

Praise the Lord

one year
PRAYER EXPERIMENT

The practice of offering praise to God brings joy to God, fulfills our purpose as his creation, roots us in reality and makes our joy complete. There is so much to be gained by praising God. Yet it is unnatural to our proud hearts and unfamiliar to many of our prayer times. Praise is not hard to learn, and it is certainly worth the effort.

Here is a simple process to practice offering praise to God:

- 1) Select an attribute of God from the list below and read the passage.
- 2) Meditate on this attribute of God as you pray by thinking through these:
 - Lord, because you are (attribute of God) . . . I know . . . I feel . . . I can . . .
 - Lord, if you were not (attribute of God) . . . I would think . . . I would feel . . . I would do . . .
- 3) Express any other thoughts or feelings of adoration that emerge from this meditation
- 4) Consider your life and circumstances, and think about specific ways God has expressed this attribute towards you. Thank him for the ways he has helped you and shown himself to you.

Praiseworthy Attributes of God

God is Love	1 John 4:8	God is Creator	Genesis 1:1
God is Grace	Titus 2:11	God is King	Psalm 103:19
God is Faithful	1 Thessalonians 5:24	God is Patient	1 Timothy 1:16
God is Everywhere	Psalm 139:7-10	God is Unchanging	Hebrews 13:8
God is Eternal	Psalm 90:2	God is All-Powerful	Matthew 19:26
God is Holy	Psalm 22:3	God is Righteous	Psalm 145:17
God is Good	Psalm 100:5	God is All-Knowing	Isaiah 40:12-14
God is Wise	Job 12:13	God is Truth	John 14:6

This list is not exhaustive!
There are many other praiseworthy attributes of God in the Bible.



WARNING: Do not pray *only* this way for more than a week at a time. For the experiment I prayed this way for a week. It helps to teach us to praise, but over-doing it can unbalance us in a new direction.

