

## **Key Scripture**

Sing the praises of the Lord, you His faithful people; praise His holy name. For His anger lasts only a moment but His favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

*Psalm 30:4-5*

## **Main Takeaway**

When life gets scary, unknown, heavy –  
Praise the Lord!  
Praise the Lord with His people and don't go it alone!

# *Prepare Ye!*

## Week 2: Praise

### **Start Talking:**

Share something you love about the Advent/Christmas season. After sharing, say, "Praise the Lord!"

### **Start Praying:**

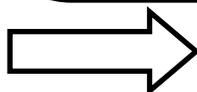
Dear Caring Father, Mary had Elizabeth in her time of need and together, as your people, they inspired each other to praise! Give me my Elizabeth in my time of need to inspire praise and help me see when You send a Mary my way who needs the same inspiration. Amen

### **Start Studying:**

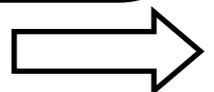
1. Read our Key Text: There are two strong emotions in this text, what are they? How does this text suggest that praise gives your season of weeping hope?
2. Read Romans 1:11-12: Why do Christians desire to see each other? What purpose do we have for our time together?
3. Read Colossians 3:15-17: What is the purpose of our praise as we gather together? Why is this so needed?
4. Read Luke 2:39-45: Why did Mary go to Elizabeth? How did God use Elizabeth to bless Mary?

### **Start Applying:**

1. Read Luke 2:45-56: God uses Mary's time with Elizabeth to give her joy in His promises.
2. How does last week's theme of Ponder encourage this week's theme of Praise?
3. Why is it important for you to not just Ponder in your own heart but Praise with God's People?
4. How can this Life Group be Elizabeth to others and give them Praise in the promises of God?
5. Does anyone know a "Mary" that could use an invite to your Life Group?



**Fill out Biblical Equipping**



**Finish in Prayer:** Dear Jesus, our Savior and Friend, I have much for which to praise You! The more I think about all You have done for me, the more reason I have to praise You, Jesus! May my heart and voice lift up Your name in joy! Amen

# NOTES

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## BIBLICAL EQUIPPING

The Bible passage I will focus on is:

The part of this passage that caught my attention is:

I will apply this passage to my life by:

Before next meeting, the impact God had on me through this verse was: