

Approaching God Through Daily Praise and Worship

I. Steps to a Meaningful Time of Praise

- A. Dedicate adequate time to heartfelt praise and worship.
 1. Do not try to rush through this time to get to your want list.
 2. God desires your praise and worship above everything else.
 3. Take time to worship and this will affect and direct the remainder of your praying.
- B. Spend time thanking God for the things He has done and is doing in your life.
 1. Thank Him for past, present, and future blessings.
 2. Thank Him for answered prayer.
 3. Thank Him for trials, discipline, and pruning that is taking place in your life.
 4. Thank Him for the people that He has surrounded you with.
- C. Spend time praising God for who He is and what He is like.
 1. Meditate on each of these characteristics and what they mean to you in your life
 2. Don't just restate these characteristics to Him. Reflect on what they mean to you now.

II. How to Praise in Prayer

- A. Praise the names of God
 1. Jehovah-Tsidknehu The Lord is my righteousness
 - a. Jeremiah 23:5-6
 - b. Righteousness is holiness
 - c. God will always be God
 2. Jehovah-M'kaddesh The Lord who sanctifies
 - a. Leviticus 20:7
 - b. Used over 700 times in the Old Testament
 - c. To be set apart for divine use.
 3. Jehovah-Shalom The Lord is my peace
 - a. Judges 6:22-24
 - b. Full, complete, finished, or perfected
 4. Jehovah-Shammah The Lord is present
 - a. Ezekiel 48:35, Psalm 68:16
 - b. Where God is. His constant presence.
 5. Jehovah-Rapha The Lord that heals
 - a. Exodus 15:26
 - b. He heals, restores, cures
 6. Jehovah-Jireh The Lord will provide
 - a. Genesis 22:14
 - b. Provide – to see before hand
 7. Jehovah-Nissi The Lord is our banner
 - a. Exodus 17:25
 - b. A standard, a banner, a flag of victory
 8. Jehovah-Rohi The Lord is my Shepherd
 - a. Psalm 23:1
 - b. God watches, protects, searches and finds, disciplines.
 - c. His sheep know and respond to His voice.
- B. Discover other biblical names for God and focus on them.
 1. Almighty Genesis 17:1
 2. Father of Lights James 1:17
 3. Fortress 2 Samuel 22:2
 4. Our Strength Exodus 15:2
 5. Prince of Peace Isaiah 9:6

III. How to Focus on Praise

- A. Take this time very seriously
 - 1. Ask God to increase the depth of your praise and worship.
 - 2. Allow Him to take you deeper in praise, worship, and thanksgiving than you have ever gone before.
 - 3. When we ask God to teach us to worship, we are asking something that is very close to God's heart.
- B. Do not base this time of praise, worship, and thanksgiving on feelings.
 - 1. Deepest praise and worship is a choice.
 - 2. Deepest times of worship may come at times of greatest darkness and pain.
 - 3. Any one can praise when the feeling is there.
- C. Things to remember
 - 1. Psalm 22:3
 - 2. To neglect praise is to turn prayer in to a dry, all about me ritual
 - 3. The greatest way to secure God's manifest praise and worship is to give Him genuine praise and worship.
 - 4. Discover other aspects of God's character through His Word
 - 5. Remember that prayer is all about relationship and not ritual, so is worship