

GRANT HILL MISSIONARY BAPTIST CHURCH

SUNDAY SCHOOL ADULT LESSON GUIDE

JULY 2023

2023 THEME:

We're In This Together



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July 2023

THIRD QUARTER



UNIT 7: PRAISE CHANGES THINGS

Our Unit theme for the month of July is... Praise Changes Things. The purpose of praise and worship—as it relates to singing, dancing, and praying—is to create an intimate space between you and the Lord, allowing God to speak directly to your heart in such a way you are drawn nearer to Him. As a result, He is glorified, and you go deeper into your identity in Him. Praise also prepares our hearts for God's Word by steering our attention away from our problems and back onto His greatness! It prepares us to receive what God wants to do in our lives throughout a church service, small group or even as we seek Him on our own. Praise is powerful!

*Theme: We're In
This Together*



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Lesson 1

July 2, 2023

Unit 7: Praise Changes Things

Lesson Topic: What is Praise?

Lesson Scripture: Psalms 9:1-11; Psalms 150: 1-6

Key Verse: Let everything that has breath praise the Lord. Praise ye the Lord. -Psalm 150:6

Essential Question: Is there a time and a place where we shouldn't praise the Lord? What is the last place you were where you did not feel comfortable praising the Lord?

Lesson Aims

At the end of this lesson, the participant will be able to understand:

1. Why it is important to praise God everywhere we go and in every circumstance.
2. Our praise comes from a place of honor and appreciation for God.
3. Praise should never stop and it's always in order.

Introduction

As we approach our unit topic for this month, it is fitting that we begin with a discussion of the meaning and importance of praise. Like a lot of things in life our praise may become routine. But praise should not be something that we should have to be prodded or persuaded to do. It should be pure and natural because it comes from a spirit of gratitude, and it comes from the heart. Therefore, praise should be spontaneous because it should always be in your heart and on your mind. As it says in Psalm 145:3 "Great is the Lord and greatly to be praised, and his greatness is unsearchable. God is worthy of all our praise.

Exposition

What is Praise?

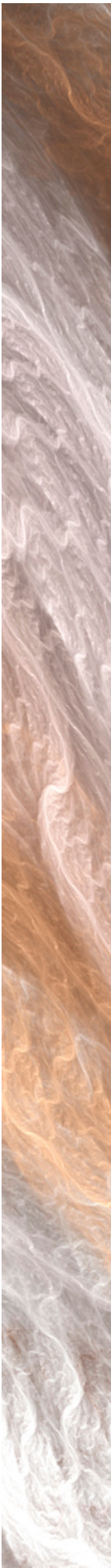
Praise in the original Greek means to sing, tell of, to give, or confess. In simpler terms it means to be thankful for God's blessings, and to declare that good news to God and to others.

What does it mean to praise the Lord?

Praising the Lord is about offering up our hearts, mind and spirits to the Lord – every moment of every day. The Psalmist understands this praise. He sees God handiwork in creation and praises him in the heavens. He acknowledges God's mighty deeds done on his behalf. The Psalmist calls himself and us to whole-hearted worship and adoration for the King of Kings and the Lord of Lords.

Who should Praise the Lord?

Read Psalms 150:6



Lesson 1

July 2, 2023

Unit 7: Praise Changes Things

Lesson Topic: What is Praise?

Why should we praise the Lord?

1. The Bible commands it
2. Praise gives us access to God
3. Brings us into His presence
4. Praise promotes productivity
5. It chases away despair
6. It is an effective weapon against the devil
7. God is worthy of it

Source: [Research.lifeway.com](https://www.research.lifeway.com)



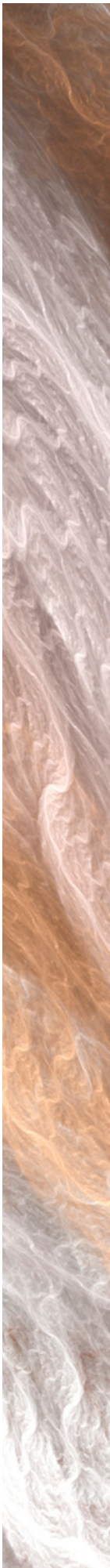
How should we praise the Lord?

