

Ps. Praise Days 21-30

Day 21

Psalm 104

¹Praise the Lord , O my soul. O Lord my God, You are very great; You are clothed with splendor and majesty.

³May the glory of the Lord endure forever; may the Lord rejoice in His works-

²He who looks at the earth, and it trembles, who touches the mountains, and they smoke.

³I will sing to the Lord all my life; I will sing praise to my God as long as I live.

⁴May my meditation be pleasing to Him, as I rejoice in the Lord .

⁵...Praise the Lord , O my soul. Praise the Lord .

Psalm 105

¹Give thanks to the Lord , call on His name; make known among the nations what He has done.

²Sing to Him, sing praise to Him; tell of all His wonderful acts.

³Glory in His holy name; let the hearts of those who seek the Lord rejoice.

Psalm 106

¹Praise the Lord . Give thanks to the Lord , for He is good; His love endures forever.

²Who can proclaim the mighty acts of the Lord or fully declare His praise?

⁴Save us, O Lord our God, and gather us from the nations, that we may give thanks to Your holy name and glory in your praise.

⁸Praise be to the Lord , the God of Israel, from everlasting to everlasting. Let all the people say, "Amen!" Praise the Lord .

Notes: 104 vs. 31: May the Lord be pleased and able to rejoice in me and others—His works. It is motivating to think of my day as being a "work" that will be worthy of His rejoicing.

106:47 "Asking to be "gathered from the nations" also applies to us today as we constantly need to have our thoughts/lives/attention spans "gathered" from afar so we can get back to praising and worshipping Him—non-stop.

Closing Prayer:

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 22

Psalm 108

¹My heart is steadfast, O God; I will sing and make music with all my soul.

²Awake, harp and lyre! I will awaken the dawn.

³I will praise You, O Lord , among the nations; I will sing of You among the peoples.

⁴For great is Your love, higher than the heavens; Your faithfulness reaches to the skies.

⁵Be exalted, O God, above the heavens, and let Your glory be over all the earth.

⁶Save us and help us with Your right hand, that those You love may be delivered.

⁷God has spoken from His sanctuary: "In triumph I will parcel out Shechem and measure off the Valley of Succoth.

⁸Gilead is mine, Manasseh is mine; Ephraim is my helmet, Judah my scepter.

⁹Moab is my washbasin, upon Edom I toss my sandal; over Philistia I shout in triumph."

Add your name: "And _____ is mine and everyone of his days and thoughts!"

Psalm 109

³⁰With my mouth I will greatly extol the Lord ; in the great throng I will praise Him.

³¹For He stands at the right hand of the needy one, to save his life from those who condemn him.

Psalm 111

¹Praise the Lord . I will extol the Lord with all my heart in the council of the upright and in the assembly.
²Great are the works of the Lord ; they are pondered by all who delight in them.
³Glorious and majestic are His deeds, and His righteousness endures forever.
⁴He has caused his wonders to be remembered; the Lord is gracious and compassionate.
⁵He provides food for those who honor Him; He remembers His covenant forever.
⁶He has shown His people the power of His works....
⁷The works of His hands are faithful and just; all His precepts are trustworthy.
⁸They are steadfast for ever and ever, done in faithfulness and uprightness.
⁹He provided redemption for His people; He ordained His covenant forever- holy and awesome is His name.
¹⁰The honoring of the Lord is the beginning of wisdom; all who follow His precepts have good understanding. To Him belongs eternal praise.

Indeed, the beginning of problem solving in our lives is honoring/praising Him. It means trusting and learning that time spent honoring/praising Him is returned tenfold in problems solved and understanding/wisdom gained. Trust Him, try doing it His way (praise first).

Closing Prayer:

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 23

Psalm 112

¹Praise the Lord . Blessed is the man who reveres the Lord , who finds great delight in His commands.

Psalm 113

¹Praise the Lord . Praise, O servants of the Lord , praise the name of the Lord .
²Let the name of the Lord be praised, both now and forevermore.
³From the rising of the sun to

The setting of the same, the name of the Lord is to be praised.

⁴The Lord is exalted over all the nations, His glory above the heavens.

