

Psalm 9

Author: David

Is expressing praise to the Lord easy or difficult for you? How about giving God thanks or asking Him to come to your aid? Before I knew the Lord intimately my prayers were full of requests, peppered with praise and some thanks thrown in for good measure.

It is obvious that David knows the Lord intimately. He has learned to depend on Him, recognizing His power in his life. Through this intimate relationship, David has learned how to pray and teaches us in Psalm 9. David's model teaches: Praise comes first, our thanks are second, and we ask last.

Praise Comes First

David's model starts with praise. It is easy to use praise and thanks interchangeably, almost as synonyms; however, they are not synonyms. Breaking down our prayer model will help us understand the difference in the two words and the important part each word plays in our model prayer.

Praise is defined as the act of expressing approval or admiration; commendation. In our praise we tell God how much we adore Him and celebrate who He is. The NIV Bible commentary defines praise as an outward expression of our inward attitude. In order for our outward expression to be pleasing to God, we must check our inward attitude.

An Attitude check

Anyone who knows me will confirm that I can throw some attitude. At 43, I have perfected the slight turn of the head, feet apart at ready stance, and hands on the hip attitude. I am embarrassed to confess I have taken this attitude into my prayer closet, acting entitled to answers and upset because things are not going my way. As we approach our Creator through prayer it is necessary to lose the attitude. In a loose translation of 1 Peter 2:1-3 Peter advises, "since we have tasted the Lord's goodness it is time to grow up and get rid of some stuff."

Locate and read [1 Peter 2:1](#).

What does Peter recommend we get rid of?

In the conclusion of chapter 1, Peter is talking to Believers about obedience, holiness and the steadfastness of God's Word. He urges them to rid themselves of anything that would keep them from obeying God or pursuing holiness. With the absence of such attitudes our inward attitude and consequently our outward expression will be pleasing to God. *Oh, that I would have the right attitude.*

Which attitude is most challenging for you to get rid of? Why?
