

PRAISE – How to Enter Every Day

- Present Yourself

- Romans 12:1 - Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

- Raise your Hands

- 1 Timothy 2:8 - Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.

- Audibly Thank God

- Psalm 63:1-3 - ¹ You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. ² I have seen you in the sanctuary and beheld your power and your glory. ³ Because your love is better than life, my lips will glorify you.

- Invite the Holy Spirit's Presence

- Ephesians 5:18 - Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ...

- Sing a New Song

- Ephesians 5:19-20 - ...speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

- Enter the Day!

Take a few moments to step through these first thing every morning, starting your day off in humble praise and submission to the Lord.



Steps of Characteristic Christian Devotion

1. Rejoice

- a. Psalm 64:10 – Let the righteous one rejoice in the Lord and take refuge in him! Let all the upright in heart exult!
- b. Psalm 97:12 – Rejoice in the LORD, O you righteous, and give thanks to his holy name!

2. Pray

- a. Psalm 61:1-4 – ¹ Hear my cry, O God, listen to my prayer; ² from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, ³ for you have been my refuge, a strong tower against the enemy. ⁴ Let me dwell in your tent forever! Let me take refuge under the shelter of your wings!
- b. Psalm 84:1-8

3. Give Thanks

- a. Psalm 95:2 – Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!
- b. Psalm 100:4 – Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!



Repeat this pattern throughout the day; whether you are facing trials or when things are going great!