⁵Who is like the Lord our God, the One Who sits enthroned on high,

⁶Who stoops down to look on the heavens and the earth?

⁷He raises the poor from the dust and lifts the needy from the ash heap;

Praise the Lord!.

Psalm 115

¹Not to us, O Lord , not to us but to Your name be the glory, because of Your love and faithfulness.

¹⁵May we be blessed by the Lord , the Maker of heaven and earth.

¹⁶The highest heavens belong to the Lord , but the earth He has given to man.

¹⁷It is not the dead who praise the Lord, those who go down to silence;

¹⁸it is we who extol the Lord, both now and forevermore. Praise the Lord.

Notes: vs 16, I think I'm getting it that the earth belonging to us just doesn't refer to environmental stewardship issues but, perhaps more importantly, it is a reminder that He wants us to use this time "do the assignment" He gives of using this time as a school, e.g.learning to live out His Gospel -- to take care of the peoples of the earth, and all their needs, service to the poor, etc.

Closing Prayer:

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 24

Psalm 116

¹⁷I will sacrifice a thank offering to Him and call on the name of the Lord .

¹⁸I will fulfill my vows to the Lord in the presence of all His people,

¹⁹in the courts of the house of the Lord - in your midst, O Jerusalem. Praise the Lord.

Psalm 117

¹Praise the Lord , all you nations; extol Him, all you peoples.
²For great is His love toward us, and the faithfulness of the Lord endures forever. Praise the Lord .

Psalm 118

¹Give thanks to the Lord , for He is good; His love endures forever.
²Let Israel say: "His love endures forever."
³Let the house of Aaron say: "His love endures forever."
⁴Let those who revere the Lord say: "His love endures forever."

¹⁵Shouts of joy and victory resound in the tents of the righteous: "The Lord 's right hand has done mighty things!
¹⁶The Lord 's right hand is lifted high; the Lord 's right hand has done mighty things!"

²⁴This is the day the Lord has made; let us rejoice and be glad in it.

²⁶Blessed is he who comes in the name of the Lord . From the house of the Lord we bless You.
²⁷The Lord is God, and He has made His light shine upon us. With boughs in hand, join in the festal procession up to the horns of the altar.
²⁸You are my God, and I will give You thanks; You are my God, and I will exalt You.
²⁹Give thanks to the Lord , for He is good; His love endures forever.

It took me awhile to wrap my thoughts around verse 24 as that catchy little camp song "This is the Day" kept running through my mind ☺, but if we pause to think about it and meditate upon the concept, it is so very comforting and encouraging to be called to remember that not only has He created the world, He created and creates time as well and therefore all times, days, weeks, months, years are His and under His control. We aren't living our days we are living out HIS days, His plan, His future.

Closing Prayer:

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 25

Psalm 119

¹⁰⁸Accept, O Lord , the willing praise of my mouth, and teach me Your laws.

¹⁷¹May my lips overflow with praise, for You teach me Your decrees.

¹⁷²May my tongue sing of Your word, for all Your commands are righteous.

¹⁷⁴I long for Your salvation, O Lord , and Your law is my delight.

¹⁷⁵Let me live that I may praise You, and may Your laws sustain me.

Psalm 122

¹I rejoiced with those who said to me, "Let us go to the house of the Lord ."

²Our feet are standing in your gates, O Jerusalem.

Psalm 134

¹Praise the Lord , all you servants of the Lord who minister by night in the house of the Lord .

²Lift up your hands in the sanctuary and praise the Lord .

³May the Lord , the Maker of heaven and earth, bless you from Zion.

Notes:

Ps 119:174, Salvation isn't just "getting to go to Heaven", it is being saved by Him from the daily threats and hurts that can steal our peace which He desires to give to us—His divine perspective on how unimportant all the things are we tend to worry ourselves with.

