



Lent Day 29, March 21, 2012 Praise the Lord

Praise the Lord!
Praise God in His sanctuary;
Praise Him in His mighty firmament!
Praise Him for His mighty acts;
Praise Him according to His excellent greatness!
Praise Him with the sound of the trumpet;
Praise Him with the lute and harp!
Praise Him with the timbrel and dance;
Praise Him with stringed instruments and flutes!
Praise Him with loud cymbals;
Praise Him with clashing cymbals!
Let everything that has breath praise the Lord.
Praise the Lord!
 Psalm 150

Could anything be clearer than Psalm 150? We are called to praise God, and rightly we should! First of all, we should praise God for no other reason than because He deserves it. But praise goes much further than that. God knows the wonderful things that happen when we praise Him. Let's look at what praise can release or "get stirred up."

Praise is an antidote to depression. Praise is powerful. When we pray or sing out loud praises to our God, it lifts our spirits. Psalm 33:1 tells us that "praise from the upright is beautiful." If you are battling depression, one of the best things you can do is to fill your home, your car with praise music. God knows that what we listen to has the power to influence our minds, and praising God can change our whole attitude. One thing praising God does is remind us of how faithful He has been to us in the past.

Praise drives away the devil. Satan hates it when we praise God. James 4:7 tells us to submit to God and to "resist the devil and he shall flee." One great way we can resist him is by praising God. Let your praises to God build a hedge of protection around you. Remember what Paul and Silas did when they were in jail in Acts 16? Did they just sink into depression? No, at midnight they were praying and singing! And, wow, did God shake things up!

Praise helps us get rid of pride. When we praise God, it gives us a humble spirit because we see ourselves as compared to God. It helps us to rid ourselves of the pride that can render us useless in our service to God.

Praise draws us closer to God. Psalm 22:3 (KJV) says "But thou [art] holy, [O thou] that inhabitest the praises of Israel." The Hebrew word for inhabitest is *yashab*, and it has some very interesting meanings. According to the Blue Letter Bible, it means "to

remain, stay, to dwell.” When we praise God, He shows up. He stays with us, or dwells in our praises. It’s pretty amazing to think about, isn’t it?

Application: Today let’s make it a priority to praise the Lord. Turn on some of your favorite praise and worship music and sing out loud. It doesn’t matter what kind of voice you have, God loves to hear our praises. Or find a praise Psalm and pray it aloud back to God. Praise is powerful.

Prayer: Lord,
I praise you just because you are you. I love you and worship you, Lord. Amen!