

## *Summer of Personal Worship*

### **WEEK 5 - Praise**

Have you ever been in a situation that you feel all alone? Or have you encountered a difficult situation in your life and you don't know what to do, like losing your job or suffering the loss of someone very close to your heart? Consider the good times such as when you receive a raise from your boss or earn high marks at school? What do you usually do during these moments? Praising God makes every circumstance of our lives complete, essential, and eminently worthwhile.

Praise may seem like an esoteric religious custom, but actually it is one of the most natural things in the universe. If we had the ears to hear, we would recognize a chorus of praise all around us. Throughout the whole creation, praise comes naturally, but with us humans, it seems a little harder. Because Satan has his sway with the world, we want to know why we do things that honour God and often find it easier to be suspicious and cynical rather than spiritual and sentimental about praising God. This week we will focus on praise and examine why we should praise God while reflecting on why we don't.

#### **Day 1**

Review the material below (scripture, reflection video, praise song and prayer) so as to prepare yourself for the upcoming week. Take some time to reflect on each piece and consider revisiting them from time to time during the week. Let them speak to your heart about the need to share Jesus with the lost.

#### **SCRIPTURE - Psalm 145:3 New International Version**

“Great is the LORD and most worthy of praise; his greatness no one can fathom.”

#### **REFLECTION VIDEO - *God is mighty – Psalm 139***

<https://www.youtube.com/watch?v=g0GtwpT67sA>

#### **PRAISE SONG - *Our God***

<https://www.youtube.com/watch?v=NJpt1hSYf2o>

**PRAYER** - Consider adopting this as your daily prayer for the week:

*“Wonderful Father, I come to you in the name of the Lord Jesus Christ, entering into your presence with thanksgiving and a worshipful heart. My soul will bless you for I know the reason behind my creation, and my heart desires to bring you pleasure. Praising you for your mercy and goodness in my past, offering up to you the sacrifice of praise in my present, and thank you for what you are preparing for my future – it is the joy and purpose of my life. You have chosen me in this generation to show forth your praise, expressing to all how you have called me out of my former darkness into a life filled with light. I know when I praise you I am given access to your very presence. I know that heaven opens up to my life and supernaturally intervenes on my behalf. As I magnify you, my troubles are minimized; as I worship your name, help is on the way. I choose to praise you. I refuse to permit an unthankful heart to interfere with my inheritance. My mind will be filled with thoughts about how good you are. My emotions will release their joy. My body will*

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*express itself freely. You alone are God and worthy to be praised, and I will worship none other. Praise is going before me and dealing with every evil tactic and scheme of my enemies. Thank you that I am living under an open heaven, free to praise and worship the One who loves me with an everlasting love. AMEN”.*

### **Day 2 - How to praise God**

How can we bring praise to God? What can we do to make it an integral part of our life? Praise can be expressed in song, in verse, or in prayer and it is to be done continuously! *Psalm 34:1* instructs, *"I will extol the LORD at all times; his praise will always be on my lips."* *Psalm 71:6* says, *"From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you."*

Praise to God is expressed outwardly through our everyday actions, as well as inwardly in our thoughts. Praise is an act of Christian worship. "Where do I begin?" we may ask. "How do I start praising God?" If praising God is new to you, try praising God for who He is to you, personally. Proclaim that God's goodness is without measure; it is abundant and overflowing! Here are some ways to get started:

- Praise God for His holiness, mercy, and justice (2 Chronicles 20:21, Psalm 99:3-4).
- Praise God for His grace (Ephesians 1:6).
- Praise Him for His goodness (Psalm 135:3).
- Praise God for His kindness (Psalm 117).
- Praise God for His salvation (Ephesians 2:8-9)

Praises to God can be offered anywhere! In time, it will become as normal as taking a breath. Read the following scripture and the comments preceding them and take some time to think about what they mean to you. Ask God to guide and motivate you so that you may praise Him.,

Sometimes we praise God inwardly as in *Psalm 9:2*, *"I will be glad and rejoice in you; I will sing praise to your name, O Most High."*

Other times we have opportunity to give glory and praise to our God publicly. *Psalm 22:22* says, *"I will declare your name to my brothers; in the congregation I will praise you."* Search out opportunities to bring praise to God!

### **Day 3 - Who praises God?**

Praise to God, while offered particularly by His children as the freewill expression of grateful hearts, will one day be offered by everyone! The Bible says that when Jesus comes again, all mankind will praise Him and acknowledge Him as Lord. He is King over all the earth. When we know Jesus Christ as Lord and Saviour, our hearts long to praise His name. *Philippians 2:9-11* tells us His name represents His being, describing who He is, "Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus

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every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

Last week we focused on the lost including some who may be very close to us. Re-read and meditate on Philippians 2:9-11 and talk with God about that person. Ask God to use you to help that person recognize and praises God as Lord and King.

