

Praise



There are many ways of viewing life. For example, a glass half full can alternatively be described as a glass half empty. Both the positive and negative responses are correct. The attitudes we have often determine the way we cope or don't cope with situations that cross our path.

Many sincere Christians are a miserable advertisement of the Christian life, while others plagued by great trials appear to be radiant. What makes the difference? Praise and gratitude!

Praise is the ultimate response of the Christian who knows 'that in all things God works for good with those who love him, those whom he has called according to his purposes' (Romans 8:28).

For most of us this attitude must be worked at constantly, but for those who have cultivated this healthy attitude they exude positive energy and make great company!

Thoughts about praising God – basic truths.

We are given extra strength. <i>Nehemiah 8:10b.</i>	True/False
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No need to be thankful when facing trials. <i>James 1:12.</i>	True/False
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It is not that important. <i>Psalms 96:4</i>	True/False
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God does not expect our praise. <i>Hebrews 13:15,16.</i>	True/False
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To praise God is to thank Him. It is to speak highly of Him. It is easy to praise Him when things are going well, but it's another thing to praise Him when things aren't.

1 Thessalonians 5:18 'give thanks in all circumstances; for this is God's will for you in Christ Jesus.'

King David developed the habit of praise from his childhood onwards and we can see his praise filled attitude across the Psalms, even in his troubles. Check out Psalms to be encouraged on how to praise God.

What trials are you facing now in which you need to praise God.?

A Psalm of praise - Psalm 150

This Psalm tells us, where we should praise Him, why we should praise Him, how we should praise Him and who should praise Him.

1. **Where we should praise Him (verse 1.)**

When we gather with His people at church or elsewhere, there should be a note of praise. Find a local church where you can praise God from the heart and remember you are the temple of the Holy Spirit. 1 Cor 3:16.

2. **Why we should praise Him (verse 2.)**

God is mighty and has done great things. For example, there is His creation, the Bible, the birth, death and resurrection of Christ and so on. In His greatness we need to praise Him for His personal interest in us, meeting our needs, providing comfort and answers to prayer, etc.

3. **How we should praise Him (verses 3-5.)**

A few instruments are mentioned in this Psalm, but praise of course is not merely limited to these instruments alone.

The trumpet was often used for rallying the people to battle. When the going is tough use the mighty weapon of praise.

The lute and harp were especially used early in the morning before the day began. It's also good for us to praise God early in the morning as it helps us shape our attitude for the day.

The timbrel and dance are used as an expression of liberty, joy and victory. The dance allows our body to act as a vehicle of praise as an expression of our love to the Lord.

Strings and pipe instruments were used in times of mourning and sorrow. Even these times may bring praise to God.

Cymbals created a lot of noise and if our attitude is right even loud noises can bring praise to God.

4. **Who should praise Him v6.**

It is clear that all should praise Him. This is not only an invitation but a command. The sacrifice of praise mentioned in Hebrews 13:15 refers to even praising God when we don't feel like it. To do that takes an action of the will!

Examples of Praise when the going's tough

Read 2 Chronicles 20:1-23. When the land of Judah experienced an invasion by a foreign army, King Jehosaphat was notified immediately. In fear he prayed to the Lord for guidance (verse 3) while the whole nation was similarly called to prayer and fasting. Assurance was soon given that all would be well (verses 15-17).

As an act of faith, the people started to praise God (verses 18,19). The next day the choir along with an orchestra led the army towards the front line. The song sung was 'Praise the Lord! His love is eternal'. As they burst out into song the Lord threw the invading army into panic (verse 22) and gave victory to the Israelites. It took three days to gather the loot.

Now if God can intervene in difficult situations like that, then surely He is well able to help you.

Take another example. Many of Paul's letters were written in prison. Miserable places they were too, but at the same time it's interesting to note that the common theme running throughout most of his letters was that of rejoicing. The book of Philippians is a classic example.

Study and answer the following questions concerning an incident in the life of Paul from Acts 16:16-34.

1. Where was Paul placed? _____
2. Why was he placed there? _____

3. What was he doing at midnight? v24 _____

4. What happened to the jailer and family? _____

What appeared to be initially an apparent mistake and hardship, in the end proved to be a real blessing. Praise and trust were the keys to his deliverance.

Conclusion

‘He who sacrifices thank offerings honours me, and he prepares the way so that I may show him the salvation of God’ (Psalm 50:23).