



The Purpose of Zoe Treks is to help you to have a meaningful 15 to 30 minute personal Bible study that will accomplish: meditating on the truth of God’s Word, applying it to your life for change, and falling more in love with your Savior.

Zoe Trek – Praise Day One

Listen Up:

Read the Word:

Read Psalms 150

Reflect on the Word:

1. In this passage, write down in your own words what is being declared:
2. Write out why you think praise is so important in our Christian walk?
3. Why do you think this passage emphasizes, “loud clashing cymbals”?

Line Up:

Time to get Personal:

1. How does giving praise to God personally help you?
2. Do we always have a choice to praise? What are some distractions that would cause you not to praise?
3. Is praising God about you or praising Him? Write out why:

Time to Pray:

Write out a prayer with multiple sentences that start with: “God, I want to praise you...”
(Ex: “God, I want to praise you even when...” or “God, I want to praise you for...”)



Zoe Trek – Praise Day Two

Listen Up:

Read the Word:

Read Psalms 96

Reflect on the Word:

1. Write out at least six actions that this passage of scripture declares for us to do:

2. List eight to ten words that describe who God is in this passage:

3. Why do you think the psalmist says for us to “Give” or “Ascribe to the Lord the glory due His name”?

Line Up:

Time to get Personal:

1. How can you personally, “Worship the Lord in splendor of holiness”?

2. List some ways of how you can “tell of his salvation from day to day” or “Declare His glory among the nations and His marvelous works among all the peoples...”?

Time to Pray:

As a prayer to God, read the Psalm again, but insert “God, I want to...” before many of the verses where it will fit. Lastly, from your heart, write out a short prayer to God listing why He is to be praised.



Zoe Trek – Praise Day Three

Listen Up:

Read the Word:

Read Psalms 100

Reflect on the Word:

1. Why is it important to understand and acknowledge that the “Lord is God”?
2. Write down 5 to 7 ways to worship and give praise to God that is proclaimed in this passage.
3. Write down 5 words that describe who God is according to this passage.

Line Up:

Time to get Personal:

1. Write down at least 5 reasons why you are thankful for God.
2. How does it make you feel to know that He made you, and that you are His?

Time to Pray:

Write out a prayer using this passage of scripture. Making it personal, write out each verse and apply it to you. (Ex: “Lord I want to shout triumphantly to You!” or “God I will shout triumphantly to You!”)