

A waltz of praise

*All my days,
I will praise*

Leader's guide

This lively song from Edward Mylechreest is sure to capture the imagination. The lyrics remind us to praise the Lord however we can, at all times and in all situations.

Warm-up

There are plenty of words to fit into this song. Before tackling them, stretch and increase blood-flow to the lips and face muscles using some exercises, for example repeating the words 'sticky toffee' for 45 seconds. Use these along with some tongue-twisters, for example, 'Red lorry, yellow lorry, red lorry, yellow lorry' or 'A proper cup of coffee from a proper copper coffee pot', either spoken or sung, to ensure the singers are aware of the importance of good diction.

Prayer

Take turns around the group to say different things you are thankful for. Finish this sentence: 'I am thankful to God for ...'. Examples might include family, friends, pets or food.

Dear Father God,

We praise you. We are thankful for everything you have given us, including (use a few examples the group just mentioned). May we never forget how favoured and blessed we are. Amen.

Bible verse

'Sing to the Lord,
praise his name;
proclaim his salvation
day after day.'

Psalms 96:2

Activity

One member of the group starts by saying, 'I woke up this morning and I ... (something starting with the letter 'a', eg) ate an apple.' The next group member must repeat what the previous person said and then add an activity beginning with the letter 'b' – for example, 'I woke up this morning, and I ate an apple and brushed my hair.' Keep going around the group following the next letter of the alphabet until someone forgets or time runs out.

Throughout each of these activities in the morning and the rest of the day, we should praise the Lord for all he has given us.

Thought

Praise is often connected to other words, such as thankfulness and admiration. Some days it feels easier to praise God than other days. As the song tells us, even on the days when things are making us feel down, we can still praise him.

The Bible is filled with stories of people who continued praising God even when they were struggling. One of these stories is about a man called Job. He was a very fortunate man until it was all taken away. He lost his money, family and wealth. Despite all his losses, Job continued to celebrate God's goodness. We are very fortunate to have so much. This can include simple things like having access to running water, a bed to sleep in, and family and friends who care for us. It is important for us to praise God and never take anything he gives us for granted.

Personal challenge

Every day, start your day by thanking God. Write on a sticky note, 'All my days, I will praise.' When you get home, put the note in an obvious place. This could be next to your bed or on the kitchen fridge. Every time you see this note stop and thank God for something he has given to you.

Group challenge

Remember to share with others everything you are thankful for.

While you are singing this song, remember all the things you are thankful to God for. Ask the corps leader if it is possible during worship as a group to share a few of the things you are grateful for before singing this song.

