



## Psalm 33 - "It is fitting for the upright to praise him"

Praising God is one of the characteristics of the upright. It is natural and it is fitting. Joy, gratitude, and worship flow out of a heart that is right with God.

Read Psalm 33. If your environment allows, read it out loud 3 times.

There is something powerful that happens when we speak praises to God. We declare the truth about God and where there is truth, there is freedom.

The ESV Study Bible breaks up Psalm 33 into five parts:

Vs 1-3 – Call to Sing Praises

Vs 4-9 – God's Word is Upright

Vs 10-12 – God's Will Prevails

Vs 13-19 – God's Gaze Discerns All

Vs 20-22 – We Hope in God

Pick one part of this Psalm to focus on today. Read it again.

1. List all the truths or encouragements that you find in these verses.
2. How could these truths or encouragements lead people in greater freedom?
3. What is your favorite phrase or verse from the Psalm? Why?

Application: How can the truths or encouragements you read about today lead you into a heart of praise? Spend a few moments and talk to God about these things.

Bonus: Ideas for Practicing Praise

Keep a gratitude journal, listen to praise music, sing, do an art project that reflects God's heart, read praise Psalms, write a Psalm, take a walk, run, or drive and thank God for what you see, hear etc. Begin praying by thanking God for who he is and what he has promised.