

## How Do I Praise?

*“Rejoice always. In all circumstances give thanks, for this is the will of God for you in Christ Jesus”*

*(1 Thessalonians 5:16, 18)*

Praising is first and foremost recognizing that God is God and His love and care for us is always worthy of our praise.

We praise for all things, we rejoice always to show our trust in God.

We sing praise, dance before the Lord, shout praise, clap, play music and make a joyful noise to the Lord

God says we are, *“The people whom I formed for myself, that they might recount my praise”* (Isaiah 43:21)

*“I will recall the deeds of the LORD; yes, recall your wonders of old.*

*I will ponder all your works; on your exploits I will meditate”* (Psalm 77:12,13)

We need to recall what good things have happened in our lives and thank God

Let us never forget all the goodness and mercy the Lord has shown us and think of it often

*“Therefore, encourage one another and build one another up”* (1 Thessalonians 5:11)

Look for what God is doing in and through the lives of others and praise Him for that.

As often as possible look for opportunities to praise others and build them up for what they do. Let them, know when they inspire you, this will help them and glorify God as we praise those He has created.

Look at the heavens, they declare the glory of God (Psalm 19:2). Look at all God's creation and praise.

We do not praise God just to get what we want, we praise until the situation we are praising God for changes or until **praise changes us** or until both happen. We never stop **praising in loving trust** because this is what God asks us to do.

**2628 Adoration is the first attitude of man acknowledging that he is a creature before his Creator.** It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory." (Catechism)

**2639 Praise is the form of prayer which recognizes most immediately that God is God. It lauds God for his own sake and gives him glory, quite beyond what he does, but simply because HE IS.** (Catechism)

We read uplifting stories, the lives of the saints, how God has inspired the lives of others.

We read the record of God's amazing love for us in the Bible. Praise God through the incredible depth of the Psalms and especially Mary's song of praise to God (Luke 1:46-55) The more we see God's greatness the more we are able to praise Him and rejoice in His wonder

We ask the Holy Spirit to show us God's glory in people and in His creation and in our lives each day.

**We praise God also when life is difficult with a sacrifice of praise.**

"Through him [then] let us continually offer God a sacrifice of praise, that is, the fruit of lips that confess his name" (Hebrews 13:15)

Offer praise as your sacrifice to God; fulfill your vows to the Most High.

Then call on me on the day of distress; I will rescue you, and you shall honor me. (Psalm 50:14, 15)

We are a royal priesthood (1 Peter 2:9). The priest offers sacrifice before God. When we offer praise for difficult situations our praise is to Jesus, who is the acceptable sacrifice for us. Praise is our sacrifice.

Our praise is shown **in trusting God** in difficult situations and **surrendering** our most overwhelming times to God.

[While in prison] Paul and Silas were praying and singing hymns to God as the prisoners listened. (Acts 16:25)

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. **Rejoice and be glad**, for your reward will be great in heaven. Thus they persecuted the prophets who were before you. (Matthew 5:10-12)

**Our trust in difficult times is a way to praise God.** Our trust exalts and praises God

In you I place my trust. I praise the word of God; I trust in God, I do not fear. (Psalm 56:4,5)

**Jesus trusted His Father to His last breath.**

Father, if you are willing, take this cup away from me; still, not my will but yours be done. (Luke 22:42)

Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last. (Luke 23:46)