



Practical and Powerful Praise

Being thankful and having a praiseful attitude works a little like magic. You can use praise to help you stay calm and trusting when things are confusing or difficult for you. In a letter to the Philippians, the apostle Paul of Bible days said, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."¹

Praise also has the power to help you take advantage of every negative or difficult event, or any attack of the Enemy, and use it for your own gain and success.

Acknowledging and thanking Jesus for what has happened helps you to not only rise above problems, but to actually use them to your advantage to make more progress and gain more strength than if you had not had the problem!

Try It:

Think of something in your life that you are disappointed in how it has worked out. Now thank and praise Jesus for it. Keep praising Jesus for this situation whenever you think of it, and watch Him turn it into something good for you! (See Romans 8:28.)

