

# STOP, DROP, AND PRAISE

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## SERMON NOTES:

The enemy isn't fighting you because you're weak, he's fighting you because of your purpose.

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."*

— **Jeremiah 29:11 (NLT)**

*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

— **Psalms 139:13-14 (NIV)**

*Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.*

— **Psalms 23:6 (NLT)**

*But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.*

— **John 4:23 (ESV)**

*Let everything that has breath praise the Lord.*

— **Psalms 150:6 (NIV)**

## *Hope City*

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

– **1 Peter 5:8 (NLT)**

### 1. *Your Praise Is Valuable*

*I will bless the Lord at all times; His praise shall continually be in my mouth. My life makes its boast in the Lord; let the humble and afflicted hear and be glad. O magnify the Lord with me, and let us exalt His name together.*

– **Psalm 34:1-3 (AMP)**

*Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength.*

– **Habakkuk 3:17-19 (NIV)**

*Let the redeemed of the LORD say so, whom he has redeemed from trouble.*

– **Psalm 107:2 (ESV)**

### 2. *There Is Traction In Your Praise*

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect*

– **Psalm 23:4 (NLT)**

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

– **Isaiah 43:2 (NIV)**

### 3. *There Is Breakthrough In Your Praise*

## *Hope City*

*About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.*

**— Acts 16:25-26 (NIV)**

*But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God's instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you—from nothing to something, from rejected to accepted.*

**— 1 Peter 2:9-10 (MSG)**

### DISCUSSION GUIDE:

1. In what areas of your life do you feel like the enemy is attacking you right now?
2. What do you need to start praising God for?
3. What tends to distract your praise?
4. What's one practical step you can take this week to protect your praise?
5. What breakthrough are you believing God for in your life?