### **Day 4 - Praise to overcome**

We live in a negative world, a fallen world where it seems that the ungodly are getting more and more prominent. So much of what we hear is just negative, and we have to make a deliberate effort to be positive and counter the culture we live in. Praise is a great tool to help us achieve that. We face a lot of tough circumstances in this life, and the world expects us to behave a certain way when problems come. But God told us to respond a different way to choose life and not let our hearts be troubled.

We have the option of following Jesus' words and acting on it. Praise warms our hearts, lifts our spirits, and reminds us that God is in control and will come again to right the wrongs the world has brought upon itself. We get to accept responsibility for our response to the world around us. But remember we aren't just elevated animals, responding to stimuli. We are created in the image of God. We can choose to live life with a purpose, give thanks and rejoice in the Lord.

Read the following scripture and take some time to think about how it relates to you. If you can't see purpose in life, then you must talk with God, asking him to help you discern His desire for you. Also, seek out another believer and share your thoughts and together you can find ways to praise God.

*"This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob" Deuteronomy 30:19-20*

### **Day 5 - Rejoice (based on thoughts from Bible.org)**

Everyone wants joy in life. Paul's words, "*Rejoice in the Lord always; again I will say, rejoice!*" are some of the simplest in scripture to read and understand. But when you examine those words, does the thought "Is it *really* possible to rejoice *always*?" come to mind. What was Paul saying? Are we supposed to walk around with a perpetual smile on our face? Is it a sin to feel depressed or sad? Are we supposed to deny pain or sorrow?

Joy in the Lord is not found in superficial happiness based on circumstances or on the absence of trials, but rather is a solid, abiding contentment and hope that is as steady and certain as our faithful God who has given us His promises in His Word. Though our hearts may be heavy with sorrow or grief because of trials, beneath the surface is the abiding confidence that our God is

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sovereign and that our lives are in His hand, so that not even the hairs of our heads fall to the ground without His knowledge.

We rejoice that our God cares. We rejoice He knows us. We rejoice that He encourages and strengthens us so that we draw closer to His purpose for us.

Read the following scripture and take some time to reflect upon the times when you sensed God's presence and love. Make a short list and give thanks to God for what He has done. Ask Him to open your eyes to see His blessings and grace so that we may praise His name.

*"Rejoice in the Lord always. I will say it again: Rejoice!" **Philippians 4:4***

### **Day 6 - While undergoing trials**

The Christian life is a walk of faith, of trusting in things not seen, not of "getting in touch with our feelings." Peter wrote to Christians to believe in Jesus, whom we can't see and when you do you will greatly rejoice. We believe we have access to power of the Holy Spirit, which can carry us through times, the times when we encounter life troubles.

Praise affects us, it affects the devil, and it affects God. It touches everything and every part of our life. Likewise, a lack of praise affects us in a negative way, turns the devil loose in our life, and doesn't bless God. Even in our worse days, we must remember God is present. He is beside us wanting to guide us towards hope and rescue us from despair. If we do not praise God, we will be lost.

Will you take a few minute to read and reflect on this scripture and conduct a self-examination of your praise life. Reflect on why you should praise God and then ask for help in this area.

*"Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy" **1 Peter 1:8***

### **Day 7 - When we praise**

Living a life of praise is not only the most enjoyable way to live, but it's also one of the most powerful ways to change your life. Praise isn't like the caboose that just follows what happens, but it's more like the engine of a train that makes things happen. Your faith isn't complete without praise.

If we start praising God in the middle of our problems, our problems will shrink so much that we'll hardly remember to bring them to God! We'll be so busy praising Him and thanking Him for His blessings that our problems will be an afterthought.

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Read the following scripture, which shares that our relationship with Jesus is enhanced when we recognize His grace and express our thankfulness for Him. Mediate on this verse and thank God for all your blessings.

