



Freedom of Praise

Series: Words For Worship

Scripture: Isaiah 61

tehilla = it's _____ a person or an object as you
_____ its excellence, its renown.

- great example - Exodus 15:11

Benefits of Praise:

- _____
 - Psalm 40:3
- _____
- _____
 - C.S. Lewis - "I think we delight to praise what we enjoy because praise not merely expresses, but completes the enjoyment. It is its appointed consummation...So in commanding us to glorify him, God is inviting us to enjoy him."
- _____
 - it's always plural
- _____
- _____ of praise

Start talking.

- Have you ever felt a moment where praise gave you a sense of freedom or lightness? Share the story if you're comfortable.

Start thinking.

- Read Isaiah 61:1–3. What phrases or promises stand out most to you? Why do you think Jesus chose to declare this prophecy “fulfilled” in Luke 4?
- Verse 3 mentions a “garment of praise instead of a spirit of despair.” How does this image speak to you personally? What does it look like to wear praise?
- The Hebrew word *tehillah* is about proclaiming God's excellence in song. Why do you think singing is such a powerful form of worship?
- Read Exodus 15:11. What does this verse teach us about praising God for His uniqueness? How might your own story be a song of praise?

Start sharing.

- Pastor Troy said, “You should have your own *tehillah*.” What might your personal song of praise to God include? (Even if you don't write songs, what would be your “lyrics”?)
- Which burdens are you currently carrying that God may be inviting you to trade for the garment of praise?
- Are there any areas of guilt, shame, regret, fear, or grudges that are weighing you down? How might worship help you process and release these?
- Pastor Troy reminded us that *tehillah* is often plural. How has corporate worship (singing together) encouraged you lately?
- Why do you think music is so effective at evangelism and spiritual breakthrough?
- What might it look like to help someone else discover the “freedom of praise” this week?

Start praying. Be bold and pray with power.

God, Just as You sent Jesus to preach good news, heal the brokenhearted, and proclaim freedom, I ask that You would empower me to do the same. Help me to be a vessel of Your love and grace, bringing comfort to those who mourn, and turning their sorrow into joy. May my life be a testament to Your transformative power, reflecting Your beauty and praise. Amen

Start Doing. Commit to a step and live it out this week

- Start each day this week by declaring one new reason to praise God before asking Him for anything.
- Try writing your own short *tehillah*—a few lines of praise that reflect your gratitude or awe for who God is.
- Invite someone to church—not just to attend, but to experience God through praise.