

Psalm 47

Author: Sons of Korah

♪ Sing praises to our God!

♪ Sing praises!

♪ Sing praises to our King!

♪ Sing praises!

I hear the melodies of many praise songs such as, *Sing, Sing, Sing* by Chris Tomlin, *He is Exalted* by Twila Paris, and *10,000 Reasons* by Matt Redman. If these worship songs happen to be unfamiliar to you, type the title in your Goggle Search box, and let the praise begin!

What is your favorite worship song right now? What is your favorite of all time?

There is nothing like praising the Lord! Sometimes praising the Lord is easy—He is so good that we can't hold back the praise! Other times, praising the Lord is hard—He is still good, but our not-so-good circumstances can tempt us to hold back our praise.

Sacrificial Praise

There are times when we unintentionally let our circumstances ~~to~~restrain our praise. Our pain leads us to a place where praise seems impossible. It isn't that we doubt that God is praise worthy. We are simply too weak from the battles in this life to utter a word.

I felt like this when my husband's health was failing and our future was so uncertain. Something had to give. I was so weary. Perhaps you have been there. One Sunday, I brought my little bit of faith to the altar of at my church. I just *had* to offer Him praise or I couldn't go on. As praise poured through my pain, I was consumed with praising God and not with the uncertainty of our future. All I could say was, "better is one day in your house than a thousand elsewhere" (Ps.84:10). Though it was difficult, the praise brought the release, relief, and refreshment my mind, body, and soul that I so desperately needed.

Read Isaiah 43:21.

Why were we created?

Whether in joy or in sorrow, delight or disappointment, calm or confusion, the sacrifice of praise brings a presence of God to our mind, body, and soul like nothing else can. We are created to praise God in all things. But there is a price for such a sacrifice, and it's worth the cost. As we sacrifice our sorrow, disappointments, and confusion through praise, we experience Him in a way few ever do.

Read Hebrews 13:15.

How often should we offer sacrificial praise?

Compulsory Praise

God's goodness, mercy, and grace, and the thoughts He has toward His children, are simply too great to comprehend. There are days when witnessing His blessing and His greatness are overwhelming, and we are compelled to worship Him. Dictionary.com defines "compel" as having a powerful and irresistible effect, requiring acute attention, admiration, and respect. In others words, what we witness is so marvelous we just *have to* praise Him.

While God is always at work (John 5:17) and is always worthy of our praise, sometimes we don't see His handiwork. We are blind to His workings. Like those whose physical sight was healed by Jesus, our spiritual sight can be healed.

Read Mark 10:50-52

What did Bartimaeus ask God?

The more we see of God, the less constrained our praises will be. Rain following weeks of dry conditions can ignite praise. Discovering our favorite items are on sale or sharing breakfast with a special friend can cause our lips to sing His praise. We just need to have our sight restored to His wonder, and the praise will not cease.

Pause and ask God to help you see, then spend a few minutes praising Him. List some praiseworthy thoughts in the space below.

Read 1 Peter 1:3-5.

If it is hard to find something to praise God about, what does Peter suggest? List his suggestions in the space below.

El Elyon, our Lord Most High, is most worthy of our praise. He redeemed our past and secured our future. His divine guardianship shields us from all threats of danger until He returns for us. Are you breaking out in compulsory praise yet? Sing, sing, sing His praises. Sing them loud so He can hear, and delight in His praise.

Spend the remainder of your time with the Lord today offering either celebratory or sacrificial praise. He *is* worthy. Rather than remembering past praise, praise Him for today. Today is the day to praise the Lord.