*“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness” **Colossians 2:6-7***

### **31 ways to praise God**

1. God the Creator. “Creator God, I praise You because ‘You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you’” Neh. 9:6).
2. The Only God. “God, I praise you because you are ‘the LORD, and there is no other; apart from [You] there is no God’” (Is. 45:5).
3. The Almighty God. “‘O LORD, God Almighty, who is like you? You are mighty, O LORD, and your faithfulness surrounds you’” (Ps. 89:8).
4. The Everlasting Father, the Ancient of Days. “I praise You, Lord, as the ‘Ancient of Days’ (Dan. 7:9), the ‘Everlasting Father’ (Is. 9:6), who lives forever and ever.”
5. A Loving God. “I praise you because you are a loving God, whose very nature is love” (1Jn. 4:16).
6. A God of Justice. “Lord, I praise and magnify you, who is ‘just and the one who justifies those who have faith in Jesus’” (Ro. 3:26).
7. A Faithful God. “Heavenly Father, I give You my praise and adoration, because You are a ‘faithful God, keeping [Your] covenant of love to a thousand generations of those who love [You] and keep [Your] commands’” (Dt. 7:9).
8. A Merciful God. “‘You are a gracious and merciful God’ (Neh. 9:31), and I praise you for your great mercy.”
9. God, My Refuge, My Fortress. “I praise You, Lord, for you are ‘my mighty rock, my refuge’” (Ps. 62:7).
10. A Patient, Persevering God. “Father, I praise you because you are ‘patient with your children, not wanting anyone to perish, but everyone to come to repentance’ (2 Pet. 3:9). Thank You for Your patience with me.”
11. Eternal, Saving God. “I give praise to You, Father, ‘the only God our Saviour.’ To you ‘be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore’” (Jude 25).
12. The Holy One. “Holy, holy, holy [are you] Lord God Lord God Almighty, who was, and is, and is to come” (Rev. 4:8).

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13. A Personal God. "I praise You, God, because you are a personal God, who gives me the honour of knowing you personally, even inviting me to feast at your kingdom's table with Abraham, Isaac, and Jacob" (Mt. 8:11).
14. A Giving God. "All praise and honour be Yours, O God, because you are a generous God, who did not even stop short of giving Your own Son" (Jn. 3:16).
15. A Provider God. "I praise you today, Lord, as my Jehovah-Jireh (the Lord will provide), who makes all grace abound in me and generously provides all I need" (2 Cor. 9:8).
16. God, My Shepherd. "I bless your name and praise you as my Jehovah-Rohi (The Lord My Shepherd), who will shepherd me and guide me in the paths of righteousness for your name's sake" (Ps. 23:1-3).
17. God, My Victory. "Praise to you, my God, because you are my Jehovah-Nissi (The Lord My Banner), God, my victory, 'who always leads [me] in triumphal procession in Christ'" (2 Cor. 2:14).
18. God, My Peace. "I praise you with all my heart, Lord, because you are my Jehovah-Shalom (The Lord Our Peace), 'the God of peace [who] will soon crush Satan under [my] feet'" (Ro. 16:20).
19. The God Who Heals. "Father, I praise you because you are the Lord who heals me" (Ex. 15:26)
20. The God of All Comfort. "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort" (2 Cor. 1:3).
21. The God of Miracles. "Lord, I praise you because 'you are the God who performs miracles; you display your power among the peoples'" (Ps. 77:14).
22. A Forgiving God. "I want to bless you with praise, Father, because 'you are a forgiving God, gracious and compassionate, slow to anger and abounding in love'" (Neh. 9:17).
23. The Burden Bearer. "Praise be to the Lord, to God [my] Saviour, who daily bears [my] burdens" (Ps. 68:19).
24. A Faithful God. "I praise you because 'your love, O LORD, reaches to the heavens, your faithfulness to the skies' (Ps. 36:5), and 'great is your faithfulness'" (Lam. 3:23).
25. King of Kings and Lord of Lords. "All honour and praise be to you, my God, 'the blessed and only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light'" (1 Tim. 6:15).
26. God the Liberator. "I will praise you because 'you are my help and my deliverer; O LORD'" (Ps. 70:5).
27. The Lifter of My Head. "Father God, I praise you because 'you are a shield around me, O LORD; you bestow glory on me and lift up my head' when I am weary or despised" (Ps.3:3).
28. God of Light. "I praise You, Lord, because you are 'my light and my salvation' (Ps. 27:1), and because you know 'what lies in darkness, and light dwells with [You]'" (Dan. 2:22).
29. God of Joy. "I give you praise, O LORD, because 'you have granted [me] eternal blessings and made [me] glad with the joy of your presence'" (Ps. 21:6).

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30. The God Who Answers Prayer. “I praise and honour You, Father, because you are a God who loves to answer prayer and who begins to answer even before I pray” (Is. 65:24).
31. The God of All the Earth. “I praise and adore You, Lord, as ‘the Holy One of Israel . . . [my] Redeemer . . . the God of all the earth’” (Is. 54:5).