

The Renewing Power Of Praise

“To grant to those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting.” Isaiah 61:3

If you are feeling sad but want to be glad, I have good news for you!

Praising God turns sadness into GLADNESS!

How do I know? God’s Word says so! Isaiah 61:1-3 and Luke 4:17-19 refer to Jesus Christ, God’s only Son who came to the world to save us from our sins and give us eternal life (John 3:16-17).

Along with salvation He came to heal us, deliver us and renew us. Through Isaiah the prophet, God promises three things to those who trust in the Lord.

First, a garland instead of mourning. You and I can mourn and grieve our way through life or we can replace mourning with praise. We can exchange the ashes of sadness with the garland of praise. A garland was a rope or leaves twisted into a crown to adorn a person’s head that was being celebrated. The garland was a gesture of victory and represented a time of happy celebration.

God wants you and me to celebrate, not mourn, life.

Second, gladness instead of sadness! Life can make us sad. But Jesus came, suffered, died and rose again to give us gladness for sadness. Hebrews 12:1-2 says that for the joy set before Him, Jesus endured the cross and despised the shame of hostile sinners toward Him. Why? To break the power of sin, death and the grave so we could be free to enjoy a joyful relationship with God.

Gladness, not sadness, is our Heavenly Father’s will for His children.

Third, praise instead of fainting. The King James Version of this verse says that God gives us a garment of praise for the spirit of heaviness. Praise for heaviness...I will make that trade off every time. The idea here is that sadness and gladness are clothes that we put on. God wants us to put off sadness clothes and put on gladness clothes.

God wants you and me to wear glad, not sad, clothes.

Ten Truths About Praising God

- Praise gets our eyes off ourselves and onto Almighty God.
- Praising God breaks Satan's power and puts the evil one on the run.
- Praise renews and refreshes weary spirits.
- Praise produces power and strength when I am feeling weak and powerless.
- Praise rekindles hope and encourages us to trust God for a prosperous future.
- Praising God sets us free from discouragement, depression and despair, lifting our spirit into the joyful presence of God.
- Praising God chases the storm clouds away and ushers into the sunshine of God's great love for us.
- Praise helps us to recapture a positive attitude and forward-looking behavior that contribute to victorious Christian living.
- Praise is a witness to others of God's presence and work in my life.
- Praising God is what the angelic beings are doing in heaven...so praising God here prepares us for praising God there!

Praising God refreshes our spirit and renews our perspective. When we praise the Lord, life looks different. Better! Much better when we give God praise.

Practical Pointers For Praising God

- ❖ God is worthy of our worship and praise. Praise the Lord because He loves you and you love and respect Him.

"Worthy are Thou, our Lord and our God, to receive glory and honor and power; for Thou did create all things, and because of Thy will they existed, and were created."
Revelation 4:11

"Blessed be the Lord, for He has made marvelous His lovingkindness to me in a besieged city."
Psalm 31:21

- ❖ Praise God with His Word. Read aloud the Psalms, especially Psalms 100-150. Praise God with the Psalmist who knew how to praise the Lord.

"When I am afraid, I will put my trust in Thee. In God, in whose Word I praise, in God I have put my trust; I shall not be afraid. What shall mere man do to me?"

Psalm 56:3-4

“Let the Word of Christ richly dwell within you, with all wisdom, teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.”
Colossians 3:16

- ❖ Sing to the Lord. Turn on and tune in to uplifting, inspiring worship and praise music in your home, your car, your workplace, while you exercise. Sing a new song of praise to the Lord.

“Sing to the Lord a new song; sing to the Lord, all the earth, sing to the Lord, bless His name. Proclaim glad tidings of His salvation from day to day.” Psalm 96:1-2

“Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; come before Him with joyful singing. Know that the Lord Himself is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture.”
Psalm 100:1-3

- ❖ Praise God at church. Worship services provide a healing, restoring and encouraging atmosphere when we need spiritual and emotional renewal. Raise your voice. Lift your hands. Clap your hands. Praise God with God’s people. Defeat depression by praising the Lord in the house of God.

“I will bow down toward Thy holy temple, and give thanks to Thy name for Thy lovingkindness and Thy truth; for Thou hast magnified Thy word according to all Thy name.”
Psalm 138:2

“Enter His gates with thanksgiving, and His courts with praise; give thanks to Him; bless His name. For the Lord is good; His lovingkindness is everlasting. And His faithfulness to all generations.”
Psalm 100:4-5

“Because Thy lovingkindness is better than life, my lips will praise Thee. So I will bless Thee as long as I live; I will lift up my hands in Thy name. My soul is satisfied as with marrow and fatness, and my mouth offers praises with joyful lips.”
Psalm 63:3-5

“Speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord, always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father.”
Ephesians 5:19-20

- ❖ Give God praise whether you feel like or not. Matter of fact, the less you feel like praising the Lord, the more you need to! Praise is an exercise of faith that puts feelings in the proper place. Put your faith above your feelings. The devil wants you to stay sad. God wants you to be glad....so praise Him and rejoice in His goodness to you!

“Let all who seek Thee rejoice and be glad in Thee. Let those who love Thy salvation say continually, “The Lord be magnified! Since I am afflicted and needy, let the Lord be mindful of me; thou are my help and my deliverer, do not delay, O my God.” *Psalm*
40:16-17

- ❖ Praise God continually. Make praising God a habit that carries you through the day. Praise the Lord often. The more you praise Him, the more you will experience the joy of the Lord.

“Praise the Lord! Praise, O servants of the Lord. Praise the name of the Lord. Blessed be the name of the Lord from this time forth and forever. From the rising of the sun to its setting the name of the Lord is to be praised.” *Psalm*
113:1-3

“Rejoice always. Pray without ceasing. In everything give thanks; for this is God’s will for you in Christ Jesus.” *I Thessalonians 5:16-18*

Scriptures For Praising God

Practice makes perfect. The more you praise God the better you will feel about life. Praising God has a way of lifting us out of the pits and into the presence of the One who is the answer to our problems and the Source for meeting all of our needs.

1. What do you need to praise God for?

_____.

2. How will praising the Lord help you in your current situation? _____

_____.

3. Lay out a plan for praising God. List specific steps. Start today.

✓ This is how I will begin praising the Lord.

✓ Read, meditate upon and confess these praise scriptures over your life.

Psalm 118:15

Psalm 136:1-3

Psalm 143:1-7

Psalm 149:1-6

Psalm 148:1-14

Psalm 150

Psalm 147

Psalm 134

Psalm 135:1-3

Psalm 111

Psalm 106:1-2

Psalm 99:1-5

Psalm 95:1-7

Psalm 89:1-2

Psalm 33:1-5

“I will bless the Lord at all times; His praise shall be continually in my mouth. My soul shall make its boast in the Lord; the humble shall hear it and rejoice. O magnify the Lord with me, and let us exalt His name together.” Psalm 34:1-3

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