Read Psalm 150: 1-5 and Psalms 9:1-11



The Lesson Applied

There is no perfect formula for praise, but praise always begins with a choice to bring yourself before the Lord. Prayer is a good place to start, but we must also give praise and honor to the one who is worthy of our praise. We have seen in Psalm 150 that that we are to praise the Lord, not only with our lips, but with a variety of instruments. The book of Revelations tells us that in the end times, all of God's people will join in eternal praise to God. It has been said that our worship of God on earth is simply preparation for the celebration of praise that will take place in eternity. In other words, this is just a rehearsal, cause when we get to heaven ... We will close today's discussion with Psalm 34:1



Lesson 2

July 9, 2023

Unit 7: Praise Changes Things

Lesson Topic: Giving Thanks to God

Lesson Scripture: 1 Thessalonians 5:16-18

Key Verse: "In everything give thanks for this is the will of God in Christ Jesus concerning you."
V 18

Essential Question: Can you be thankful for the things that cause you pain?

Lesson Aims

The participants are to understand that:

1. Giving thanks to God is His will for us, and our choice whether we obey Him.
2. Giving thanks to God is a discipline we must master.
3. Giving thanks to God is a matter of the heart, not the mouth.
4. Praying and rejoicing in God helps us be thankful.

Introduction

Many people think about being grateful for the big things, the unexpected, the miraculous, the highly significant things in their lives. Yet take the little things for granted. It's easy to thank God when everything is going well. But how can we be thankful when things are not going well? Especially when life is handing us lemons: like being wrongly accused, or criticized, or when we are suffering. When prayers aren't answered, when plans get rearranged not by our choosing, or when dreams take too long. Thanking God is the last thing we think about. My thankfulness doesn't flow so easily or spontaneously during those times. The Bible says having a thankful heart is God's will for you in Christ Jesus. And the more we give God thanks, the more we see Him working in us and around us. Giving thanks helps us sense His presence, His love and His perfect timing. When we begin to thank God, it opens the door for God's blessings.

Thankfulness is a heart expression not a verbal expression. It's not really what we say from our mouth as much as what is flowing from within us. Isaiah 29:13

Let's see what the Bible says about giving thanks to God.



Lesson 2

July 9, 2023

Unit 7: Praise Changes Things

Lesson Topic: Giving Thanks to God

Exposition

When We Give Thanks

1. God is glorified - Our gratitude glorifies God as we exalt not the gifts, but the Giver. Gratitude helps us realize all we have is not because of us, but because of God. And as God grace reaches more and more people, there will be great thanksgiving and God will receive more and more glory. 2 Cor 4:15
2. Giving thanks puts us in God's will - We often make God's will out to be some big mystical plan when sometimes it's simply obedience. Part of His will is to be thankful not just on sunny days, but on the hard days as well. "Give thanks in all circumstances for this is God's will for you in Christ Jesus." 1 Thess5:18
3. Giving thanks brings peace - Learn to count your blessings, and not your troubles. Get rid of the worries that are keeping you up at night. Gratitude helps us see God's hand is all over our circumstances. God tell us when we give Him our thanks, He gives us His supernatural peace. Isa 26:3; A peace that surpasses our natural ability to understand. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Phil 4:6-7
4. Giving thanks draws us to God - Giving thanks for the abundance of God's undeserved kindness draws us to him. When Jesus healed the 10 lepers, we read that only 1 came back to Jesus, fell at His feet and thanked Him. Certainly, they were all happy, but only one was thankful. Then he said to the one "Rise and go; your faith has made you well." Luke 17:19
5. Giving thanks brings contentment - If we're not grateful for what God has given us, getting more won't satisfy us either. Being thankful is the key to contentment. In other words, thankfulness makes what we have enough. "...godliness with contentment is great gain. For we brought nothing into the world, and neither can we carry anything out of it. But if we have food and clothing, we will be content with these." 1 Tim 6:6-8



Lesson 2

July 9, 2023

Unit 7: Praise Changes Things

Lesson Topic: Giving Thanks to God

Exposition

When We Give Thanks (continued)

6. Giving thanks is a testimony - When we thank God openly and acknowledge what He's done for us, we proclaim a personal, caring God to the world around us. We show that contentment and peace come not from what we have but Who we know.

Developing a grateful heart brings incredible blessings! Here are a few biblical characters that displayed gratitude to God:

1. ***Daniel gave thanks despite the risk*** - The King (Darius) issued a decree that all must pray to him or suffer the lion's den. Daniel could have caved and obeyed the king, yet he remained faithful to God, and he prayed and gave thanks to God 3 times a day. Daniel chose gratitude despite the risk. Oh yeah, Daniel was thrown into the lion's den, but God shut the lions' mouths and he came out not only alive, but without so much of a scratch.

