



21 DAYS OF PRAISE



May 2020

I WILL PRAISE THE LORD
NO MATTER WHAT
HAPPENS. I WILL
CONSTANTLY SPEAK OF
HIS GLORIES AND GRACE.

PSALM 34:1 TLB

INTRODUCTION

I believe the best praise is to praise God when you do not feel like it. When we praise despite our circumstances, he dwells in our praise and changes our outlook. The purpose of this guide is to spend 21 days praising God with scripture. Watch him change you in the midst of a challenge.

The following are some ways to add to your own method of praise.

- Read the scripture multiple times throughout the day.
- Write the scripture multiple times throughout the day.
- Say the scripture multiple times throughout the day.
- Sing the scripture multiple times throughout the day.

Do 1 or all of these. The goal is to let God sense your praise.

The guide can be used anytime you need to refresh and reinvigorate through a period of daily, focused praise to God.

Get ready to demonstrate your love, trust, hope and confidence in him through your praise.



Day 1

God is AWESOME

On Day 1, our praise scripture is Psalm 47:1-2. Think about it. There is no one like our God. We try imitation replacements and tell ourselves they deserve our praise but truly, only God is worthy of our praise.

Add to your methods of praise by reading, writing, saying and/or singing Psalm 47:1-2 multiple times today. Let God know that you know he is AWESOME.

**Oh, clap your hands,
all you peoples!
Shout to God
with the voice of triumph!**

**For the Lord Most High is awesome;
He is a great King
over all the earth.**

Psalm 47:1-2 NKJV



SURRENDERED *Pen*

**I will meditate on your majestic, glorious
splendor and your wonderful miracles.**

**Your awe-inspiring deeds will be on every
tongue; I will proclaim your greatness.**

**Everyone will share the story of your
wonderful goodness; they will sing with
joy about your righteousness.**

Psalm 145:5-7 NLT



Day 2

God is GREAT

On Day 2, our praise scripture is Psalm 145:5-7. Anything we call great dulls in comparison to our great God. He's is the one who parted sea waters, confused armies, turn water in wine, and healed 18-year-old diseases.

Add to your methods of praise by reading, writing, saying and/or singing Psalm 145:5-7 multiple times today. Let God know that you know HE IS GREAT.

Day 3

Our God is **STRENGTH**

It's hard to praise when your body and mind don't feel like praising. I had this experience recently. My stomach disagreed with something I ate. All I could think of was the pain. Then I stopped to praise God. I knew he was with me in that moment.

When you are at the end of your own strength, remember God is **STRENGTH**.

But I will sing of Your power; yes, I will sing aloud of Your mercy in the morning; for You have been my defense and refuge in the day of my trouble.

To You, O my Strength, I will sing praises; for God is my defense, My God of mercy.

Psalm 59:16-17 NKJV



**Therefore know that
the Lord your God,
He is God, the faithful God who
keeps covenant and mercy for
a thousand generations with
those who love Him and keep
His commandments;**

Deuteronomy 7:9 NKJV



Day 4

Our God is FAITHFUL

God is awesome, great, and strength. And today praise him because he is faithful. The faithful Lord sees all, and he is faithful to provide for our needs.

As always, add to your methods of praise by reading, writing, saying and/or singing today's praise verse multiple times today.

Let God know you know he is FAITHFUL.

Day 5

God is the CREATOR


Sometimes I am speechless. I can't think of anything to say about today's praise verse. It speaks volumes itself. Therefore, I remind you to add to your methods of praise by reading, writing, saying and/or singing Revelations 4:11 multiple times today.

Let God know you know he is the CREATOR.

**You are worthy, O Lord,
To receive glory and honor
and power;
For You created all things,
And by Your will they exist
and were created.**

Revelations 4:11 NKJV





**To God our Savior,
Who alone is wise,
Be glory and majesty,
Dominion and power,
Both now and
forever.
Amen.**

Jude 1:25 NKJV



Day 6

God is our SAVIOR

God is my SAVIOR.

What do I need saving from? *Myself. My thoughts, my attitudes.*

At a time when your thoughts may be filled with fear and worry, praising God as Savior redirects your thoughts. He redirects them to his glory and majesty, to his dominion and power.

Let God know you know He is your SAVIOR.


Day 7

God is GOOD

A drop of your favorite food on your tongue elicits comfort, satisfaction, relief. All this from food?!? So imagine what can happen mentally, physically, emotionally and spiritually if you "taste" a drop of the Lord.

If you surrender and perceive his presence; surrender and submit to his love; surrender to his leadership in your life. This is what "tasting" of him is like. You will find in him goodness like you've never know before. You will find joy in the middle of troubles.

Have you tasted the Lord? Do so and you will find that he is GOOD.



**Taste and see that
the Lord is good.
Oh, the joys of those
who take refuge in him!**

Psalm 34:8 NASB



**You are the God who
does wonders;
You have declared
Your strength among
the peoples.**

Psalm 77:14 NKJV



Day 8

He is the GOD OF WONDERS

We've gone through 7 days of praise. I pray this time of praise has been good for you. As we go for 14 more days, I want to be transparent about today's praise verse.

