



## **Week 1: Crying Out In The Storm**

### **Main Idea:**

Worship is choosing praise in the storm because Jesus is good.

Worship isn't about escaping the storm; it's about encountering Jesus in it. When we cry out honestly, He meets us there, lifts us up, and reminds us that He's worthy of our praise no matter what we face. But it is a choice.

### **Scripture Reading**

Matthew 14:22–33

Psalm 34:1–4

### **1. I Will Praise Because Of What Jesus Has Done**

Faith grows in the tension between fear and obedience.

#### **What Jesus Has Done:**

- He called us when we were still far off
- He reached down when we were sinking in sin
- He brought us up into new life

**If Jesus never did *another thing* for us, the Cross and His saving grace would still be enough reason to praise Him forever.**

#### **Practice:**

Write your own Psalm. Your song of rescue.

#### **Journal your story like David did:**

- Where were you when Jesus called your name?
- What did He save you from?
- How has He reached out His hand to lift you up?

## **2. I Will Praise Because He Meets Me In The Storm**

- Jesus is present before the fall, faithful during fear, and near enough to reach when we call.

**Worship isn't about escaping the storm, it's about encountering Jesus in it.**

### **Psalm Prompts:**

- **Psalm 34:17–18**
- **Psalm 61:1–2**
- **Psalm 56:8–10**
- **Psalm 77:1–2,10–12**

## **3. I Will Praise Because Of Who Jesus Is**

**Worship starts when we recognize Jesus, even when the storm hasn't stopped.  
Our praise is based on Who He is, not on how we feel.**

### **Psalm Prompts:**

- **Psalm 18:1–3**
- **Psalm 46:1–3,10**
- **Psalm 91:1–4**

**Worship is the compass of our hearts.  
It keeps us pointed toward Jesus, no matter how rough life gets.**

## **4. Practice – Write Your Own Psalms – Weekly Practice:**

- **Journal your psalms:** raw, honest prayers that reflect joy, fear, anger, hope, faith.
- **Be honest:** “Lord, this is what I’m feeling.”
- **Speak truth:** “But I know You are faithful.”
- **End with faith:** “Still, I will praise You.”

### **Example:**

“God, the storm feels overwhelming right now, but You are my peace. Even though I can't see what You're doing, I will praise You.”

### **Next Step:**

Bring your psalms to our Night of Worship on Wednesday, November 12.