



**MESSAGE  
OUTLINE**



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**I. Brushes with Greatness**

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**II. Praying Upward is a Lifting Up**

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Two examples: Psalm 150 & Revelation 5:11-14

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Praying upward:

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- = making a big deal about who God is & what He's done (Ps 66)
- = delighting in wonder over who God uniquely is
- = can be giving thanks or giving praise (Ps 35:8)

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**"Now show me your glory." (Ex 33:18)**

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**III. What Good Can Happen**

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- |                            |                             |
|----------------------------|-----------------------------|
| Joy (Ps 105:1-4)           | Desire (Ps 105:1-4)         |
| Satisfaction (Ps 86:11-13) | Focus (Ps 86:11-13)         |
| Disinfectant               | Companionship (1 Tim 5:5)   |
| Unity (1 Tim 2:8)          | Creativity (40:3)           |
| Endurance (Job 1:20-22)    | Victory (Ps 44:6-8, Ps 149) |

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**IV. What Holds Us Back**

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C.S. Lewis:

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- Inattention    Wrong attention    Greed    Conceit

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**V. What Upward Praying Looks Like (An Upgrade)**

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Psalm 150:

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- Praising is for wherever
- Praising is for God's resume & for God's personality
- Praising is with whatever we've got
- Praising is for everyone

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Upward praying...

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- ... marvels at creation
- ...recite pure praise songs
- ...gets more specific in thanks-giving

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**"...his praise will always be on my lips." (Ps 34:1)**

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**VI. Let's Grow Together**

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"Help me want nothing more than to see your glory."

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- |  |  |
|--|--|
| <input type="radio"/> Lord's Prayer booklet    | <input type="radio"/> Journal                |
| <input type="radio"/> Change meal-time prayers | <input type="radio"/> Watch little creatures |
| <input type="radio"/> Practice of gratitude    | <input type="radio"/> I to 10                |

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Psalm  
150

our prayer connection  
**Upward Praying**

## DISCUSSION QUESTIONS

Old Testament worship featured praise singers (2 Chronicles 16:4-36) AND a thank offering (Leviticus 7:12). Do you tend to do one of these (give praise or give thanks) more than the other?

Psalm 105:1-4 gives us four ways to “pray upwards”: saying (v1), singing (v2), savoring (v3), & seeking (v4). Which of these is the easiest for you? Which is the hardest?

We may feel that we have to wait for a joyful experience before we can express joy. However, it works the other way, too—when we express joy we’re more likely to then experience joy. What do you think about this idea?

One of the benefits of upward praying is that it helps our faith persevere. Psalm 106:30-36 is a song of praise, yet the rest of the psalm doesn’t sound like it. Scan through the rest of the psalm and list the distresses that are being experienced prior to the praises getting expressed. To which of the psalmist’s feelings can most relate?

From which of these 10 advantages of upward praying do you feel you could most benefit this week? May this hope add to your motivations to lift God up in the days ahead.

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Joy          | <input type="checkbox"/> Desire        |
| <input type="checkbox"/> Satisfaction | <input type="checkbox"/> Focus         |
| <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Companionship |
| <input type="checkbox"/> Unity        | <input type="checkbox"/> Creativity    |
| <input type="checkbox"/> Endurance    | <input type="checkbox"/> Victory       |

What is your growth goal in prayer this week?



Psalm  
150

our prayer connection  
**Upward Praying**

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