

Thirty Days of Praise

(Draft 2008)

Introductory Notes:

Untold volumes have been written over the centuries attesting to the power of praise, and it's all true. Simply praising God, which is *worship in its truest form*, opens the door to the indwelling of the Holy Spirit and unleashes the power of God to change and amaze us.

"Thirty Days of Praise" is a devotional tool to enable us to offer to God a continuum of daily praise. It is a compendium of praise as I excerpted those sections of Psalms that elicited praise. There are a few *italicized* notes here and there to which I add over time.

I end each day's reading with two "Glorias", one is traditional, the second one I created because I like the English use of "You" to denote either singular or plural, thereby capturing God as One *and* our Trinitarian understanding of God as well.

References to "the Ridge" is the place I lived for two years during my recovery.

Here are a few tips I found helpful:

--Do it daily. You have a month's worth here 😊.

--keep it with you for use any part of the day, that's why I divided it into three documents—easy to transport!

--make your own notes so you can see what God does in you as you repeat this from month to month.

--pray these praises out loud, and slowly. Try to let each phrase "sink in", stop to pray and repeat words or phrases when the Lord calls your attention to them through a thought or feeling--memorize it as a repeated prayer for the day.

--offer these Words of God as the perfect praise we don't have words for....

Day 1

Psalm 8

¹O Lord , our Lord, how majestic is Your name in all the earth! You have set Your glory above the heavens.

²From the lips of children and infants You have ordained praise...

³When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place,

⁴what is man that You are mindful of him, the son of man that You care for him?

⁵You made him a little lower than the heavenly beings and crowned him with glory and honor.

⁶You made him ruler over the works of Your hands; You put everything under his feet:

⁷all flocks and herds, and the beasts of the field,

⁸the birds of the air, and the fish of the sea, all that swim the paths of the seas.

⁹O Lord , our Lord, how majestic is Your name in all the earth!

Notes:

Vs. 2: He ordained praise, i.e., designated it as a doorway/entry point to Him and His presence. It's also noteworthy that "from the lips of...infants" He is praised and other references to His creation praising Him indicates there is something innate in all His creation, irregardless of capacity to reason that praises Him. Also, noteworthy here is the clearly intimate and direct "conversation" with even infants, a window into further understanding the efficacy of infant baptism.

Vs. 4: A good question, but the simple and profound answer is HE DOES care for us personally as a Father to His only child yet is the Creator and Ruler of the expanding universe. Even as an earthly/flawed father, I can honestly say that, as my number of sons grew from one to three, I loved all of them the same—the same incredible love I had for Christopher when I first held him is the same love I felt for Jonathan and Corey when I first held them, and that immeasurable love continues to this day. Through this experience, I get a glimpse of how an infinite God can love me AND the other billions of His children—all with an immeasurable love.

This Psalm in general: we do have a role and function here on the earth, it is a school, to be sure, in which we learn how to and demonstrate our willingness to let Him rule in us and do His will. He gives us the earth to “practice on”.

Psalm 9

¹I will praise You, O Lord , with all my heart; I will tell of all Your wonders.
²I will be glad and rejoice in You; I will sing praise to Your name, O Most High.
³My enemies turn back; they stumble and perish before You.
⁴For You have upheld my right and my cause; You have sat on Your throne, judging righteously.
⁷The Lord reigns forever; He has established His throne for judgment.
⁸He will judge the world in righteousness; He will govern the peoples with justice.
⁹The Lord is a refuge for the oppressed, a stronghold in times of trouble.
¹⁰Those who know Your name will trust in You, for You, Lord , have never forsaken those who seek You.
¹¹Sing praises to the Lord , enthroned in Zion; proclaim among the nations what He has done.

Notes:

Vs. 10b: What I am counting on, living for....It's also worth noting the condition “those who SEEK you”.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 2

Psalm 16

⁷I will praise the Lord , Who counsels me; even at night my heart instructs me.
⁸I have set the Lord always before me. Because He is at my right hand, I will not be shaken.
⁹Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

¹¹You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Vs. 7 It's important to close the day asking the Lord to use the night and sleep time as His “maintenance/repair time” to work on your spirit and mind as you sleep to bring about the healing and growth that He does at very deep levels if we ask Him to. I think Christians greatly underestimate this source of healing and guidance.

