

# Study Through the Bible

## **Psalms: Managing Our Emotions - Study 12**

PARTICIPANT'S GUIDE

### **Praise: Find Joy in the Seasons of the Soul**

*Learn how and why to praise God at any place, any time, and in all ways.*

We should praise God no matter what we are going through. So long as you have breath, praise God for who he is and what he does, in any and every possible way.

**Scripture:**

Psalm 150:1-6

**Based on:**

The sermon series "Managing Our Emotions" by Timothy Peck, [PREACHINGTODAY.COM](http://PREACHINGTODAY.COM)



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**PART 1**

**Identify the Current Issue**

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Studying the Psalms can help us become more aware of our emotions. The Psalms are “an anatomy of all parts of the human soul.”

But we can sincerely praise God no matter what we are going through or feeling.

**PART 2**

**Discover the Eternal Principles**

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**Teaching point one: We praise God in any place.**

**Teaching point two: We praise God because he is worthy.**

**Teaching point three: We praise God in every way possible.**

**PART 3**

**Apply Your Findings**

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Everything that is alive has breath, so everything alive should praise God. The Bible hints that even the earth will one day praise God. Read Isaiah 55:12.

In the end, everything and everyone will join in praise of God. We can praise God in every season of the soul. So long as you have breath, praise God no matter where you are, for who he is and what he does, and in any and every possible way.

*Study by Timothy Peck, with JoHannah Reardon.*

