

The Life of Praise

*"I will bless the Lord at all times; His praise shall continually be in my mouth."
(Ps 34:1)*

The beauty of the language of praise lies in David's utterance: *"My soul shall make its boast in the Lord...Oh, magnify the Lord with me..." (v2a, 3a)*. The aroma of praise lies in the spice of joy: *"Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise you, O God, my God."* (Ps 43:4)

David commanded himself to praise the Lord daily. Praise is a lifestyle of a spirit-filled believer. He ordered his own soul to praise the Lord. Your soul comprises of your mind (intellect, thought process, memory); your will (dictates of your choices) and your emotions (feelings). When your soul embraces an attitude of praise, your mind is protected from mental pressures and stresses; your will from surrendering to temptation and compromises; and your emotions from being vulnerable to negative stimulation, verbal attacks, and intimidating environment.

Praise is the antidote for depressive thoughts. Praise eliminates discouragement. Praise elevates from the greatness of God in your mind and diminishes the deceptive bigness of your problem. Praise stimulates, energizes, and provokes the stirring of faith to be open-minded for the realm of miracles to occur.

Constancy of praises is the strength of praise: *"My praise shall be continually of you"* (Ps 71:6b). Declare the majesty and the supremacy of His glory in your praise: *"Let my mouth be filled with your praise and with your glory all the day"* (Ps 71:8). Magnify the power of God in your praises (Ps 71:18). When you have steady glimpses of His greatness (Ps 71:19), your hope shall grow within your soul. Hope is the fertilizer of the growth of praises: *"But I hope continually and will praise you yet more and more"* (Ps 71:14). Let your hope be anchored upon the enduring mercy of God (Ps 33:18). He will never fail us!