

Praise and Thanksgiving

Prayer includes praise, thanksgiving, confession, intercession and petition—all of which are vital to our intimate communication with our Father. Human nature tends to narrow prayer to mostly petitions or requests to God. By doing so, we miss the richness of praise and thanksgiving that strengthen our total being.

This prayer guide focuses on the prayer of praise to God. For that we turn to the book of Psalms which means, "songs of praise." A consistent diet of the Psalms can encourage the heart and revolutionize the soul. They are God's prescription for a complacent believer, because they reveal how great, wonderful, magnificent, wise, and utterly awe-inspiring he is.

The word "Praise" comes from Latin meaning to "value" or "prize." Praising God is a practice of acknowledging his value and character. In the Psalms, praise and thanksgiving are intertwined with praise focusing more on who God is and thanksgiving on what he does. The results of practicing praise and thanksgiving are amazing. They decentralize self, impact our attitude, give life new direction, put Satan on the run, make us more aware of our sin, and brings fulfillment to a hungry soul.

This prayer guide is a collection of Psalms that focus on who God is. Read and meditate on each Psalm. Underline words that describe God. Let them captivate your mind about the character of God. Make a list of those words and then respond by writing out your prayer of praise to God. This is a great practice to do at the beginning of each day.

Vernon

SUNDAY

Psalm 8:1-9 (NLT) ¹ O LORD, our Lord, your majestic name fills the earth! Your glory is higher than the heavens. ² You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you. ³ When I look at the night sky and see the work of your fingers— the moon and the stars you set in place— ⁴ what are people that you should think about them, mere mortals that you should care for them? ⁵ Yet you made them only a little lower than God and crowned them with glory and honor. ⁶ You gave them charge of everything you made, putting all things under their authority— ⁷ the flocks and the herds and all the wild animals, ⁸ the birds in the sky, the fish in the sea, and everything that swims the ocean currents. ⁹ O LORD, our Lord, your majestic name fills the earth!

Words I underlined	
My response	

MONDAY

Psalm 36:5-9 (NLT) ⁵ Your unfailing love, O LORD, is as vast as the heavens; your faithfulness reaches beyond the clouds. ⁶ Your righteousness is like the mighty mountains, your justice like the ocean depths. You care for people and animals alike, O LORD. ⁷ How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. ⁸ You feed them from the abundance of your own house, letting them drink from your river of delights. ⁹ For you are the fountain of life, the light by which we see.

Psalm 89:1-2 I will sing of the LORD's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens.

Psalm 89:5-7 All heaven will praise your great wonders, LORD; myriads of angels will praise you for your faithfulness. For who in all of heaven can compare with the LORD? What mightiest angel is anything like the LORD? The highest angelic powers stand in awe of God. He is far more awesome than all who surround his throne.

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My response		

TUESDAY

Psalm 98:1, 4-9 Sing a new song to the LORD, for he has done wonderful deeds. His right hand has won a mighty victory; his holy arm has shown his saving power! Shout to the LORD, all the earth; break out in praise and sing for joy! Sing your praise to the LORD with the harp, with the harp and melodious song, ⁶ with trumpets and the sound of the ram's horn. Make a joyful symphony before the LORD, the King! Let the sea and everything in it shout his praise! Let the earth and all living things join in. Let the rivers clap their hands in glee! Let the hills sing out their songs of joy before the LORD. For the LORD is coming to judge the earth. He will judge the world with justice, and the nations with fairness.

Words I underlined _.	
My response	

WEDNESDAY

Psalm 103:1-4,8,12;12-22 Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. He has removed our sins as far from us as the east is from the west. Praise the LORD, you angels, you mighty ones who carry out his plans, listening for each of his commands. Yes, praise the LORD, you armies of angels who serve him and do his will! Praise the LORD, everything he has created, everything in all his kingdom. Let all that I am praise the LORD.

Psalm 107:1-2 Give thanks to the LORD, for he is good! His faithful love endures forever. Has the LORD redeemed you? Then speak out! Tell others he has redeemed you from your enemies.

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My response	

THURSDAY

Psalm 111:1-7 (NLT) ¹ Praise the LORD! I will thank the LORD with all my heart as I meet with his godly people. ² How amazing are the deeds of the LORD! All who delight in him should ponder them. ³ Everything he does reveals his glory and majesty. His righteousness never fails. ⁴ He causes us to remember his wonderful works. How gracious and merciful is our LORD! ⁵ He gives food to those who fear him; he always remembers his covenant. ⁶ He has shown his great power to his people by giving them the lands of other nations. ⁷ All he does is just and good, and all his commandments are trustworthy.

Words I underlined	
My response	

FRIDAY

Psalm 145:1-7 (NLT) ¹ I will exalt you, my God and King, and praise your name forever and ever. ² I will praise you every day; yes, I will praise you forever. ³ Great is the LORD! He is most worthy of praise! No one can measure his greatness. ⁴ Let each generation tell its children of your mighty acts; let them proclaim your power. ⁵ I will meditate on your majestic, glorious splendor and your wonderful miracles. ⁶ Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. ⁷ Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness. Psalm 145:8-13 (NLT) ⁸ The LORD is merciful and compassionate, slow to get angry and filled with unfailing love. ⁹ The LORD is good to everyone. He showers compassion on all his creation. ¹⁰ All of your works will thank you, LORD, and your faithful followers will praise you. ¹¹They will speak of the glory of your kingdom; they will give examples of your power. ¹² They will tell about your mighty deeds and about the majesty and glory of your reign. ¹³ For your kingdom is an everlasting kingdom. You rule throughout all generations. The LORD always keeps his promises; he is gracious in all he does.

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SATURDAY

Psalm 145:14-17 (NLT) ¹⁴ The LORD helps the fallen and lifts those bent beneath their loads. ¹⁵ The eyes of all look to you in hope; you give them their food as they need it. ¹⁶ When you open your hand, you satisfy the hunger and thirst of every living thing. ¹⁷ The LORD is righteous in everything he does; he is filled with kindness. ¹⁸ The LORD is close to all who call on him, yes, to all who call on him in truth. ¹⁹ He grants the desires of those who fear him; he hears their cries for help and rescues them. ²⁰ The LORD protects all those who love him, but he destroys the wicked. ²¹ I will praise the LORD, and may everyone on earth bless his holy name forever and ever.

Words I underlined _	
My response	