

## 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 p. 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”. *Review and Herald*, 8/5/1900

*“Unbelievers are often converted as they listen to pure words of praise and gratitude to God”* MYP p, 424  
“No more effective means (telling about and praising God for blessings received) can be employed for winning souls to Christ”. COL 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”. ED p. 168

### 3. **Some of the benefits of praise**—Prov. 17:27

Increase of joy (MH p. 253)

More bestowed to praise God (5T p. 17)

Banishment of discouragement (MH p. 254)

Steady increase of courage, hope, and faith (PK p. 202)

Far more power in prayer (5T p. 317)

Greater realization of God’s love (5T p. 317)

Health of body and soul promoted (MH p. 251)

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

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

The Gift of God's son (SD p. 243)

God's goodness and mercies (4T p. 461)

The fresh blessings of each new day (MH p. 253)

God's peace in our hearts (MH p. 253)

The protection given by angels (6T p. 63)

The water we drink water purchased by Christ's blood (MH p. 660)

Temporal Blessings and comforts (CG p. 148)

The matchless charms of Christ (2T p. 593)

The bread we eat the cross of Calvary stamped on every loaf (DA p. 660)

Being kept through the night (MH p. 253)

God's acceptance of the humble (FE p. 370)

The second coming of Jesus (EV p. 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 p. 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 p. 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 p. 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 p. 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 p. 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 p. 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 p. 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 p. 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 p. 104

## **PRAISE GOD IN ALL CIRCUMSTANCES!**

1. “The soul may ascend nearer Heaven on the wings of praise.” SC p. 104
2. “In the future life the mysteries that here have annoyed and disappointed us will be made plain. We shall see that our seemingly unanswered prayers and disappointed hopes have been among our greatest blessings.” MH p. 474
3. “The way of the Lord’s helping we may not know; but this we do know: He will never fail those who put their trust in Him.” PK p. 576
4. “Could Christians realize how many times the Lord has ordered their way that the purposes of the enemy concerning them might not be accomplished, they would not stumble along complainingly. Their faith would be stayed on God, and no trial would have power to move them.” PK p. 576
5. “The fact that we are called upon to endure trial shows that the Lord Jesus sees in us something precious which He desires to develop. If He saw in us nothing whereby He might glorify His name, He would not spend time in refining us. He does not cast worthless stones into His furnace. It is valuable ore that He refines.” MH p. 471
6. “All that has perplexed us in the providences of God will in the world to come be made plain. The things hard to be understood will then find explanation. The mysteries of grace will unfold before us. Where our finite minds discovered only confusion and broken promises, we shall see the most perfect and beautiful harmony. We shall know that infinite love ordered the experiences that seemed most trying.” 9T p. 286
7. “Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish and a plain path before their feet.” MH p. 481
8. “To all who are reaching out to feel the guiding hand of God, the moment of greatest discouragement is the time when divine help is nearest. They will look back with thankfulness upon the darkest part of their way. “The Lord knoweth how to deliver the Godly.” 2 Peter 2:9. From every temptation and every trial He will bring them forth with firmer faith and a richer experience. DA p. 528

9. The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. Whatever comes to him comes from the Savior, who surrounds him with His presence. Nothing can touch him except by the Lord's permission. All our sufferings and sorrows, all our temptations and trials, all our sadness and grief's, all our persecutions, privations, in short, all things work together for our good. All experiences and circumstances are God's workmen whereby good is brought to us." MH pp. 488-489
10. "Moses had a deep sense of the personal presence of God.....The presence of God was sufficient to carry him through the most trying situations in which a man could be placed. Moses did not merely think of God; he saw Him. God was the constant vision before him; he never lost sight of His face. He saw Jesus as his Savior, and he believed that the Savior's merits would be imputed to him. This faith was to Moses no guesswork; it was a reality. This is the kind of faith we need, faith that will endure the test. Oh, how often we yield to temptation because we do not keep our eye upon Jesus! Our faith is not continuous because, through self-indulgence, we sin, and then we cannot endure "as seeing Him who is invisible."
- My brother, make Christ your daily, hourly companion, and you will not complain that you have no faith. Contemplate Christ. View His character. Talk of Him. The less you exalt self, the more you will see in Jesus to exalt. God has a work for you to do, keep the Lord ever before you." 5T pp. 651-653
11. "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." RH8/5/1900
12. "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 p. 300

#### FOR FORGIVENESS

- 1 John 1:9 If we confess our sins, He will forgive us, and cleanse us from all unrighteousness.
- Matt. 11:28-30 Come to Christ with your burdens.
- John 6:37 Whoever comes to Christ will not be cast out.
- 1 Tim. 1:15 Christ came to save sinners.
- Luke 19:10 Christ came to seek and to save the lost.
- Rom. 8:1 No condemnation to those in Christ.
- Isa. 1:18 Your sins can be made as white as snow.
- Isa. 38:17 He casts our sins behind His back.
- Isa. 44:22 God sweeps away your transgressions.