Psalm 18

¹I love you, O Lord , my strength.
²The Lord is my rock, my fortress and my deliverer; my God is my rock, in Whom I take refuge. He is my shield and the horn of my salvation, my stronghold.
³I call to the Lord , who is worthy of praise, and I am saved from my enemies.

³⁰As for God, His way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in Him.
³¹For who is God besides the Lord ? And who is the Rock except our God?

³²It is God who arms me with strength and makes my way perfect.

³³He makes my feet like the feet of a deer; He enables me to stand on the heights.

⁴⁶The Lord lives! Praise be to my Rock! Exalted be God my Savior!

⁴⁹Therefore I will praise You among the nations, O Lord ; I will sing praises to Your name.

⁵⁰He gives His king great victories; He shows unfailing kindness to His anointed, to David and his descendants forever.

Notes:

Vs. 3: Mostly the enemies within...

Vs. 33: The ridge?

Vs. 50: As David's descendants, the blessings and presence promised him is ours as well!

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 3

Psalm 20

¹³Be exalted, O Lord , in Your strength; we will sing and praise Your might.

Psalm 24

¹The earth is the Lord 's, and everything in it, the world, and all who live in it;

²for He founded it upon the seas and established it upon the waters.

³Who may ascend the hill of the Lord ? Who may stand in His holy place?

⁴He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

⁵He will receive blessing from the Lord and vindication from God his Savior.

⁶Such is the generation of those who

seek Him, who seek Your face, O God of Jacob. Selah

⁷Lift up your heads, O you gates; be lifted up, you ancient doors, that the King of glory may come in.

⁸Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

⁹Lift up your heads, O you gates; lift them up, you ancient doors, that the King of glory may come in.

¹⁰Who is He, this King of glory? The Lord Almighty- He is the King of glory. Selah

Notes:

Vs. 4a: Having "clean hands and a pure heart" requires we begin our praise times with confession—simple and heartfelt, but not a big guilt trip that in itself can become a distraction.

Vs. 4b: We "Lift up our soul to an idol" anytime we succumb to a worldly temptation or choose a worldly pleasure that distracts us from Him.

Vs. 9: The gates that need to be opened are those to our hearts. It is the only and very small part of our involvement in this process, a simple turning of the will in His direction—He takes it from there and comes in!

Psalm 26

O Lord ,

⁷I proclaim aloud Your praise and tell of all Your wonderful deeds.

⁸I love the house where You live, O Lord , the place where Your glory dwells.

Psalm 28

⁶Praise be to the Lord , for He has heard my cry for mercy.

⁷The Lord is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song.

⁸The Lord is the strength of His people, a fortress of salvation for His anointed one.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 4

Psalm 29

- ¹Ascribe to the Lord, O mighty ones, ascribe to the Lord glory and strength.
- ²Ascribe to the Lord the glory due His name; worship the Lord in the splendor of His holiness.
- ³The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters.
- ⁴The voice of the Lord is powerful; the voice of the Lord is majestic.
- ⁵The voice of the Lord breaks the cedars; the Lord breaks in pieces the cedars of Lebanon.
- ⁶He makes Lebanon skip like a calf, Sirion like a young wild ox.
- ⁷The voice of the Lord strikes with flashes of lightning.
- ⁸The voice of the Lord shakes the desert; the Lord shakes the Desert of Kadesh.
- ⁹The voice of the Lord twists the oaks and strips the forests bare. And in His temple all cry, "Glory!"
- ¹⁰The Lord sits enthroned over the flood; the Lord is enthroned as King forever.
- ¹¹The Lord gives strength to His people; the Lord blesses His people with peace.

