

April 1, 2021

*I will praise the name of God with a song; I will magnify him with thanksgiving.  
Psalm 69:30*

Praising God is not an uncommon theme in the Bible, and in fact, the King James version contains 259 uses of the word **praise**. Praise is a word that encompasses the many facets of joy, victory, power and magnificence. It is uttered in those marvelous moments of blessing and awe that occur in our life.

I found my keys! Praise the Lord!  
I have food to eat! Praise the Lord!  
I am forgiven! Praise the Lord!

This is how we should live, searching for God in all things and giving praise in all things. Of all the good behaviors that Christians seek to perfect, praise is possibly the easiest one to implement, yet so frequently overlooked.

Paul wrote in Hebrews 13:15 “*Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.*

This single verse makes several important points. First, the praise is offered **through Jesus**. Our power and propensity to praise God is yet another gift of God. Second, **praise is a sacrifice**, it is something we bring to God, and third, **praise is a fruit** that can be seen and heard acknowledging our Creator and Lord.

Jesus said “*By their fruits, you shall know them,*” Matthew 7:16. I always associated this verse with acts of Christian service, and it certainly does not exclude such acts. But what could be more easily heard and understood than someone’s vocal praise and acknowledgement of God? That is a “fruit of lips” that will lift Jesus to a world in need. “*And I, if I be lifted up from the earth, will draw all men unto me.*” John 12:32.

Making praise a central part of your life, however, does more than just give God the credit He deserves. It transforms the life of the person offering the praise, and opens pathways of joy in the mind to fully experience a happy life. Therapists have long recognized that changing the way one looks at a situation changes the way one feels. By reframing circumstances in a context of praise to God, one exercises the concept known as cognitive reappraisal. Praising God unleashes the power of positive thinking in our lives, because it is connected with the proper Source: Our Creator and Lord, who knows how we are made, and what we need, to know true joy.

*Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness! Psalm 115:1*

*He is your praise. He is your God, who has done for you these great and terrifying things that your eyes have seen. Deuteronomy 10:21*