Closing Prayer:

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 26

Psalm 135

¹Praise the Lord . Praise the name of the Lord ; praise Him, you servants of the Lord ,
²you who minister in the house of the Lord , in the courts of the house of our God.
³Praise the Lord , for the Lord is good; sing praise to His name, for that is pleasant.
⁴For the Lord has chosen you to be His own, to be His treasured possession.
⁵I know that the Lord is great, that our Lord is greater than all gods.
⁶The Lord does whatever pleases Him, in the heavens and on the earth, in the seas and all their depths.
⁷He makes clouds rise from the ends of the earth; He sends lightning with the rain and brings out the wind from His storehouses.

¹³Your name, O Lord , endures forever, Your renown, O Lord , through all generations.

¹⁹O house of Israel, praise the Lord ; O house of Aaron, praise the Lord ;
²⁰O house of Levi, praise the Lord ; you who revere Him, praise the Lord .
²¹Praise be to the Lord from Zion, to Him who dwells in Jerusalem. Praise the Lord .

Notes:

Vs 4: “ For the Lord has chosen you to be his own, to be his treasured possession.”—one of the most comforting verses in scripture.

Vs. 6, “whatever pleases Him” is ALWAYS our good—that we can be certain of. How comforting it is to know that this all-powerful God, the Lord of Heaven and Earth, all space and all time—is pleased by taking care of His children’s needs! An added bonus is the He also knows those eternal needs better than we ourselves, also comforting when we may not be sure of what and how things are happening around us.

Psalm 136

¹Give thanks to the Lord , for He is good. His love endures forever.
²Give thanks to the God of gods. His love endures forever.
³Give thanks to the Lord of lords: His love endures forever.
⁴to Him who alone does great wonders, His love endures forever.
⁵Who by His understanding made the heavens, His love endures forever.
⁶Who spread out the earth upon the waters, His love endures forever.
⁷Who made the great lights- His love endures forever.
⁸the sun to govern the day, His love endures forever.
⁹the moon and stars to govern the night; His love endures forever.

²³to the One who remembered us in our low estate His love endures forever.
²⁴and freed us from our enemies, His love endures forever.
²⁵and who gives food to every creature. His love endures forever.
²⁶Give thanks to the God of heaven. His love endures forever.

Notes:

Ps 136:5 says *He created the heavens by His understanding. I usually think of Him creating by His Power and awesome Holiness, but that He would use His understanding to create such an indescribable expanse of the universe tells me it is not only by a design that only He can fathom (and scientists are just starting to understand) but that same understanding is at work in me and others as He creates our lives and futures. Awesome! Comforting!*

Ps 136: Verses 23 and 24 are the prayer of those whom He has rescued from addictions, mental issues, sinful pasts, and other life tragedies. Indeed, in the end, we discover that only He can deliver us from those enemies that would seek to take our eternal lives from us. And He does!

“...Who remembered us in our low estate...” is such a generous way of putting it...when we who have been rescued have lived such tragically hurtful and harmful lives. It can also refer to depression.

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 27

Psalm 138

- ¹I will praise you, O Lord , with all my heart; before the "gods" I will sing Your praise.
- ²I will bow down toward Your holy temple and will praise Your name for Your love and Your faithfulness, for You have exalted above all things Your name and Your word.
- ³When I called, You answered me; You made me bold and stouthearted.
- ⁴May all the kings of the earth praise You, O Lord , when they hear the words of Your mouth.
- ⁵May they sing of the ways of the Lord , for the glory of the Lord is great.
- ⁶Though the Lord is on high, He looks upon the lowly, but the proud He knows from afar.
- ⁷Though I walk in the midst of trouble, You preserve my life; You stretch out Your hand against the anger of my foes, with Your right hand You save me.
- ⁸The Lord will fulfill His purpose for me; Your love, O Lord , endures forever- do not abandon the works of Your hands.

Notes:

Vs. :1, Amazing demonstration of the power of praise: when confronted with a temptation ("other gods") , admit you are powerless, then PRAISE the true God of All, even if only as one saying His name with reverence.....as this becomes a Holy Habit, it becomes more and more effective.

Vs. 3, Needs to be my "mantra" 😊

Vs.7 It seems I am always walking in the midst of trouble 😊

Psalm 140

- ¹³Surely the righteous will praise Your

name and the upright will live before You.