Notes:

The greatness of God has been and always will be indescribably with human language and analogy. Here, as in other Psalms, the psalmist grasps at the greatest acts of power and natural force to make the attempt. With today's knowledge I am thinking an appropriate attempt at this description might be to consider the depth and breadth of the known, and expanding, universe, then to simply affirm He is Lord and Creator of and over all. This is echoed in the following Psalm 33:6:

⁶By the word of the Lord were the heavens made, their starry host by the breath of His mouth.

"The Voice of the Lord". We should seek it, strain to hear it amidst our artificial and, in many

instances, inconsequential busy-ness. It speaks volumes about our hardness of heart and preoccupation with ourselves and our little personal worlds that we would even talk about "staining" to hear His mighty voice as described above. It should be blowing us away.

Psalm 30

- ⁴Sing to the Lord, you saints of His; praise His holy name.
- ⁵For His anger lasts only a moment, but His favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.
- ¹¹You turned my wailing into dancing; You removed my sackcloth and clothed me with joy,
- ¹²that my heart may sing to You and not be silent. O Lord my God, I will give You thanks forever.

Vs 5: this is encouragement for those suffering from depression—its temporary and morning does come....

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 5

Psalm 33

- ¹Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise Him.
- ²Praise the Lord with the harp; make music to Him on the ten-stringed lyre.
- ³Sing to Him a new song; play skillfully, and shout for joy.
- ⁴For the word of the Lord is right and true; He is faithful in all He does.
- ⁵The Lord loves righteousness and justice; the earth is full of His unfailing love.
- ⁶By the word of the Lord were the heavens made, their starry host by the breath of His mouth.

⁷He gathers the waters of the sea into jars ; He puts the deep into storehouses.

⁸Let all the earth revere the Lord; let all the people of the world revere Him.

⁹For He spoke, and it came to be; He commanded, and it stood firm.

¹²Blessed is the nation whose God is the Lord , the people He chose for His inheritance.

Notes:

Vs. 2: For “on the ten-stringed lyre.” We could well be substitute “my life”.....

Vs. 12: “ the nation” could be read “any enterprise” which would include businesses, including ISL, CDP, etc.

Psalm 34

¹I will extol the Lord at all times; His praise will always be on my lips.

²My soul will boast in the Lord ; let the afflicted hear and rejoice.

³Glorify the Lord with me; let us exalt His name together.

⁸Taste and see that the Lord is good; blessed is the man who takes refuge in Him.

⁹Revere the Lord , you His saints, for those who revere Him lack nothing.

¹⁰The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

Notes:

Vs. 1: If for no other reason, when we are actively praising Him we can't be sinning!

Vs. 8: Winning people over to Him happens best if they see Him in us and then “taste” for themselves. No one is argued or criticised or frightened into a lasting relationship with Him.

Vs 10: Therefore we can more easily rest assured its “okay” to not have to desire or worry about having the “things of the world”...no worries—we will lack no good thing!

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 6

Psalm 35

¹⁸I will give You thanks in the great assembly; among throngs of people I will praise You.

²⁸My tongue will speak of Your righteousness and of Your praises all day long.

35:28—“all day long” THAT’S why hourly worship is so important.

Psalm 36

⁵Your love, O Lord , reaches to the heavens, Your faithfulness to the skies.

⁶Your righteousness is like the mighty mountains, Your justice like the great deep. O Lord , You preserve both man and beast.

⁷How priceless is Your unfailing love! Both high and low among men find refuge in the shadow of Your wings.

Psalm 41

¹³Praise be to the Lord , the God of Israel, from everlasting to everlasting. Amen and Amen.

Psalm 43

³Send forth Your light and Your truth, let them guide me; let them bring me to Your holy mountain, to the place where You dwell.

⁴Then will I go to the altar of God, to God, my joy and my delight. I will praise You with the harp, O God, my God.

Psalm 47

¹Clap your hands, all you nations; shout to God with cries of joy.

²How awesome is the Lord Most High, the great King over all the earth!

⁴He chose our inheritance for us, the

pride of Jacob, whom He loved. Selah
5 God has ascended amid shouts of joy,
the Lord amid the sounding of trumpets.
6 Sing praises to God, sing praises; sing
praises to our King, sing praises.
7 For God is the King of all the earth; sing
to Him a psalm of praise.
8 God reigns over the nations; God is
seated on His holy throne.
9 The nobles of the nations assemble as
the people of the God of Abraham, for
the kings of the earth belong to God; He
is greatly exalted.

