



# EPISODE GUIDE

## PODCAST #475: "PRAISE THE LORD" BY MICAH TYLER

### Bible

Read and re-read Psalm 103 this week. Try reading in various translations over several days.

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### Interact

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Underline the characteristics of God in the text. Look for adjectives like "gracious" or "merciful" (or forms of those words), but also verbs like "heals" or "satisfies."

### Tool

Take the BITE of considering the opposite. Choose a word from the text (like bless/praise) and look it up in an online thesaurus (like wordhippo.com) and look at the antonyms to get an idea of what the opposite is...and thus a better idea of what God intends.

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### Exercise

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Take everything you've learned to change how you pray and praise God. If you've ever wondered how to deepen your praise, deepen your knowledge of God. Now, the next time you sing "Praise the Lord," ponder the rest of what you've learned.