

Day #1
I Will Praise You
Melissa Nystrom

Key passage: [Psalm 135](#)

Praise the name of the Lord, give praise, O servants of the Lord, who stand in the house of the Lord, in the courts of the house of our God! Praise the Lord, for the Lord is good; sing to his name, for it is pleasant! For the Lord has chosen Jacob for himself, Israel as his own possession. [Psalm 135:1-4](#)

Personally, singing is not one of my giftings. If you were to sit next to me on a Sunday, ride in a car with me, or hang out with me while I cook dinner, you would know this sad truth is no fabrication. Years ago, I joked with my husband about always having plenty of room on our pew and the pews around where we sat at church.

Feeling compelled, he decided it was time to tell me why we had plenty of room on those Sunday mornings. “Sweetheart, back then you were so tone deaf and loud. It was too distracting for most people.” Gulp. I was *that* lady. I yelled, “How could you not tell me?” He put his head down and thought for a minute. Then he said, “Because it was so beautiful to see you so unaware of the world around you and so in love with Jesus.”

I will sing to His name, for it is pleasant! Maybe not so pleasant for those around me, but the word says it is pleasant to Yahweh.

In the third verse of Psalm 135, we are told to praise God because He is good. We are also told that this brings pure joy and pleasure. Praise is a fundamental longing, that fits into our God created nature. Only in God’s grace are we found good.

The NIV uses the term “treasured possession” in verse four. He calls you His own possession or His treasured possession. In light of this, we should praise the King of Kings untethered from today’s burdens, and rest knowing we are treasured.

Sample prayer:

Lord, I praise you because you are good, and your will for my life is good. Let me praise you untethered from my over busyness, my fear, and my pride. I long to please you.

Prayer prompts for the rest of your day:

- Today when I am lonely, I Will Praise You
- Today when I don’t know what to pray, I Will Praise You
- Today when I long for you, I Will Praise You

Further study: [Romans 8:28](#), [1 Samuel 12:23](#)

Day #2

Vocabulary of Praise

Josh Caldwell

Today's text: [1 Chronicles 29](#)

Therefore David blessed the LORD in the presence of all the assembly. And David said: "Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name. [1 Chronicles 29:10-13](#)

One day my son walked up to me and with the proudest voice he has and said, "You are cool, Dad!" He had just learned from a TV show that the word "cool" was the best thing you could call someone in the whole world. He at that moment believed that I best fulfilled the meaning of the word "cool" and had to tell me. I was very honored that he thought so highly of me.

In the same way, God was honored when David stood before the assembly and declared to the Lord you are so "cool." When we honor God with the greatest adjectives we have in our vocabulary, we should do it with unfiltered truth. My son did not want anything from me when he said I was "cool." In the same way, David wanted nothing but to declare that God was his Lord and that he had untold majesty.

This is a prayer of praise and awesome act of worship. Take time today to think of the ways you describe God and tell him out loud with great joy.

Sample prayer:

Father you are so cool. Lord, I want you to know that I enjoy declaring who you are, and it is a greater joy than speaking of any other. I pray for the chance to stand before the assemblies in my life and tell of your greatness. Thank you lord for being...

Prayer prompts for the rest of the day:

- Today when you eat, thank God for being the Greatest Provider of Strength.
- Today when you drive, thank God for having the power and might to keep you safe.
- Today when you lay down at the end of a long day, thank your God and praise his Glorious Name.

Further study: [Scripture adjectives of God](#)

Day #3

Sacrificial Praise

Mike Walk

Key passage: [Psalm 100](#)

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! [Psalm 100:4](#)

Have you ever been caught off guard? Have you ever been, in a moment of explanation, surprised?

I remember when I was first exposed to this Psalm. At first glance, Psalm 100 appeared to fall in the general category that most Psalms did for me: The first two verses were a general call to praise and service, and the second verse made a comparison between the followers of God and sheep. It all appeared to be relatively innocuous to me at first glance. It was verse four that caught me off guard.

The Psalmist implores the reader, already compared to a lamb, to enter God's gates with thanksgiving and His courts with praise. The question is, when would sheep ever find themselves in the temple? I think the Psalmist is laying out for us something life altering: A lamb would only find itself in the temple if it was to be sacrificed. Think about that for a moment!

When we praise God in our prayer lives, maybe we should ask ourselves how we can praise God in prayer with more than our words, but with our actions as well. In prayer today, ask God to reveal to you what you can do to show Him how much you love and praise Him.

