

## SEIZE THE POWER OF PRAISE

*Do you long for more joy and less sorrow in your personal life? The Apostle Paul reminds Christians, "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, TLB). Praise Him today for what He is going to do in the future!*

### **1 Thessalonians 5:16-18**

"Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

### **Psalm 34:1-3**

"I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; The humble shall hear of it and be glad. Oh, magnify the Lord with me, And let us exalt His name together."

### **Psalm 105:1-3**

Oh, give thanks to the Lord! Call upon His name; Make known His deeds among the peoples! Sing to Him, sing psalms to Him; Talk of all His wondrous works! Glory in His holy name; Let the hearts of those rejoice who seek the Lord!

### **Cultivate Gratitude and Praise**

#### **1 Chronicles 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." (*Testimonies for the Church*, vol. 5, p. 315)

"Let us educate our hearts and lips to speak the praise of God for His matchless love." (*The Ministry of Healing*, p. 253)

Develop a plan for "educating" your heart and lips to praise God. (see Dan. 6:10)

### **Claim the Power of Praise**

#### **2 Chronicles 20:1-30**

"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." (*Review and Herald*, Aug. 5, 1890)

"Unbelievers are often convicted as they listen to pure words of praise and gratitude to God." (*Messages to Young People*, p. 424)

About praising God for our blessings: "No more effective means can be employed for winning souls to Christ." (*Christ's Object Lessons*, p. 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." (*Education*, p. 168)

## **Enjoy the Benefits of Praise**

**Prov. 17:27; Psalm 103:2**

“No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God.” (*The Ministry of Healing*, p. 251)

Some of the benefits of praise:

Banishment of discouragement (*The Ministry of Healing*, p. 254)

Steady increase of courage, hope, and faith (*Prophets and Kings*, p. 202)

Far more power in prayer (*Testimonies for the Church*, vol. 5, p. 317)

Greater realization of God’s love (*Testimonies for the Church*, vol. 5, p. 317)

Health of body and soul promoted (*The Ministry of Healing*, p. 251)

## **What Can You Praise God For?**

**Lamentations 3:22, 23**

“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.” (*Sons and Daughters of God*, p. 238)

“The greatness of this gift [God’s Son] was to furnish men with a theme of thanksgiving and praise that would last through time and through eternity.” (*Sons and Daughters of God*, p. 243)

“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.” (*The Ministry of Healing*, p. 253)

## **More blessings to praise Him for:**

God’s goodness and mercies (*Testimonies for the Church*, vol. 4, p. 461)

God’s peace in our hearts (*The Ministry of Healing*, p. 253)

The protection given by angels (*Testimonies for the Church*, vol. 6, p. 63)

The water we drink is purchased by Christ’s blood (*The Desire of Ages*, p. 660)

The cross of Calvary is stamped on every loaf of bread (*The Desire of Ages*, p. 660)

Temporal blessings and comforts (*Child Guidance*, p. 148)

The matchless charms of Christ (*Testimonies for the Church*, vol. 2, p. 593)

God’s acceptance of the humble (*Fundamentals of Christian Education*, p. 370)

The second coming of Jesus (*Evangelism*, p. 218)