



# Praise Introduction

## The Gift of Praise

Praise and worship are an essential preparation for meditation and prayer. They bring you into God's presence where you feel His peace and can hear what the Spirit is speaking; but more importantly it declares who God is as the One who answers our asking.

**Praise God in obedience to Scripture.**

**“In everything give thanks; for this is the will of God in Christ Jesus for you.” 1Thessalonians 5:18**

Praise God IN all things... Invite Him IN; you need not be alone.

**“Giving thanks always for all things to God the Father in the name of our Lord Jesus Christ.”**

**Ephesians 5:20** Praise God FOR all things... Trust Him for what He will do.

**Praise God wherever you are and whenever you can** because praise causes you to look to God Who is your Helper.

**Praise lifts you above the circumstances and allows you to see things as God sees them.**

**“...If there is any praise, meditate on it.” Philippians 4:8**

If there is anything in a situation you can praise and thank God for, think on it, meditate on it for stability, clarity, insight, direction, wisdom.

Ask God to remind you of answers to prayer you can lift back to Him in praise concerning various tests and trials you have already passed through. Praise and thank Him for the conclusion and the things you learned and how you were changed.

### **The power of praise -**

Praise makes you aware of the presence of God,

- can change the spiritual atmosphere,
- can affect you emotionally, physically and spiritually,
- can lift you out of depression,
- reduces stress, anxiety, fear,
- is a weapon of spiritual warfare.

Praise is to God, your Creator, Maker and opens the door for

- His involvement,
- His comfort, His strength,
- His solution,
- His goodness, mercy and truth.

**Application:**

**Make praise a lifestyle.**