*I omitted vs 3 from this praise Psalm (47) as it
seemed less "personal" but it could be included
as we can certainly understand the "subduing of
nations" to refer to God's subduing of our
enemies whether they be nations or personal
troubles:*

*"He subdued nations under us, peoples
under our feet..."*

*v.4.: Jacob, with all his foibles and failures, was
so loved by the Lord—there's hope for ALL of
us.*

36:7 & 43:3—the Ridge!

Closing: *Praise be to the Father and to the Son
and to the Holy Spirit, as He was in the
beginning, is now, and shall be for ever and
ever. Amen.*

*Praise be to You, Father, Son, and Holy Spirit,
as You were in the beginning, are now, and will
be forever and ever. Amen!*

Day 7

Psalm 48

1 Great is the Lord, and most worthy of
praise, in the city of our God, His holy
mountain.
2 It is beautiful in its loftiness, the joy of
the whole earth. Like the utmost heights
of Zaphon is Mount Zion, the city of the
Great King.
8 As we have heard, so have we seen in
the city of the Lord Almighty, in the city
of our God: God makes her secure
forever. Selah

9 Within Your temple, O God, we
meditate on Your unfailing love.
10 Like Your name, O God, Your praise
reaches to the ends of the earth; Your
right hand is filled with righteousness.
11 Mount Zion rejoices, the villages of
Judah are glad because of Your
judgments.

14 For this God is our God for ever and
ever; He will be our guide even to the
end.

Psalm 51

15 O Lord, open my lips, and my mouth
will declare Your praise.

Psalm 52

I am like an olive tree flourishing in
the house of God; I trust in God's
unfailing love for ever and ever.
9 I will praise You forever for what You
have done; in Your name I will hope, for
Your name is good. I will praise You in the
presence of Your saints.

Psalm 57

5 Be exalted, O God, above the heavens;
let Your glory be over all the earth...
9 I will praise You, Lord, among the nations;
I will sing of You among the peoples.
10 For great is Your love, reaching to the
heavens;
Your faithfulness reaches to the skies.
11 Be exalted, O God, above the heavens;
let Your glory be over all the earth.

Psalm 59

18 I will sing of Your strength,
in the morning I will sing of Your love;
for You are my fortress,

Psalm 61

8 Then will I ever sing praise to Your
name and fulfill my vows day after day.

Because He has made it known that we, our
lives and bodies, are His new temple, I believe

Ps. 48 Because we know that He describes our lives and bodies as His new Temple in the New Testament, I believe we can also, therefore interpret the City of God, in this context to be our lives.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 8

Psalm 63

¹O God, You are my God, earnestly I seek You; my soul thirsts for You, my body longs for You, in a dry and weary land where there is no water.
²I have seen You in the sanctuary and beheld Your power and Your glory.
³Because Your love is better than life, my lips will glorify You.
⁴I will praise You as long as I live, and in Your name I will lift up my hands.
⁵My soul will be satisfied as with the richest of foods—Your presence! With singing lips my mouth will praise You.
⁶On my bed I remember You; I think of You through the watches of the night.
⁷Because You are my help, I sing in the shadow of Your wings.
⁸My soul clings to You; Your right hand upholds me.

Notes:

*This is a truly important Psalm for strugglers as it is not only full of powerful praise but is instructive: 1) reminds us of the need to hunger and thirst for Him via fasting, 2) keeps us in the eternal perspective “Your love is better than life”, 3) reminds us a lifelong commitment is the **only** option, 4) reminds us how to use those “watches in the night” to spend quality time with Him, 5) reminds if we cling He upholds. To be in the “shadow of His wings”, of course, is the ultimate comfort!*

Psalm 64

¹⁰Let the righteous rejoice in the Lord and take refuge in Him; let all the upright in heart praise Him!

