

Monday 13th July 2020

Psalm 113: 1-3

Praise the Lord.

Praise, O servants of the Lord,

praise the name of the Lord.

Let the name of the Lord be praised,

both now and forever more.

From the rising of the sun to the place where it sets,

the name of the Lord is to be praised.

The above is one of many examples of praise in the Bible. We have many wonderful reasons to praise the Lord. It is good to do so in the morning and in the evening and, whilst doing this, to proclaim our love for Him. For most of us, this is much easier to do when life is going the way we wish it to go. However, it can be difficult to praise the Lord when we are ill, weary, feeling downtrodden etc. How do we give thanks when life seems to be nothing more than one big disappointment. It is possible, even under difficult circumstances. How do we do it? We ask God for the grace to learn to say, 'Thank You.'

When we offer praise to the Lord we are filled with joy. We are concentrating on Him and not ourselves. We turn away from ourselves, our struggles and all of our negative thinking. Through praising Him and remembering all that He has done for us, we are humbled for He has the power to do amazing things; amazing things which we cannot do. He will bless us dearly for He never withholds. We will find Him within us at our centre and His love will emanate from us to everyone around us bringing them and ourselves joy. Through Him, we shall find that 'peace which passeth all understanding' (Philippians 4: 7). It is through Him that our lives can be changed and through our lives being changed we have it in us to help to bring about positive change in others.

When we re-enter our churches in the coming weeks, we will not be able to sing at all, never mind lustily. However, we can praise God in our hearts and with our prayers.

Prayer: Gracious God, our Heavenly Father, We praise your Holy name. We praise your Word and know that through practising it, we shall find joy, peace, compassion and Your Love. Amen.