#### FOR EVERYDAY LIFE

- Phil. 4:19 God will supply your every need.
- Matt. 6:33 Seek first the kingdom of God, and all your needs will be taken care of.
- 2 Cor. 9:6 He who sows bountifully will reap bountifully.
- 1 Cor. 10:13 God will not allow you to be tempted beyond your strength.
- Rom. 8:32 Through Christ we have "all things".
- Jude 24 He is able to keep you from falling.
- 2 Cor. 12:9 God's grace is sufficient for you.
- Phil. 4:7 The peace of God will keep your hearts and minds.
- Isa. 26:3, 4 God will keep in perfect peace those whose minds are stayed on Him.

## FOR THE HOLY SPIRIT

Luke 11:13	We will be given the Holy Spirit if we ask.
John 14:26	The Holy Spirit teaches us and brings things to our remembrance.
John 16:8	He convicts of sin.
John 15:26	He testifies of Christ.
John 16:7	He comes as the Counselor.
Eph. 3:16	He strengthens you.
Rom. 8:26	Helps in our weakness.

## FOR CHRISTLIKENESS

2 Cor. 5:17	If anyone is in Christ, he is a new creation.
Eze. 36:26, 27	God promises to give you a new heart.
2 Cor. 6:16	God will dwell in you.
Eph. 3:16, 17	Through the Holy Spirit Christ will dwell in your heart.
2 Pet. 1:4	Through Christ's promises you can become a partaker of the divine nature.
2 Cor. 10:4, 5	Every thought can be made captive to Christ.
2 Cor. 3:18	By beholding the Lord we are changed into His likeness.
Phil. 1:6	God will complete the work He began in you.

## FOR WISDOM AND STRENGTH

James 1:5, 6	Wisdom will be given if you ask in faith.
Prov. 3:5, 6	Rely on God for guidance.
Ps. 32:8	God will teach you the way to go.
Ex. 33:14	God's presence will go with you and give you rest.
Isa. 58:11	He will guide you continually.
Phil. 4:13	I can do all things in Christ.

Jer. 1:7	He will give you words to speak.
Prov. 14:26	In the fear of the Lord you can have strong confidence.
Isa. 41:10	God will strengthen, God will help, God will uphold.
Isa. 41:13	The Lord your God will hold your right hand.
Heb. 4:15, 16	Come with confidence to the throne of grace.
James 4:7	Resist the devil, and he will flee.
James 5:14, 15	The prayer of faith will save the sick.
James 5:16-18	Prayer has great power.
1 Pet. 5:7	Cast all your anxieties on Him.
1 Jn. 5:14, 15	You can know He hears when you ask.

## FOR OTHERS

Eze. 11:19, 20	God promises to give others a new heart that they may keep His laws.
1 John 5:16	God promises to give spiritual life to those for whom you pray.
John 12:32	Christ uplifted on the cross draws people to Him.
Acts 5:31	Repentance is a gift.
John 16:8	The Holy Spirit convicts of sin.
Heb. 4:12	God's word reaches the heart.
Jer. 32:40, KJV	"I will put my fear in their hearts, that they shall not depart from me."
Jer. 33:3	If we call, God will answer with great things.
Isa. 49:24, 25	God promises to deliver those who are captives of Satan.

**ALL-INCLUSIVE**

Ps. 34:10 If you seek the Lord, you will not lack any good thing.

Ps. 37:3-5 Delight in the Lord, and He will give the desires of your heart. Commit your way to Him, and He will act.

Ps. 84:11 God will withhold no good thing from you if you walk uprightly.

Eph. 3:20 He is able to do far more than we ask.

Luke 1:37 With God nothing is impossible.

Mark 11:24 Believe, and you will receive.

Rom. 8:28 In everything God works for good.

John 16:24 Ask and receive so that your joy may be full.

John 15:7 If you abide in Christ, you can ask whatever you will and it shall be done.

John 15:16 Anything you ask in Christ's name the Father will give to you.

Luke 11:9 Ask and you will be given.

Matt. 28:20 I am with you always.

PLUS: "All God's biddings are enabling!" He never asks us to do anything without giving us the power to do it. Therefore, every command in the Bible is also a promise!