



Dr. Dye's Lesson Re-Cap| 06/16/24|Part4- Smiling/Praising through the pain

The following is a lesson recap of Dr. Dye's

“Smiling / Praising through the pain”

Part 4

Psalm 55

******SisStars you must be intentional about your praise! As you send Judah first you get to give God all the praise! SisStars the Psalm teaches you about praise!*

God knows your end before the beginning!

I. Smile / Praise

- ❖ When you think about a smile; it indicates pleasure in someone or something.
- ❖ Smiling is good for your health and it's contagious!
- ❖ Smiling is contagious and strengthens your immune system.
- ❖ Smiling relieves stress and is a universal symbol of happiness.

The definitions to remember in smile/ Praise

1. Smile/Praise- To express approval and have a pleasant disposition in the midst of difficult issues; to acknowledge God
2. Thought- In spite of
3. Pain – Torment, anguish, tribulation
4. Position/Posture- Take a stand and not be moved
5. Dis- To Go beyond
6. Disposition- to take a position or stand beyond what is expected in a situation.



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SisStars when you express approval and have a pleasant disposition in the midst of difficult issues: to acknowledge God. You find strength to be able to press on in spite of the pain you are going through. No matter the torment, anguish, tribulation. When you choose to get into posture and hold your position of praise in God you shall not be moved! SisStar only you can choose to dis(go beyond) in your praise which will lead to your disposition that allows you to withstand whatever trial or tribulation you find yourself going through.

Keep your Judah praise ready at all times SisStar!

II. I would just fly away

- ❖ SisStar have you ever felt like just flying away from life and it's circumstances?
- ❖ David cried out with praise when he wanted to get away from his anguish and pain and SisStar so can you!
- ❖ SisStar in the midst of your turmoil you must take the disposition to praise God.
- ❖ SisStar when you're going through focus your attention on the goodness of God.
- ❖ When you fix your focus you begin to smile and change your disposition.
- ❖ SisStar when you send Judah first you will be able to conquer whatever trial you're going through!
- ❖ When you send a Judah praise you can smile no matter what you go through.
- ❖ God gives you his light to overcome your hurt and pain!
- ❖ SisStar you have the treasure (the word of God) which allows you to smile and overcome!
- ❖ SisStar you have been deemed a victor!

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III. Pain is Pain.. but...Praise is Praise

- ❖ SisStar when your perplexed the expectation is that you will be troubled on every side.... But!
- ❖ The word “but” is a bridge of hope when you’re troubled!
- ❖ The expectancy is that when you’re going through hardships you are automatically going to be overcome...the “but” changes your disposition.
- ❖ SisStar Paul says when your distressed your really gaining strength!
- ❖ Your strength comes from the Lord; so, when you go through various trials that’s when you must use your praise!
- ❖ SisStar you know that God’s grace is sufficient for you!
- ❖ God has already given you something that allows you to overcome...it’s your praise!
- ❖ SisStar the grace that God gives you allows you to face anything that tries to come against you!
- ❖ SisStar God is leading you in the path that he wants you to go...but you must remember the power in your praise!
- ❖ SisStar God will never leave you nor forsake you while you go through!
- ❖ God is with you SisStar and you can praise through whatever pain you may be going through!
- ❖ SisStar you can go through whatever God sends you because of the power that lies within you!
- ❖ SisStar when life’s tribulations come your way remember the power in your smile!
- ❖ Send your Judah praise and God will help you in your disposition so you can move through whatever you must go through.