

PRAISING GOD

1. Gratitude and praise should be cultivated – 1 Chron. 16:8-36

“When the ten lepers were healed, only one returned to find Jesus and give Him glory. Let us not be like the unthinking nine, whose hearts were untouched by the mercy of God” (5T 315).
“Let us educate our hearts and lips to speak the praise of God for His matchless love” (MH 253).

NOTE: Ellen White suggested to publishing house employees that “as often as once a week a praise meeting should be held” (4T 461). At camp meetings a simple service of thanksgiving should be held daily (6T 62).

2. The power of praise – 2 Chron. 20-30

“Begin to educate your tongues to praise Him and train your hearts to make melody to God; and when the evil one begins to settle his gloom about you, sing praise to God. When things go crossways at your homes, strike up a song about the matchless charms of the Son of God, and I tell you, when you touch this strain, Satan will leave you” (RH 8/5/1900).

“Unbelievers are often converted as they listen to pure words of praise and gratitude to God” (MYP 424). “No more effective means (telling about and praising God for blessings received) can be employed for winning souls to Christ” (COL 300).

“Let there be singing in the home, of songs that are sweet and pure, and there will be fewer words of censure, and more of cheerfulness and hope and joy. Let there be singing in the school, and the pupils will be drawn closer to God, to their teachers, and to one another” (ED 168).

3. Some of the benefits of praise – Prov. 17:27

Increase of joy (MH 253)	Far more power in prayer (5T 317)
More bestowed to praise God (5T 317)	Greater realization of God’s love (5T 317)
Banishment of discouragement (MH 254)	Health of body and soul promoted (MH 251)
Steady increase of courage, hope, and faith (PK202)	

NOTE: “No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God: (MH 253).

4. A few of the many things to praise God for – Lam. 3:22, 23

The Gift of God’s son (SD 243)	Temporal Blessings and comforts (CG 148)
God’s goodness and mercies (4T 461)	The matchless charms of Christ (2T 593)
The fresh blessings of each new day (MH 253)	The bread we eat the cross of Calvary stamped on every loaf (DA 660)
God’s peace in our hearts (MH 253)	Being kept through the night (MH 253)
The protection given by angels (6T 63)	God’s acceptance of the humble (FE 370)
The water we drink water purchased by Christ’s blood (MH 660)	The second coming of Jesus (Ev 218)

NOTE: “The thought that Christ died to obtain for us the gift of everlasting life, is enough to call forth from our hearts the most sincere and fervent gratitude, and from our lips the most enthusiastic praise” (SD 238). “The greatness of this gift was to furnish men with a theme of thanksgiving and praise that would last through time and eternity” (SD 243).

Memorize stanzas 1, 3, and 6 of “When Morning Gilds the Skies...” (Church Hymnal #43).

Develop a plan for “educating” your heart and lips to praise God. See Daniel 6:10.

“Let everything that breathes praise the Lord! Praise the Lord!” (Ps. 150:6)

“Here are my directions: pray much for others; plead for God’s mercy upon them; give thanks for all He is going to do for them.” (1 Tim. 2:1, LB).

“Let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven” (MH 253).

“No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God...Then let us educate our hearts and lips to speak the praise of God for His matchless love” (MH 253).

BENEFITS WHICH RESULT FROM PRAISING GOD

1. Praise increases faith, hope, and courage. “If more praising of God were engaged in now, hope and courage and faith would steadily increase” (PK 202).
2. Praise increases our power in prayer. “We do not pray any too much, but we are too sparing of giving thanks. If the loving kindness of God called forth more thanksgiving and praise, we would have far more power in prayer” (5T 317).
3. Praise increases our love for God. “If the loving kindness of God called forth more thanksgiving and praise, we . . . would abound more and more in the love of God” (5T 317).
4. Praise increases our power in witnessing. “Far more than we do, we need to speak of the precious chapters in our experience. After a special outpouring of the Holy Spirit, our joy in the Lord and our efficiency in His service would be greatly increased by recounting His goodness and His wonderful works in behalf of His children... Such a testimony will have an influence upon others. No more effective means can be employed for winning souls to Christ” (COL 300).
5. Praise results in greater blessings being bestowed. “If the loving kindness of God called forth more thanksgiving and praise, we would . . . have more bestowed to praise Him for” (5T 317).

6. Praise promotes health. “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise” (MH 251).
7. Praise brings us nearer to heaven. “The soul may ascend nearer heaven on the wings of praise. God is worshiped with song and music in the courts above, and as we express our gratitude, we are approximating to the worship of the heavenly hosts” (SC 104)