

# 5 THINGS TO GROW YOUR FAITH

## Week 2 “Praise & Worship”

**TEXT:** Like newborn babies, **crave** pure spiritual milk, so that by it you may **grow** up in your salvation **1 Peter 2:2**

- P&W IS AN **EXPRESSION** OF YOUR LOVE FOR GOD.

- **WHY DO SOME PEOPLE SING?**

May they **sing** of the ways of the LORD, for the glory of the LORD is great. **Psalm 138:5**

I will **sing** a new song to you, O God; on the ten-stringed lyre I will make music to you,  
**Psalm 144:9**

I will praise the LORD all my life; I will **sing** praise to my God as long as I live. **Psalm 146:2**

Praise the LORD. **Sing** to the LORD a new song, his praise in the assembly of the saints.  
**Psalm 149:1**

- **WHY DO SOME PEOPLE LIFT THEIR HANDS?**

Hear my cry for mercy as I call to you for help, as I **lift** up my **hands** toward your Most Holy Place.  
**Psalm 28:2**

I will praise you as long as I live, and in your name I will **lift** up my **hands**. **Psalm 63:4**

- **WHY DO SOME PEOPLE DANCE?**

David, wearing a linen ephod, danced before the LORD with all his might, **2 Samuel 6:14**

a time to weep and a time to laugh, a time to mourn and a time to dance, **Ecclesiastes 3:4**

- P&W IS A **REFLECTION** OF YOUR LIFE.

- P&W IS A SPIRITUAL **DISCIPLINE**. IT **CRUCIFIES** YOUR FLESH.

And anyone who does not carry his **cross** and **follow** me cannot be my disciple. **Luke 14:27**

- P&W **OPENS** YOU UP TO THE THINGS OF GOD. IT **PREPARES** YOUR HEART AND MIND TO HEAR FROM GOD.

- PRAISE & WORSHIP IS AN **ATTITUDE** OF LIFE

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

**Romans 12:1**