



# Praising God in the Psalms

Praising God isn't always easy in this troubled world. But we can find help in Scripture when we praise God through the psalms. David didn't limit his praise time to periods of peace and joy; he praised God in tough situations as well. So whether we feel joyful or heartsick, worshipful or despondent, we can turn to the book of Psalms and use David's words of praise when we can't find any of our own.

## **Do you find it easy to praise God today? or difficult?**

Examine the emotions in your heart and find a psalm of praise to use today.

**When you feel joyful:** Psalms 9, 16, 22, 33, 98, 126

**When you are thankful:** Psalms 100, 107, 118, 136, 138

**When you are in awe of God:** Psalms 8, 18, 19, 29, 103

**When you feel sad or despondent:** Psalms 30, 42, 43, 116, 143

**When you are lonely:** Psalms 27, 40, 68, 90

**When you are in distress:** Psalms 4, 24, 46, 102

**When you need of forgiveness:** Psalms 32, 85, 103

**When you are waiting:** Psalms 27, 40, 130

**When you feel afraid or anxious:** Psalms 34, 37, 56, 91