

# Praise in Dark Times

When you think of praise, what comes to mind? Is it exuberance, smiles, and joyful singing? What about when you're grief-stricken, sad, overwhelmed, angry about injustice, and basically anything but happy? Can you praise God then? Your behavior in these situations reveal a lot about the state of your faith. Join us in the book of Habakkuk as we explore whether praise is possible or even fitting in the varying circumstances of life.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- Is being happy or joyful a prerequisite for giving praise?
- Have you ever struggled to attend church, read your Bible, or pray during times of sadness, grief, or anger? Reflect on that time and write down why it was a struggle.



**LISTEN TO THE EPISODE:** [Praise in Dark Times](#)

**READ** [Habakkuk 3:17-19](#)

**REFLECTION** After listening, consider the following questions:

- When has fear challenged your ability to have or keep faith in God's promises? In which of your life circumstances are you most challenged to live by faith?
- Have your circumstances ever led you to question God's existence? Have you ever been tempted to give up your faith? What helped bring you back to faith?
- In segment 3, host Scott Hoezee says "it is going to be our job as people of faith...to still find reasons to take joy in God." When you've experienced hard times in life and you made the choice to stick with God, what brought you joy? Or is there currently something in your life you have faith in God in spite of?
- Identify your community of believers. In segment 3, hosts Dave Bast and Scott Hoezee discuss the reality that faith is lived out between "the though and the yet," referring to [Habakkuk 3:17-18](#). How can you be aware of the many places between "though" and "yet" in which you and other believers in your community are stuck? Are you faithfully present in those relationships so that you can sing and confess faith when someone else's faith needs to be carried along or so that they can sing when your faith needs carrying?

**RELATED PASSAGES** for further study

[John 6:60-71](#), [Job 1 especially verses 21 and 22](#), [Psalm 13](#)

## CONCLUSION

Write a letter to yourself about who God is and what he has done in your life, your testament of faith - like Habakkuk's prayer in [Habakkuk 3:17-19](#). Revisit this letter in times when you need strength to live by faith in spite of life's circumstances.

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<https://groundworkonline.com/episodes/praise-in-dark-times>

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