

# Praise Him in daily life...

If we have been born again, a desire to thank God for His many blessings will come naturally. It is comforting to know our sin has been forgiven, covered by the blood of Jesus. How grateful we are as we look around and count our blessings. We thank God for our families, friends, and church. We thank Him for life and health, for providing us with food and shelter, and for meeting our financial needs.



## A Way of Life

King David had a tender and grateful heart toward his Creator, and he regularly expressed his thanks and praise to the King of kings. David, in Psalm 92:1-2 says, "It is good to give thanks to the LORD, and to sing praises to your name, O Most High; to declare your loving kindness in the morning and your faithfulness every night." In Psalm 68:19 he says, "Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation."

We are told not only that we should praise God, but also *where* we should praise Him. We are to thank God in the great congregation, among many people (Psalm 35:18). While privately spoken praise to God is fitting and right, it is essential for praise to be publicly expressed. We are to praise Him among fellow believers and among the unsaved (Psalm 18:49). We should praise God to the next generation (Psalm 79:13; Psalm 145:4). We are told

to praise God with our whole heart (Psalm 86:12), with understanding (Psalm 47:7), by lifting up our hands (Psalm 134:2), by making a joyful noise, and by rejoicing and singing praise (Psalm 98:4). We are to praise Him with the sound of the trumpet, the psaltery and harp, timbrel and dancing, stringed instruments, and loud cymbals (Psalm 150:3-5). There is little doubt that God's people should be offering up praise to Him.

Take time to praise God for the blessings He has bestowed upon your life. In addition, try to praise not only in the moment, but also throughout the day. The psalmist wrote in Psalm 71:8, "Let my mouth be filled with thy praise and with thy honour all the day." Let today be a day of praise!

As God's people, we should focus our thoughts upon the goodness of God and offer our gratitude to Him for who He is and for all He has done. Many of the psalms are songs of praise. There is no request, no supplication, no petition, or plea in them.

### Reflective Question

When was the last time you stopped to consider all His benefits?

Have you counted your blessings lately?

How often do you express a prayer of praise or thanksgiving, not asking God for anything, just giving Him honor and glory? On the other hand, is the only time you spend talking with God when you have a need and are asking God to intercede on your behalf?

### **Fill Thou My Life, O Lord My God**

By Horatius Bonar (1808-1889)

Fill thou my life, O Lord my God  
 In every part with praise,  
 That my whole being may proclaim  
 Thy being and Thy ways.  
 Not for the lips of praise alone  
 Nor e'en the praising heart  
 I ask, but for a life made up  
 Of praise in every part.

### **In the Storms**

Yes, praise should be a way of life for us, and it should come naturally and easy. What about those times when we are caught up in the storms of life that often come our way? Can we praise God then?

In Luke 8:22-26, the disciples found themselves in a terrible storm. The storm came even when Jesus was aboard the ship with them. Jesus' plan was for them to make it to the other side (verse 22). While the disciples were in the storm, Jesus was in the stern of the boat sleeping.

Did He not know about the storm? Did He not care? It was not until the disciples turned to Him that He showed His power. When they woke Jesus up, He asked them, “Where is your faith?” Then He rebuked the wind and raging water, and they ceased! Leaving behind a great calm.

In this story, Jesus reveals Himself as the God who is bigger than our storms. Sometimes we look at others going through difficult situations and wonder why those people can’t seem to trust God with their problems. Then suddenly, we’re the ones in the perilous storm, and our

minds seem to go blank about all we believe about God.

God often uses storms in our lives to help us grow closer to Him. He will use these times as opportunities to demonstrate His power and to receive glory. I can’t explain why God quiets the storm in one person’s life and allows another’s storm to continue. In these times, however, we can praise God for the fact He is on the ship with us. He promised to never leave us—and if He chooses not to still the storm, He’ll give us strength to ride it out.

### Reflective Question

Recount a time when you felt alone, abandoned by God. You prayed, but it seemed God wasn’t listening. Describe your reaction. Did you praise Him or pout? Like David, in those times we must remind ourselves of what God has done in the past (Psalm 22:4).

Describe a time when God answered immediately. What was your response?

## Pain to Praise

Jesus asked the disciples, “Where is your faith?” Going through storms in our lives often makes us ask ourselves that same question. We testify how great God is, but do we really trust Him with our lives? In this account in Luke 8, we’re told they did get to the other side. God wasn’t through with them yet.

David, in Psalm 22, was going through his own storm. He begins the psalm by asking God why He had abandoned him and had not heard his desperate cry for help. Commentators aren’t sure what was going on in David’s life at this time; we know, however, from his words that he felt abandoned and forsaken. He said he felt like spilled water, his bones were out of joint, and he was melted like wax. His

throat was as dry as dust, and his tongue stuck to the roof of his mouth (Psalm 22:14-15). He describes his adversaries as strong bulls, roaring lions, and a pack of dogs closing in on him (Psalm 22:12-13, 16).

Oh, the anguish David must have been feeling. I’ve watched a dear friend go through the pain of having her husband suffer a fall and become paralyzed, completely changing their lives, physically and financial. Then, not long after that, I watched her go through the terrible ordeal of her only child becoming sick and dying. When I read David’s words, I think this must have been the kind of pain she felt.

David then asks the Lord to hurry and help him and deliver him from what he felt was going to kill him (Psalm 22:19). I can imagine my friend reaching this same point of devastation.

Verse 22 is the turning point in this psalm. David says, "I will declare Thy name unto my brethren; in the midst of the congregation will I praise Thee." David encourages others that fear God to praise Him. My dear friend, wrestling with all her hurt, fear, and feelings has continued to be constant in her relationship with God. Often she

ness and His Lordship. We are made to glorify Him.

The writers of the psalms weren't afraid to express exactly what they were feeling, whether it was fear, pain, disappointment, anger, a lack of faith, or discouragement (Psalm 10:1; 13). The personal hurt and disappointment in the lives of some of God's greatest men is

"I will declare Thy name unto my  
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-Psalm 22:22

will stand and give Him praise for being near her in her sufferings.

David goes from feelings of abandonment to praising God. We do not worship a God who is far off and unreachable. He is indeed high and lifted up, holy, seated in the heavens. He is also gracious, merciful, and near.

When we lift our voices in worship, adoring and exalting Him, He is present with us, enthroned in our praise with His glory and power displayed in our lives. God is always present with us, even when we fail to acknowledge Him. In our praise, we are reminded of His near-

ness displayed in their writings. The directness and honesty of these prayers reveal the nature of the psalmist.

Human emotions are not only acceptable but also necessary in prayer. If we are angry, honest prayer will show that anger. If we are afraid, genuine prayer will not attempt to disguise courage. If we are disappointed with God's care for us, real prayer will let that disappointment show. Prayer has the power to transform us, but that process can only take place if we begin with what is real.

## Reflective Questions

Are you angry? Fearful? Discouraged? Do you feel abandoned by God? Explain.

Are you feeling resentment against others?

In your prayer today, confess these feelings to God. He will listen and He will help you overcome those negative emotions.

**About the Writer:** Judy Delong is a member of Tom's Creek Free Will Baptist Church in Nippa, Kentucky. She serves on various committees within her local, district, and state WAC. Judy has been married to Teddy for over 50 years, and they have three sons, eight grandchildren, and one great-grandson.