

How to Develop a Powerful Prayer Life by Dr. Gregory Frizzell
Chapter 4 – Approaching God through Daily Praise and Worship
Wednesday AM/PM – 8/16/17

Phase 1: Spend the first several moments in genuine praise, thanksgiving, and worship.

**Psalm 100:4 - Enter His gates with thanksgiving
And His courts with praise...**

We also see this in Jesus' model prayer, And He said to them, ***"When you pray, say: 'Father, hallowed be Your name... (Luke 11:2)***

But exactly how do we come to God with genuine praise and worship?

Steps to a Meaningful Time of Praise

1. Dedicate adequate time to heartfelt praise and worship.
2. Spend time thanking God for things He has done in your life. **Psalm 103:2** says, ***Bless the Lord, O my soul, And forget none of His benefits;***
3. Spend time praising God for who He is and what He is like (His characteristics). For example, you may praise God because He is loving, kind, compassionate, merciful and patient; forgiving and gracious; all powerful and all knowing; faithful, just, sovereign, King of Kings, etc.

Another pattern for praising God is to meditate on the meaning of His biblical names. Some examples are:

Almighty, Genesis 17:1
Father of Lights, James 1:17
Fortress, 2 Samuel 22:2
I AM, Exodus 3:14
Jehovah (El-Shaddai), Exodus 6:3
Judge, Genesis 18:25

Our Strength, Exodus 15:2
Lord of Lords, Deuteronomy 10:17
Wonderful Counselor, Isaiah 9:6
Our Healer, Jeremiah 17:14
Prince of Peace, Isaiah 9:6
Alpha and Omega, Revelation 1:8

Take this time very seriously. Ask God to increase your depth of praise and worship. When you ask God to teach you to worship, you are asking something that is close to His heart.

You must learn that you cannot praise only when you "feel" like it. Never forget, the deepest praise and worship is based on a choice, not a feeling. In fact, the deepest worship of your life will be done at times of greatest darkness and pain.

Job 1:20, 22 - Then Job arose and tore his robe and shaved his head, and he fell to the ground and worshiped. Through all this Job did not sin nor did he blame God.

Praise and worship prepare your heart for dynamic prayer.

Remember, ***"God inhabits the praises of His people" (Psalm 22:3).***

Reflection Questions:

1. What word comes to mind when you think of giving God Praise? What does that word mean to you?
2. What do you have to praise God for today?