

## THE GOOD LIFE 1 – ‘Praise’ (2 Sam 6:1-5,16-22, Eph 5:1-2,15-20) BCP

Wonder if you remember the classic 1970s sitcom ‘The Good Life’? Tom and Barbara give up 9-5 to live sustainably growing own food, etc. Great series, also yapped into developing dissatisfaction with modern living. But question an age-old one and still worth asking today:

**What is The Good Life? What things do we need for The Good Life?**

**What makes life work?** Start a new series today and fundamental contention is this: God knows: He has a plan for what the Good Life should be for us – He made us in his image, and knows how life works best.

If we go back to the OT we’ll see that He gave his people a pattern for their lives – some things that were really important and would help them to live well. Going to look at these over next 2 months – today Praise, then (after Lou’s leaving next week) Sabbath, Covenant, Restitution, Hospitality, Jubilee, Refuge & Blessing

**But today, we begin with PRAISE.** God wants us to praise Him, he thinks that’s really important? **But why?**

Well, lots to praise him for – every good thing is a gift from God (breakfast – God made food / wearing clothes – God made cotton plants, sheep, cows / people that we love).

Also Jesus, Spirit, prayer – list goes on!

*Imagine if you woke up today  
only with what you thanked God for yesterday? (REPEAT)*

So here’s some other reasons:

**It’s natural** – when we see something great we say **WOW** – can’t help it. What makes you go wow? Maybe a view (bluebells) / event (Glastonbury) / experience

**It helps us love God more** – saying thank you does that. When you thank someone not only do they love it, but you remind yourself how much you like/love them – SAY THANK YOU!

Same with God too – why praise God every time we meet.

**It helps us see life right** – **SHOW GLASS** – half full or half empty? Life's like that – if don't praise God, like focusing on top half of glass, looks empty – if praise God, like focusing on water, looks half full.

Praising God increases our ability to trust Him, to believe that He's in charge of our lives. It lifts our eyes, so we can see over our problems. Praise helps us to see life right.

**How should we praise?** With all of us. Not just with our lips, but with our hearts and minds and even our bodies.

Story of David tells us that. David got very excited. READ v5 'celebrating with all their might'. God loves us to get excited about him. Shouting, dancing is all OK.

Warning here, too, isn't there? One of David's wives Michal didn't like it at all and she told him off when he got home. READ v20 'Worship should be quiet and dignified, as befits a king.' How does David respond? v21 'I will celebrate before the Lord, and frankly, I'll become even more undignified, it that's what it takes.'

CofE has always been suspicious of emotion in church (look at National Service of Thanksgiving – great occasion and worthy subject but singing was embarrassing). Sense that proper worship is solemn and dignified – don't look like you're enjoying it.

King David, most highly praised of all worshippers, challenges that. God is worth getting excited about. We're here to worship Him, that's what matters. So feel free to worship however you wish. God looks at your heart, and he loves it when we praise him. *It's natural, it helps us love him more and it helps us see life right.* PRAY.