2. ***Jonah gave thanks in the belly of a fish*** - Jonah found himself in trouble of his own making. Trying to run away from doing what God called him to do (preach to Nineveh). Jonah was on a ship headed the other way when a storm came upon them, and he was thrown overboard to be swallowed by a humongous fish. He didn't sulk or give up, while inside the fish he repented and thanked God. God commanded the great fish to spit Jonah up on dry land. Jonah headed toward Nineveh to preach.

3. ***Hannah chose the Giver over the gift*** - Hannah being barren of children, endured contempt and teasing from her husband's other wife, who had many children. Hannah, being in such deep pain and anguish, couldn't even eat. While at the temple she cried to God, promising if He gave her a son, she would give him back for life-long service. God did give her a son and once weaned, she took her son Samuel to live with the priest in Jerusalem. She was deeply grateful to God by displaying her gratitude in keeping her vow to give her son back to God.

Psalm 105:1 says "Give thanks to the Lord and proclaim His greatness. Let the whole world know what He has done."



Lesson 2

July 9, 2023

Unit 7: Praise Changes Things

Lesson Topic: Giving Thanks to God

Conclusion

In summary, It can be hard to be thankful in the midst of difficulties. Paul faced many trials, yet he remained thankful even when life was hard." Read 2 Corinthians 11:24-28 and 1 Thessalonians 5:16-18. Paul remained thankful because he chose obedience and faithfulness no matter what happened. No matter what we go through, we should pray and rejoice in God, it will help us be thankful.

Our souls are refreshed as we spend time with God, concentrating on His goodness and grace. To establish a habit of giving thanks, let us recall the Lord's lovingkindness in the morning and recount His faithfulness at night. Thank Him for the many, many, blessings, but also for the deep work He is doing in us through the difficulties He allows in our lives. As we seek to see situations from His perspective, our gratitude for God and our trust in Him will grow.

Source(s):

Bible: New Revised Standard Version (NRSV); English Standard Version (ESV)



Lesson 3

July 16, 2023

Unit 7: Praise Changes Things

Lesson Topic: Thanking God for Our Salvation

Lesson Scripture: Ephesians 2:1-22; Romans 8:38-39

Essential Question: Is there a time and a place where we shouldn't praise the Lord? What is the last place you were where you did not feel comfortable praising the Lord?

Lesson Aims

At the end of this lesson, the participant will be able to understand:

1. Why it is important to praise God everywhere we go and in every circumstance.
2. Our praise comes from a place of honor and appreciation for God.
3. Praise never stops and it's always in order.

Introduction

How would you feel if you gave someone a gift or did a favor for them, and they don't even say thank you? You would think that they didn't appreciate the gesture, right? When we think about someone who sacrificed his life for us we should be, not just thankful, but grateful also. Grateful goes beyond being thankful. If we are grateful, we show our thankfulness in a tangible way. That is where our praise comes in. We praise our God to show him how much we love and appreciate him for all that he has done and are still doing in our lives. Thank you, God, for your son. Thank you, Jesus, for your life saving blood. And with that being said, let us go into the exposition of today's lesson.

Exposition

What does the Word say about Salvation? (Ephesians 2:1-22)

Verse 8 - By grace we are saved by faith, not of ourselves, but it is a gift from God

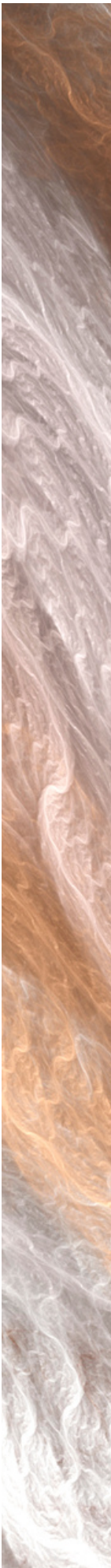
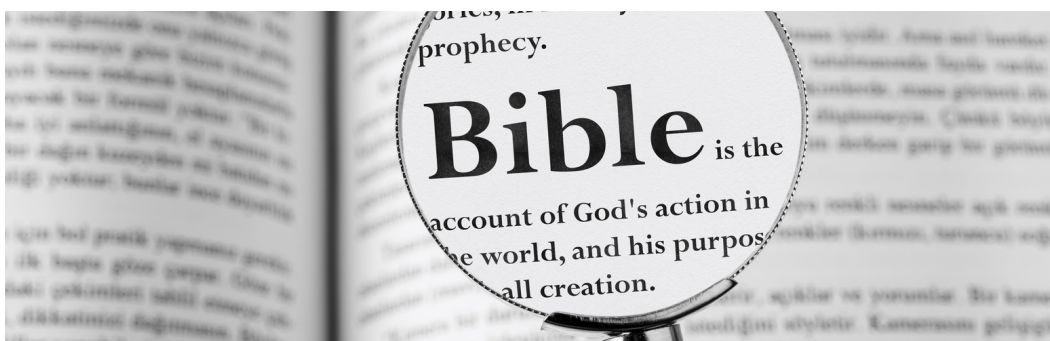
Verse 9 - Why can't we boast about our salvation?