Psalm 65

¹Praise awaits you, O God, in Zion; to You our vows will be fulfilled.
²O You who hear prayer, to You all men will come.

⁵You answer us with awesome deeds of righteousness, O God our Savior, the hope of all the ends of the earth and of the farthest seas,

⁶Who formed the mountains by Your power, having armed Yourself with strength,

⁷Who stilled the roaring of the seas, the roaring of their waves, and the turmoil of the nations.

⁸Those living far away are amazed by Your wonders; where morning dawns and evening fades You call forth songs of joy.

⁹You care for the land and water it; You enrich it abundantly. The streams of God are filled with water to provide the people with grain, for so You have ordained it.

¹⁰You drench its furrows and level its ridges; You soften it with showers and bless its crops.

¹¹You crown the year with Your bounty, and Your carts overflow with abundance.

¹²The grasslands of the desert overflow; the hills are clothed with gladness.

¹³The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.

Notes:

*64:10 is such an “easy to use” summary of what we need to do: **rejoice, take refuge, praise.***

65:7 reminds that just as He calms the roaring and tumult of seas and nations so He can calm the roaring and tumult that sometimes surrounds us. Most importantly He calms the roaring within us and tumult caused by addictions/mental issues/emotional crisis, etc., etc—He DOES that!

65:8: *what beautiful poetry and imagery: "where morning dawns and evening fades You call forth songs of joy...."*

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 9

Psalm 66

¹Shout with joy to God, all the earth!
²Sing the glory of His name; make His praise glorious!
³Say to God, "How awesome are Your deeds! So great is Your power that Your enemies cringe before You.
⁴All the earth bows down to You; they sing praise to You, they sing praise to Your name." Selah
⁵Come and see what God has done, how awesome His works in man's [my] behalf!
⁶He turned the sea into dry land, they passed through the waters on foot, come, let us rejoice in Him.
⁷He rules forever by His power, His eyes watch the nations [and me]- let not the rebellious rise up against Him. Selah
⁸Praise our God, O peoples, let the sound of His praise be heard;
⁹He has preserved our lives and kept our feet from slipping....
¹⁶Come and listen, all you who revere God; let
²⁰Praise be to God, Who has not rejected my prayer or withheld His love from me!

Psalm 67

³May the peoples praise You, O God; may all the peoples praise You.
⁴May the nations be glad and sing for joy, for You rule the peoples justly and guide the nations of the earth. Selah
⁵May the peoples praise You, O God; may all the peoples praise You.

Notes:

Psalm 66:5, It is very important to constantly look back over our shoulders and see what the Lord has already accomplished in us. Too often we get bound up in concerns of the day and loose sight of the "awesome works He has done in our behalf".

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 10

Psalm 68

⁴Sing to God, sing praise to His name, extol him Who rides on the clouds - His name is the Lord - and rejoice before Him.
¹⁹Praise be to the Lord, to God our Savior, Who daily bears our burdens. Selah
²⁶Praise God in the great congregation; praise the Lord in the assembly of Israel.
³²Sing to God, O kingdoms of the earth, sing praise to the Lord, Selah
³³to Him who rides the ancient skies above, Who thunders with mighty voice.
³⁴Proclaim the power of God, Whose majesty is over Israel, Whose power is in the skies.
³⁵You are awesome, O God, in Your sanctuary; the God of Israel gives power and strength to His people. Praise be to God!

Psalm 69

³⁰I will praise God's name in song and glorify Him with thanksgiving.
³¹This will please the Lord more than an ox, more than a bull with its horns and hoofs.
³²The poor will see and be glad- you who seek God, may your hearts live!

³³The Lord hears the needy and does not despise His captive people.

³⁴Let heaven and earth praise Him, the seas and all that move in them,

³⁵for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it;

³⁶the children of His servants will inherit it, and those who love His name will dwell there

Notes:

Psalm 69:30: Thanksgiving is different from praise in that in praise there is nothing about "us", yet when we do thank Him, we do glorify Him.

Psalm 69:35, "saving and rebuilding" that's what He does, not only to cities but to us and that restoration passes to our children, a positive form of generational spiritual inheritance.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!