

# Prayer Practice

## Week 3- Daily Praise & Thanksgiving

Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Praise and thanksgiving are the most suitable things to do as we start our time of prayer, because they put God in the highest place of honour and give him credit for all the blessings we enjoy. Both actions are a response to God's grace in our lives. It's important to note, particularly with praise, that it is an action. Praise can't be silent or still. We must use our whole self to praise God. Take time each day this week for praise and thanksgiving. Below are some ideas to help.

### Praise

1. Praise God by singing along to a worship song

Psalm 150:6 "Let everything that has breath praise the Lord."

2. Praise God by listing his attributes, and speaking them out loud as though you're giving him a compliment.

e.g. "God you are good. You are Holy. You are beautiful . . ."

3. Praise God by playing an instrument or dancing

Psalm 149:3 "Let them praise his name with dancing and make music to him with timbrel and harp."

4. Praise God by reading Psalm 103 out loud

Psalm 103 "Praise the Lord, my soul; all my inmost being, praise his holy name..."

5. Praise God by raising your hands while you pray or sing

Psalm 28:2 "Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place."

6. Praise God by going outside and marvelling at creation

Psalm 19:1 "The heavens declare the glory of God; the skies proclaim the work of his hands."

### Thanksgiving

Every day this week write down at least 1 or 2 things you are thankful for. Here are some ideas to get you started:

1. Salvation
2. The Holy Spirit (the presence of God in your life)
3. Creation
4. Your church
5. Your country/province/city & it's leaders
6. Friends & Family
7. God's provision (finances, home, food, etc)
8. Health
9. Opportunities to serve God and love others