Closing Prayer:

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 28

Psalm 144

- ¹Praise be to the Lord my Rock, Who trains my hands for war, my fingers for battle
- ⁹I will sing a new song to You, O God; on the ten-stringed lyre I will make music to You,
- ¹⁰to the One Who gives victory to kings, Who delivers His servant David from the deadly sword.
- ¹⁵Blessed are the people of whom this is true; blessed are the people whose God is the Lord .

Notes:

Ps 144:1 He also trains our minds for war , our thoughts for battle as we struggle daily against temptation and the seduction of worldly desires. Thanks be to Him, the victory is His!

Ps 144:9, "Singing a new song" isn't just a cutesy phrase for coffee mugs at Bible bookstores 😊, it is an affirmation of forgiveness and our understanding that no matter how badly, even tragically, we have messed up or back-slidden, it is ALWAYS possible to start over, ready to sing yet another new song, a new verse, as it were, as He always makes good on his promise to be faithful, patient and forgiving—note how many times in these Thirty Days of Praise that assurance is proclaimed—believe it!

Psalm 145

- ¹I will exalt You, my God the King; I will praise Your name for ever and ever.
- ²Every day I will praise You and extol Your name for ever and ever.
- ³Great is the Lord and most worthy of praise; His greatness no one can fathom.
- ⁴One generation will commend Your works to another; they will tell of Your

mighty acts.

⁵They will speak of the glorious splendor of Your majesty, and I will meditate on Your wonderful works.

⁶They will tell of the power of Your awesome works, and I will proclaim Your great deeds.

⁷They will celebrate Your abundant goodness and joyfully sing of Your righteousness.

⁸The Lord is gracious and compassionate, slow to anger and rich in love.

⁹The Lord is good to all; He has compassion on all He has made.

¹⁰All You have made will praise You, O Lord ; Your saints will extol You.

¹¹They will tell of the glory of Your kingdom and speak of Your might,

¹²so that all men may know of Your mighty acts and the glorious splendor of Your kingdom.

¹³Your kingdom is an everlasting kingdom, and Your dominion endures through all generations. The Lord is faithful to all His promises and loving toward all He has made.

¹⁴The Lord upholds all those who fall and lifts up all who are bowed down.

¹⁵The eyes of all look to You, and You give them their food at the proper time.

¹⁶You open Your hand and satisfy the desires of every living thing.

¹⁷The Lord is righteous in all His ways and loving toward all He has made.

¹⁸The Lord is near to all who call on Him, to all who call on Him in truth.

¹⁹He fulfills the desires of those who revere Him; He hears their cry and saves them.

²⁰The Lord watches over all who love Him, but all the wicked He will destroy.

²¹My mouth will speak in praise of the Lord .Let every creature praise His holy name for ever and ever.

Notes:

Ps 145:3, "His greatness no one can fathom", especially now that we are just getting a glimpse of the vastness of the universe and the perplexities of modern day physics and theory.

Closing Prayer:

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 29

Psalm 146

¹Praise the Lord . Praise the Lord , O my soul.

²I will praise the Lord all my life; I will sing praise to my God as long as I live.

³Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,

⁴the Maker of heaven and earth, the sea, and everything in them- the Lord , Who remains faithful forever.

⁵He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,

⁶the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.

⁷The Lord watches over the illegal immigrants (aliens) and

sustains the fatherless and the widow, but He frustrates the ways of the wicked.

⁸The Lord reigns forever, your God, O Zion, for all generations. Praise the Lord .

Notes:

Vs 7; "I personally think "setting prisoners free" is what He does best, free from our very bad and destructive habits, free from ourselves, free from death in all its forms.

Psalm 147

¹Praise the Lord . How good it is to sing praises to our God, how pleasant and fitting to praise Him!

²The Lord builds up Jerusalem; He gathers the exiles of Israel.

³He heals the brokenhearted and binds up their wounds.

⁴He determines the number of the stars and calls them each by name.

⁵Great is our Lord and mighty in power; His understanding has no limit.

⁶The Lord sustains the humble but casts the wicked to the ground.