Verse 10 - Why did Paul say that we are "God's handiwork?" Your work has been laid out for you

Verses 11-13 Paul tells the Ephesians that they were once separated from God because they were gentiles and therefore separated from Christ, excluded from citizenship and foreigners to the covenants of the promise, without hope and without God.

Can you identify with the Ephesians in their situation?

BUT NOW, in Christ Jesus, who was once far away, you have been brought near by the blood of Christ.



Lesson 3

July 16, 2023

Unit 7: Praise Changes Things

Lesson Topic: Thanking God for Our Salvation

Exposition

What does the Word say about Salvation? (Ephesians 2:1-22) (Continued)

Verses 15-16 His purpose was to create in himself one new humanity out of the two, thus making peace and reconcile both of them to God through the cross, by which he put to death their hostility.

Verses 19 - 20 You are no longer foreigners and strangers, but fellow citizens with God's people and members of his household, built on the foundation of the apostles and prophets, with Christ Jesus Himself as the chief builder.

Verses 21-22 In him the whole building is joined together to become a holy temple in the Lord, and in him you too are being built together to become a dwelling in which God lives by his Spirit.



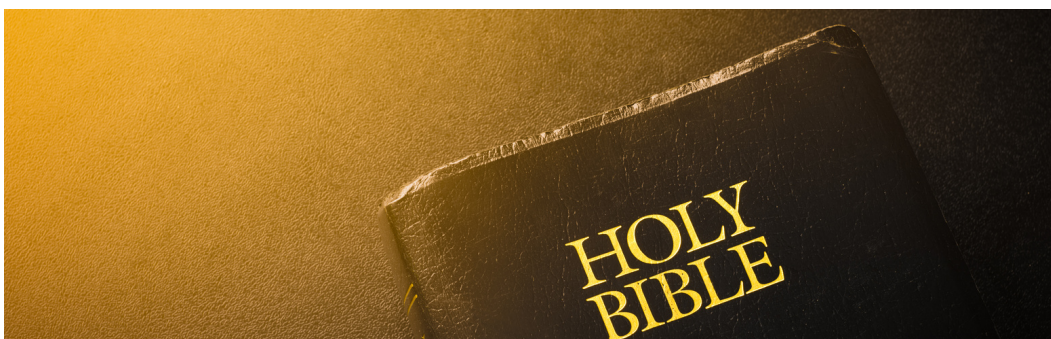
The Lesson Applied

Why should we be thankful for our salvation?

1. Because of our relationship with him (Romans 8:38 - 39)
2. Because of everlasting life
3. Because of God's grace and forgiveness
4. Because of his creations (How would life be without the other things that God created?)
5. We should be thankful for his words (Hebrews 4:12)
6. Because of fellow Christians who help along the way (Hebrews 10: 25)
7. Because we are never alone (Joshua 1:9)

There are so many reasons to give thanks to God for salvation. No matter what earthly things you don't have, you have heavenly blessings that you can be thankful for no matter what.

Source: www.dailyshepursues.com



Lesson 4

July 23, 2023

Unit 7: Praise Changes Things

Lesson Topic: Focusing Our Hearts on God

Lesson Scripture: Psalm 46:10

Key Verse: "Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" we are reminded to "be still and know that I am God." This profound passage teaches us that in moments of perfect peace and stillness, we can connect to someone more powerful than ourselves—God himself.

Essential Question: What does the Bible say about focusing on God?

