



**Experience 36:
Praise and Worship**

Monday, March 1, 2021

Isaiah 26:3-4

Lord, you will give perfect peace to those who commit themselves to be faithful to you. That's because they trust in you. "Trust in the Lord forever. The Lord himself is the Rock. The Lord will keep us safe forever."

Charles Spurgeon, a great preacher who happened to suffer from depression and anxiety, said, "I have learned to kiss the wave that throws me against the Rock of Ages."

Kiss the Wave...Did we read that correctly?

Mark Batterson in his recently released book *Win the Day* says we have to learn to kiss the wave if we are to become the sort of people we want to be and God desires us to be.

Kiss the Waves...Did we read that correctly?

In a world that lets us flounder in our waves, sometimes even letting us bounce around in them like a buoy, we often find ourselves feeling stuck as victims of the waves.

I find it so helpful to realize that the waves that throw me into the Rocks- those waves are a result of our broken world, they are a result of

our enemy, or they are a result of my own sin. Sometimes all three work together against me. I don't see these as God's plan; rather, I see God's plan coming to fruition in spite of these forces that oppose His purpose in my life.

When the waves come, can we place our trust in a good and holy God? We do just that when we Praise and Worship Him, no matter the current state of our circumstances. I'm not suggesting we worship the wave- but that even in the waves we can choose to worship God, the Giver of Peace.

As we talk about Praise and Worship for the last time in this series- can you praise in midst of pain?

Can we kiss the wave?

Actions to take

- In your journal write down some of the waves that happened in your life. Maybe these are recent or farther in the past.
- After each one, spend some time asking God for the good that came out of that wave/experience. Remember that to see the good coming out of it is not the same as saying God caused the wave, but rather recognizing that He used it.
- Listen to the Song Kiss the Wave by Awaken Worship, <https://youtu.be/2-E3JI48IEc>
- Spend some time in reflection and prayer thanking God for his Peace and Providence during the storms of life that have come and those yet to come.