⁷Sing to the Lord with thanksgiving;

make music to our God on the harp.
8He covers the sky with clouds; He supplies the earth with rain and makes grass grow on the hills.
9He provides food for the cattle and for the young ravens when they call.
10His pleasure is not in the strength of the horse, nor His delight in the legs of a man;
11the Lord delights in those who revere Him, who put their hope in His unfailing love.
12Extol the Lord , O Jerusalem; praise your God, O Zion,
13for He strengthens the bars of your gates and blesses your people within you.
14He grants peace to your borders and satisfies you with the finest of wheat.
15He sends his command to the earth; His word runs swiftly

Closing Prayer:

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 30

Psalm 148

1Praise the Lord . Praise the Lord from the heavens, praise Him in the heights above.
2Praise Him, all His angels, praise Him, all His heavenly hosts.
3Praise Him, sun and moon, praise Him, all you shining stars.
4Praise Him, you highest heavens and you waters above the skies.
5Let them praise the name of the Lord , for He commanded and they were created.
6He set them in place for ever and ever; He gave a decree that will never pass away.
7Praise the Lord from the earth, you great sea creatures and all ocean depths,
8lightning and hail, snow and clouds, stormy winds that do His bidding,
9you mountains and all hills, fruit trees and all cedars,
10wild animals and all cattle, small creatures and flying birds,
11kings of the earth and all nations, you

princes and all rulers on earth,
12young men and maidens, old men and children.
13Let them praise the name of the Lord , for His name alone is exalted; His splendor is above the earth and the heavens.
14He has raised up for His people a horn, the praise of all His saints, of Israel, the people close to His heart. Praise the Lord !

Notes:

Pure, beautiful praise!

Non-living things praise Him by existing as testaments to His creative power, and, in many cases, as reflections of His beauty/awesomeness. I see that daily on the ridge...

Psalm 149

1Praise the Lord . Sing to the Lord a new song, His praise in the assembly of the saints.
2Let Israel rejoice in their Maker; let the people of Zion be glad in their King.
3Let them praise His name with dancing and make music to Him with tambourine and harp.
4For the Lord takes delight in His people; He crowns the humble with salvation.
5Let the saints rejoice in this honor and sing for joy on their beds.
6May the praise of God be in their mouths.

Notes: "a new song" = a new life lived for Him.

Psalm 150

1Praise the Lord . Praise God in His sanctuary; praise Him in His mighty heavens.
2Praise Him for His acts of power; praise Him for His surpassing greatness.
3Praise Him with the sounding of the trumpet, praise Him with the harp and lyre,
4praise Him with tambourine and dancing, praise Him with the strings and flute,
5praise Him with the clash of cymbals, praise Him with resounding cymbals.
6Let everything that has breath praise

the Lord . Praise the Lord .

Note: Ps 150:1 , “His Sanctuary” is both within us and wherever He has placed us at any moment, it can also be the special place you go to meet Him and be alone—everyone needs one of these places. Of course, any gathering of brothers and sister to worship creates the ultimate sanctuary.

Note: We live to praise Him...

Closing Prayer:

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

Vs. 20, apparently the angels are mighty ones as in what we perceive archangels to be like, powerful spiritual warriors.

Closing Prayer:

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 31—Or a Praise Encore for those months without 31 days! :

Psalm 103

¹Praise the Lord , O my soul; all my inmost being, praise His holy name.
²Praise the Lord , O my soul, and forget not all His blessings,
³who forgives all your sins and heals all your diseases,
⁴who redeems your life from the pit and crowns you with love and compassion,
⁵who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁸The Lord is compassionate and gracious, slow to anger, abounding in love.

¹¹For as high as the heavens are above the earth, so great is His love for those who honor Him;
¹²as far as the east is from the west, so far has He removed our transgressions from us.

¹⁹The Lord has established His throne in heaven, and His kingdom rules over all.
²⁰Praise the Lord , you His angels, you mighty ones who do His bidding, who obey His word.
²¹Praise the Lord , all His heavenly hosts, you His servants who do His will.
²²Praise the Lord , all His works everywhere in His dominion. Praise the Lord , O my soul.