Lesson Aims

At the end of this lesson the participant:

1. Will understand how to stay focused on God.

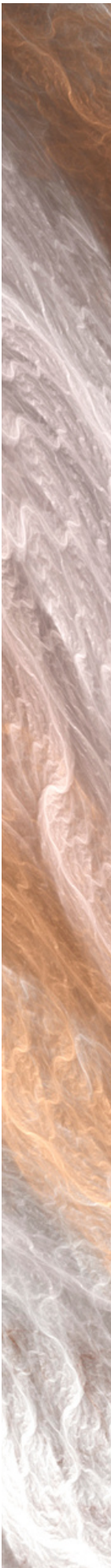
Introduction

Our topic for today is "Focusing Our Heart on God." Focusing on God is very important because it allows us to draw closer to God and find peace in this world. When we get lost in our thoughts of worry and anxiety, we can become exhausted by what is happening around us. Focusing on God is a spiritual practice that helps us grow in our relationship with Him. The Bible tells us, "The Lord is my strength and my shield; in him my heart trusts (Psalm 28:7)." To focus on God, we must develop the habit of spending time each day connecting with God in prayer and studying His Word.



Exposition

Colossians 3:2, ESV... Set your minds on things that are above, not on things that are on earth. We must always remember that setting our minds in this world is temporary and foolish but setting our minds to heaven where God is seated is eternal and gaining. Matthew 6:24, NIV states that... No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. Having a "focus" in your life means that something has become central to who you are and what you do.



Lesson 4

July 23, 2023

Unit 7: Praise Changes Things

Lesson Topic: Focusing Our Hearts on God

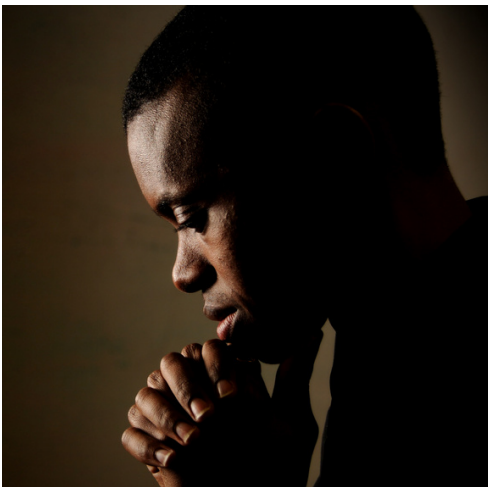


Exposition (continued)

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. Focusing on God is important because it helps us maintain a relationship with God and recognize His infinite wisdom. We can develop our spiritual maturity. We can understand the truth and discern right from wrong according to the word of the Bible. Apart from this, when we center our attention on God, we are closer to Him and will experience His love, grace, and mercy.

It strengthens us during challenging times and encourages us to live a life of holiness, according to the Bible. We can seek God's help for all our needs and problems because God will provide us with grace, peace, and comfort in all our troubles. Focusing on God's love helps us to be more compassionate and kinder to others. We can learn how to forgive those who have wronged us, show love and kindness towards our family members and neighbors, and reach out to the needy.



The Lesson Applied

- We must be intentional about spending time with God every day, even if it is only for five or ten minutes at a time. This can help us recognize and trust God's presence in our lives and find the guidance we need.
- Praying is one of the best ways to focus on God. Not only does it help us connect with Him in a meaningful way, but it also helps us express our thoughts and feelings and ask for His help.



Lesson 4

July 23, 2023

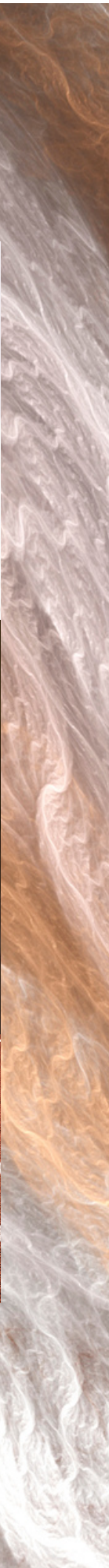
Unit 7: Praise Changes Things

Lesson Topic: Focusing Our Hearts on God

The Lesson Applied (continued)

- We should prioritize prayer each day and use it as an opportunity to thank God for all the blessings and everything He has done for us. Praying can be done anywhere, at any time of day or night. As you wake up, make it a part of your morning routine to thank the Lord for waking you up.
- Expressing gratitude to God for the littlest things is considered a prayer. Praying is a wonderful way to refocus our minds on the Lord and keep Him in our thoughts throughout the day.
- The Bible encourages us to keep our focus on God. He is the source of all good things, and by placing our trust in Him, we can find lasting joy and peace. We must humbly accept His will while living a life of loving service to Him and others.
- By setting our minds on spiritual matters, we are promised spiritual rewards, which can provide the strength and solace to carry on in times of difficulty. Our faith must focus on God's plan for us, which has already been laid out for us in His Word. It is only through such devotion and faith that we can be assured of an eternity spent with our Heavenly Father.

Source: Google



Lesson 5

July 30, 2023

Unit 7: Praise Changes Things

Lesson Topic: Praise Is A Spiritual Offering

Lesson Scripture: Hebrews 13:15-16; Psalms 145:1-21

Key Verse: Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of our lips that openly profess his name. –Hebrews 13:15

Essential Question: Which is more pleasing to God, our monetary offering or our praise offering?

Lesson Aims

At the end of this lesson, the participant will be able to understand:

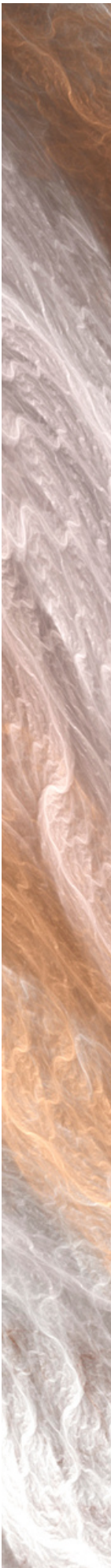
1. That God requires our praise in return for all that he does for us.
2. Our praise is a sacrifice that we make to show appreciation to God.
3. God is worthy of all our praise. We can never praise him enough.

Introduction

God not only told us to bring our tithes and offerings into the storehouse, but he also told us to enter into his gates with thanksgiving and into his courts with praise. Malachi 3:10 tells us that we must bring our tithes and offerings into the Lord's storehouse, but we are also required to give the sacrifice of praise in addition to our financial offering. Just as they gave offerings of sheep, goats, and turtle doves that were burnt on the Lord's altar in the Old Testament. After Jesus' death and resurrection God no longer required animal sacrifices because Jesus blood paid the price for our sins. Instead, God requires a sacrifice of praise, a spiritual offering as a way to show our appreciation for the one who died for us and delivered us from sin and condemnation.

Exposition

Our praise offering must declare that God is worthy of our praise. It is not always easy to take the spotlight off self and place it on God. That's why it is called "a sacrifice of praise."



Lesson 5

July 30, 2023

Exposition

It is costly because no matter what we are going through – sickness, loss of loved ones, financial hardship, breakups, divorce, or just living in a broken world – we still must give him praise.

Sometimes we may not have the desire to praise God, but we must praise him anyway.

Sometimes we have to praise him in spite of and not just because of.

The other side of the coin is that we can't forget to praise him when things are going well. When it seems like you have it all together don't dethrone God from his rightful place as Lord of your life. In the sunshine as well as in the rain, on the mountaintop as well as in the valley, don't forget who brought you out. Deuteronomy 6:12 says "Be careful that you do not forget who brought you out of the land of Egypt, out of the land of slavery." Who brought you out of your Egypt?

Learn to give thanks to God in all circumstances: for this is the will Of God -1 Thessalonians 5:18 Praise keeps us focuses on where our joy comes from, and as a result where our strength comes from – Psalm 28:7.

Whether through prayer, meditation on God's word, thanksgiving or praise, we can lift tired hands and continue to give our offering of praise to the God of our salvation.

Read Psalm 145:9-13

1. The Lord is good to all and has compassion on all that he has made
2. All of his works praise him
3. His faithful people extol (praise very highly) you and they tell of your glory and speak of your might
4. They tell all of the people of your mighty acts and the splendor of your kingdom
5. Your kingdom is everlasting, and your dominion endures through all generations



The Lesson Applied

Praising God is important because it shows our submission to him as well as our thankfulness for all that he has done for us. When we take the time to praise him, we are acknowledging that he is worthy of our attention and adoration. As an added benefit, when we praise Him we are able to experience His joy. So, in conclusion although we consider it a sacrifice at times it is worth it when we think of the benefits of our praise. We get to walk in God's love and protection while we are here on this earth, and we get to bass in his glory throughout all eternity. Sounds like a good deal to me, what about to you?

