



## The Valley of Beracah: Releasing the Power of Praise and Thanksgiving – Week 2

### DISCUSSION GUIDE

#### Overview

In this second message of our *Thank You Note* series, we will learn how to release the power of praise and thanksgiving. We will also learn how God handles our battles when we cry out to Him.

#### Discussion Questions

No matter what problems we may face, we have to remember that Jesus has overcome the world. **John 16:33** says, “**These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.**” Our peace comes from Christ so we have to remember how to stay in an attitude of gratitude at all times.

**1 Thessalonians 5:16-18** says, “**Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.**”

- What makes it challenging to stay rejoicing and thankful in everything? How do you get yourself back on track?

#### From Trouble to Victory

King Jehoshaphat and the Judeans were facing a difficult situation. Let’s see how their attitude of praise and thanksgiving led them from trouble to victory.

##### 1. Their Cataclysm

King Jehoshaphat is facing some trouble. The Moabites, the Ammonites, and some Meunites are on their way to attack Judah. **Psalm 121:1-2** says, “**I will lift up my eyes to the hills—From whence comes my help? My help comes from the Lord, Who made heaven and earth.**”

- Do you have people you trust who will remind you to look to the Lord when you are facing trouble?

##### 2. Their Cry

King Jehoshaphat called for a fast throughout the land, and he cried out to God. **1 John 5:14-15** says, “**Now this is the confidence that we have in Him, that if we ask anything**

**according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."**

- How can we remember that God not only hears us when we cry out to Him but He also helps us?

### **3. Their Crisis**

We may not be facing a physical war with approaching enemies, but we each have problems that we encounter.

- Who can you call on to pray with you during difficult times?

### **4. Their Confidence**

Like Jehoshaphat and the Judeans, we do not have to be afraid. **Isaiah 41:10** says, "**Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.**" We have confidence that God is always with us.

- What Scriptures remind you that God is always with you?

### **5. Their Course**

The way to stay faithful and confident is to stay in a position of praise and thanksgiving. **2 Chronicles 20:21** says "**And when he had taken counsel with the people, he appointed those who were to sing to the Lord and praise him in holy attire, as they went before the army, and say, 'Give thanks to the Lord, for his steadfast love endures forever.'**" (ESV)

- What are three things you can thank the Lord for in your current circumstances?

### **6. Their Conquest**

While the Judeans were singing and praising God, He took care of their enemies. **Psalms 34:1** says, "**I will bless the Lord at all times; His praise shall continually be in my mouth.**"

## **Life Challenge**

This week, choose ways to remain in a mindset of praise and thanksgiving. Remember a specific time when He helped you in a difficult situation, and be grateful for the past and future victories God has won for you.

## **Prayer**

*Dear Lord, Thank You for all that You have done for us. Thank You for never leaving us and hearing our cries for help. Open our hearts to remain grateful to You. Allow our praise to pour out and show others how great You are. We love You, Lord, and we are glad to have a relationship with You. Amen. Pray for the specific needs for the group.*