

## **Praise Him in the Process**

### **Ready:**

“Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name.” -- Hebrews 13:15

### **Set**

Have you ever been in the middle of a season, and you are not even close to the goals that you had prepared for all season? Have you ever wondered why you are rehabbing an injury instead of scoring goals for your team? Have you ever found yourself wondering what's the use of even trying when it looks like the only field you will see all season is the practice field? Yet, it's in these moments when you need to fix your eyes on Jesus, trust Him in the process and better yet, *Praise Him in the process*.

It's easy to trust God and praise Him when things are going well. You can praise Him all day when you are on a winning team or apart of the starting line up! Life is good when you are receiving pats on the back and being carried off the field on the shoulders of your teammates, but true character is often revealed during the lowest moments of the season.

Several weeks ago, I started on a journey of running again. I had started running when I was six years old; something that I loved to do. Now I am almost 50-years old, not the athlete that I was and many injuries later, I just wanted to complete this simple 5k run. I found myself wanting to quit during the first mile. My legs were already heavy, and my stomach was beginning to turn on me. I found myself frustrated with God. I was trying to improve my health and take care of my temple. “Why can't I complete this simple run, God?” It was then that I heard a small voice, “You are focused on the finish line and not focused on the process. Will you praise Me in the process?” It was then that I began to praise Him; it was then that I began to trust Him. I was singing, worshipping, and lifting others up in prayer; I passed many people who looked strangely at me. I did not care because I was focused on praising Him and trusting Him during this process. God was not just talking to me about this simple 5k run but with the processes of my life. Will you trust Him and praise Him too?

People will see what's on the inside when you are squeezed during these difficult times. You can turn away from God; you can run from God; or you can place the situation into His hands. It's when you place the situation in His hands (shift away from seeking the applause, the wins, the accolades, the goals, and self) that you experience the freedom to put your focus on Him and praise Him in the process.

### **Go**

- What would “praising Him in the process look like for you?” Be specific.

- What process are you trying to rush? Or, what process do you need to give to God?
- Where can you see God in your process?

### **Workout**

2 Corinthians 4:16; 1 Thessalonians 5:16-18; Psalms 34: 1-4

### **Overtime**

“Jesus, thank You for the journey you have me on. Help me to completely trust You and praise You during this process. Strengthen me when I get weary. I pray that I continue to follow You and bring You glory. Use me, so others may know You.”

### **Bible Reference:**

Hebrews 13:15

2 Corinthians 4:16

1 Thessalonians 5:16-18

Psalms 34:1-4



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