the prophet? Why do you think that is? Assign one young person to be a scribe. Write it up on an A1 sheet.

Activity 2: Brew some great coffee.

- Produce 4 different cups/ mugs/ containers. 1 must be a thing of beauty and one must be a Styrofoam / polystyrene cup. Offer crème, sugar and even syrups.
 - Ask the young people which one they prefer to drink out of and why?
 - In the same way that containers change our experience of what we drink – given the choice few would ever choose the polystyrene – so how we frame our lives affects how we experience it. Praise frames our life around the goodness of God.
 - Read: Psalm 73 – track the changing emotions of Asaph and notice when the change happens? (v17)
 - The hinge of v 17 only makes sense when we work out why Asaph is there. Cross reference with 1 Chronicles 25: 6 – it was his job. Asaph is in the Temple because it is his duty.
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Reflect

Reflect (20 minutes)

Activity 3: What holds people back from praise? What holds you back from praise?

- Are there any instances in scripture which we meet people who face similar situations but chose to praise? [Psalm 42, Acts 16: 16-34]
- Can anyone give testimony to the difference that choosing to praise brings

Activity 4: encourage the group to open their Bibles at the Psalms – and to share briefly in the group what they like about the psalms (someone usually says fairly swiftly that they like the

honesty of the psalms)

- Whilst this is true all that is expressed to God in the psalms is expressed to God in the context of praise. Praise frames the life of faith.
 - Give out nice A4 paper – not just copier paper – but good quality writing paper and pens.
 - Invite each young person to write a psalm – which is honest, but which also expresses praise
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Send Forth

Send Forth (5 minutes)

- How might this week be different if we commit to praise?
- Put up the digital image of the word Praise. Encourage everyone to take a pic of it on their phone and have it as their wallpaper.
- Closing Prayer