Sample Prayer:

Lord the more I know you, the more I see how worthy you are of all of me. I want to give you more than lip service. I want to show you as well. Jesus there is no sacrifice that is too great for you. If in my heart of hearts, I believe something is too great of a sacrifice. work on my heart and open my eyes to see my folly. Grant me everything I need today to live a life of praise because You are worth it.

Prayer Prompts for the rest of the day:

- Lord to reveal to me what I can do for You today that might cost me something because You are worth it.
- Lord search my heart and show me areas of obedience I've been neglecting.

Further Study: [Romans 12:1-2](#), [Isaiah 29:13](#), [Matthew 15:8](#), [John 14:5](#)

Day #4

You Are Glorious

Josh Caldwell

Key passage: [Psalm 145](#)

I will extol you, my God and King, and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. [Psalm 145:1-2](#)

In the NFL, fans of the New York Giants speak of the glory of the legendary football coach Tom Coughlin. The thing is, over time, the team started to falter. Even after winning two Super Bowl championships, he was fired. Fans only praise their coaches when their team is winning.

Unfortunately, many times as Christians we praise God only when it appears we are winning and life is going well. We may even for a short time praise God for His Past Glory, but often not for who He is. You see, when we praise God like this, we are really praising His blessings, not Him.

The King of Kings is still Lord and Savior no matter what state your life is in. No matter what we do or how our life is going, we cannot change who God is. God is Glorious and should be praised just because of who He is— today and every day.

As we read the psalms of David we often see his praise for God in the middle of great strife in his life. David understood God was God when he was losing *and* when he was winning. We have to know Jesus is the King *right now*. While His deeds are so numerous they cannot be numbered and to recount these is a great act of worship, we must remember His great acts are from the past, but His glory is in the present moment.

Sample prayer:

Father God you are the Lord of my life and I know you are greater than my current condition. I will praise you when I am winning and when I am losing. Every day I will lift you up in my life and praise you for being a good father and almighty king.

Prayer prompts for the rest of the day:

1. Today when I am frustrated, You are Glorious
2. Today when I am happy, You are Glorious
3. Today when I am confused and/or lost, You are Glorious

Further Study:

[Psalm 35:28](#)

[Luke 9:23](#)

Day #5

Praising God When Life is Hard

Mike Walk

Key Passage: [Psalm 71](#)

But I will hope continually and will praise you yet more and more. [Psalm 71:14](#)

Has prayer ever come with some degree of difficulty? When you pray, do you have a list of prayer requests that you are just dying to get to, but know that you are supposed to “Praise Him” first?

It is easy to see how that can happen, and we all may struggle with that more often than we would like to admit. Life can be difficult, and the more difficult the situation, the more pressing we feel the need to bring it to the Lord. What I love about the Bible is that it is laced with stories of real people navigating real problems. It doesn't portray people as they *should* be, but often how they really are.

In our passage for today, the author, over a dozen times, cries out to the Lord for help. He talks about literally needing saving, protection, and security. You can sense the panic, the desperation. I don't know if you've ever been in such dire straits as this man, but we've all been in moments of crisis. What is amazing about most of the Psalms is that the author can appear to be losing it, but always at some point (maybe even at the very end) sets his feet on Truth, remembers who He is praying to, and gets the proper focus.

Verse 14 is expressed after laying out every reason why rescue is of utmost importance. But he is still essentially asking: what ranks higher, my problems or the God I serve? He says, “But I will hope continually and will praise you yet more and more.” Do you see the wisdom in what He is doing? He is stating that his God is worthy of praise despite the desperate circumstances he finds himself in. His view of God is so grand that he knows his God is larger than his circumstances, which gives him even more reason to praise God.

What are you experiencing today that might be clouding your perspective? Is God calling you to dig your heels in and find your footing on the Truth of who He is? Is there a perspective change or paradigm shift that needs to take place as you look for ways to praise God amid a difficult situation?

Sample Prayer:

“Jesus, I feel so overwhelmed by this situation. Forgive me for allowing it to cloud my view of You. I don't want my anxiety to communicate that I feel You aren't aware or incapable of help. Help me to see what You are up to in this situation and in turn give You the proper place of honor You deserve. So, with that in mind Lord I want to praise you for...”

Prayer Prompts for the rest of the day:

- Ask God to open your eyes to see the reasons to praise God even amid the trial.

- Ask God to give you courage to praise Him and maybe even show those aware of your trial the resourceful God you serve.
- Ask God to remind you of the innumerable ways He's been faithful to you in the past and turn that into praise points for today.

Further Study: [Job 13:15](#), [Genesis 50:15-21](#)