There was a time when I didn't believe in miracles...or I didn't believe God was doing them where I lived. Since my period of unbelief, I have seen him do great wonders. I'm trusting him for great wonders in this season and will praise him beforehand.

On Day 8 of praise, let God know you know He is the GOD OF WONDERS.

Day 9

He is THE ONLY GOD

I'm not watching a lot of news, but I can't avoid talking to friends and family. Some of them become news for me. They tell me about the things which concern them in the news they watch and hear. As we look to remain encouraging to others, today's praise verse encourages us.

My prayer of praise today is "I will trust in you, Only God. No matter what I see and hear. Through everything, I believe you are the only one who can hold me up. Thank you for reminding me YOU ARE THE ONLY God who can."

**I am the Lord, and there is no other;
There is no God besides Me.**

**I will gird you,
though you have not known Me.**

**That they may know from the rising
of the sun to its setting**

**That there is none besides Me.
I am the LORD, and there is no other;**

Isaiah 45:5-6 NKJV



They refused to obey, and they were not mindful of Your wonders that You did among them. But they hardened their necks, and in their rebellion they appointed a leader to return to their bondage.

But You are God, ready to pardon, gracious and merciful, slow to anger, abundant in kindness, and did not forsake them.

Nehemiah 9:17 NKJV



Day 10

God Is FORGIVING

We treat God as if he does not exist. We ignore the opportunity to have relationship with him through Jesus. We spit in his face and behave the way we want. And still...he offers forgiveness. He gives us time to choose him (slow to anger). He give us what we don't deserve and holds back what we do deserve (gracious and merciful). He extends love through Jesus (abundant in kindness). He doesn't turn his back on us (did not forsake them).

Why? I don't know. Humanly, we would have let us go a long time ago. But not him. I'm so glad he is forgiving. And in a season of repentance, I hope we all embrace that forgiveness.

Day 11

God is COMPASSIONATE

Lord, may your compassion be felt all over the world. We praise you for your compassion towards us. We thank you for your compassion.

Your compassion sent Jesus. Your compassion gives us the gift of abundant and eternal life.

Great is your compassion. We worship you as the God who is COMPASSIONATE.

**But You, O Lord, are a God
full of compassion,
and gracious,
longsuffering and abundant
in mercy and truth.**

Psalm 86:15 NKJV



**Therefore know that
the Lord your God,
He is God, the faithful God who
keeps covenant and mercy for
a thousand generations with
those who love Him and keep
His commandments;**

Deuteronomy 7:9 NKJV



Day 12

The GOD OF COMFORT

Lord, it is tough, I mean, tough, to praise you in pain, but I know your Presence is a comfort. I believe praise brings your Presence which gives us comfort. If all we can do is say “You are the God of Comfort”, I trust you hear us.

May your Presence hold those who have lost someone. Please dear Lord, catch the tears of sorrow, grieve with them in their time of distress. Be with them now.

If you have lost someone, I believe, trust and pray Matthew 5:4 for you, “Blessed are those who mourn, for they shall be comforted.”

He is the GOD OF COMFORT.

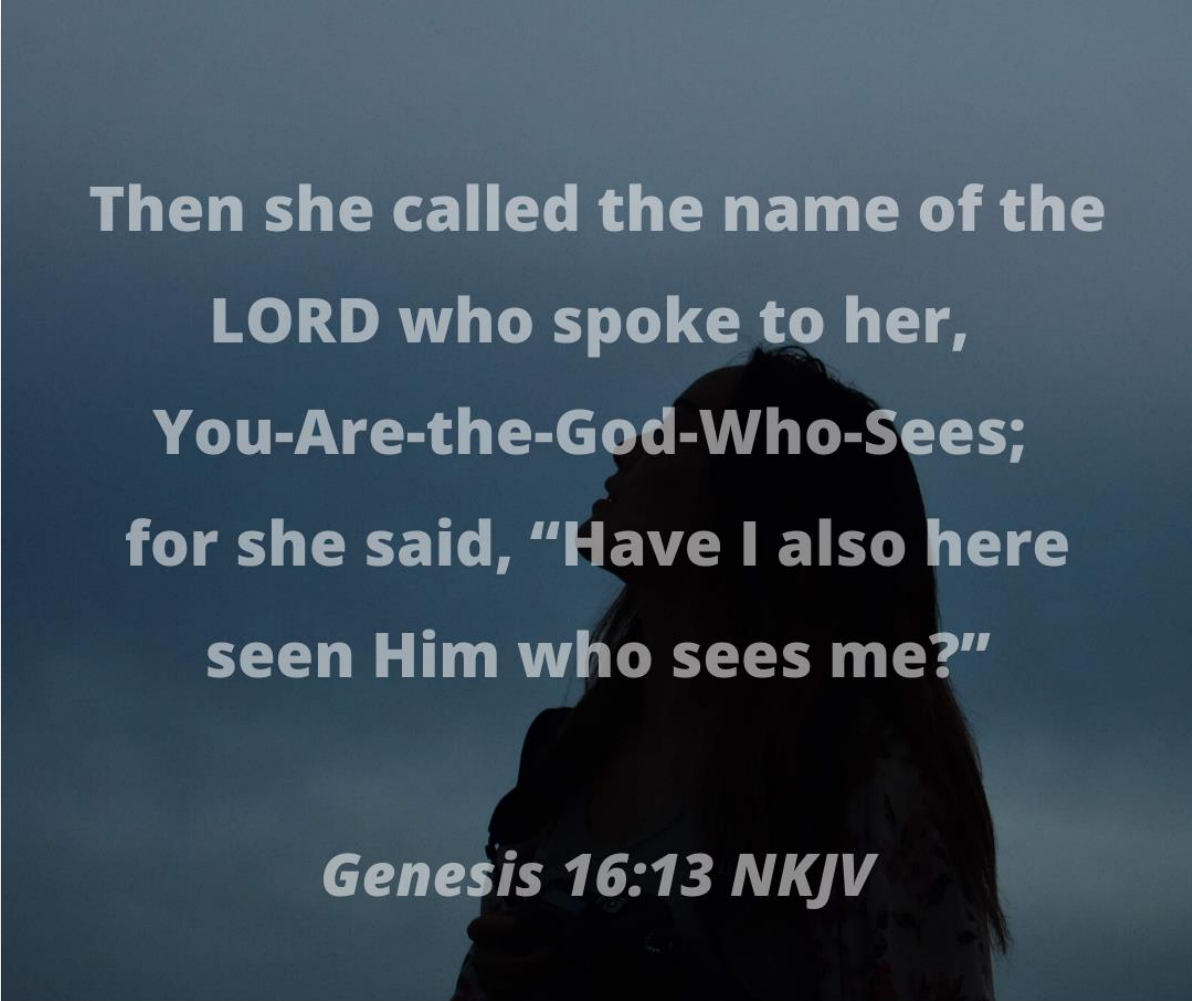
Day 13

The GOD WHO SEES

Today's praise verse comes from the story of Hagar, who, at the time, was a pregnant young woman escaping abuse in a wilderness. God sent his Angel to tell Hagar something about her life.

Her story reminds me God sees everything about this big world we live in. Nothing is hidden from him. But The-All-Seeing-One is not too busy to see little ole you and me. If something tells you he doesn't see you nor does he care about you, that something is a lie.

Praise Him as the One-Who-Sees-Me.



Then she called the name of the
LORD who spoke to her,
You-Are-the-God-Who-Sees;
for she said, "Have I also here
seen Him who sees me?"

Genesis 16:13 NKJV





**For behold, He who forms mountains,
And creates the wind,
Who declares to man
what his thought is,
And makes the morning darkness,
Who treads the high places
of the earth—
The LORD God of hosts is His name.**

Amos 4:13 NKJV



Day 14

The LORD OF HOSTS

Whenever there is a physical battle, a spiritual battle is also present. The spiritual battle is being fought by spiritual forces who vie for the hearts and minds of the people...especially those weakened by the physical battle.

In times of global crisis, evidence of a spiritual battle shows up in the form of wanting to do what is good for me only and not what's good for others. Some call it survival. God calls it selfishness birthing from sin and creating selfish behaviors.

What keeps me sane is knowing the Lord of Hosts, who leads a massive spiritual army, is fighting spiritual forces. One of my jobs is to pray and praise Him on in the battle. Today, we praise him as the Lord of Hosts.

Day 15 God is LOVE

BeBe Winans has a song with the lyrics "What kind of love would place itself in harm's way?" Who would do that? Someone who's practicing agape (sacrificial) love.

While I am grateful beyond words for my salvation, I sometimes ask why does God love us so much? I don't know the answer, but the fact is he does. I may not know why he loves us, but I do know what his love looks like.

First John 4:16 tells me God is love. First Corinthians 13 tells me what love is. If God is love, and love is all the acts and behaviors in 1 Corinthians, then God suffers long and is kind. God does not envy. God is not puffed up, and so forth. All of it culminating in verse 8 — God never fails. God is LOVE.





**Who is this King of glory?
The LORD strong and mighty,
The LORD mighty in battle.**

**Lift up your heads, O you gates!
Lift up, you everlasting doors!
And the King of glory shall come in.**

**Who is this King of glory?
The LORD of hosts,
He is the King of glory.**

Psalm 24:8-10 NKJV



Day 16

The KING OF GLORY

Today's praise verse reminds me of when Moses was exposed to the glory of God. (Exodus 33:20-23) No living human had seen God face to face, but the Lord gave Moses the opportunity to see his glory with just a look at his back. Moses came out of that experience with his face shining. He then had to wear a veil to cover his face after each time he spoke with God. (Exodus 34:29-35)

Can you see the magnificence and beauty of our God in this story? No person and no thing we limited humans think to create will ever match the glory of the King of Glory. Praise him as the KING OF GLORY and ask for his glorious presence to be with you.

Day 17

God is a PROMISE KEEPER

God, You made a promise to all and you are keeping it. Jesus is your promise fulfilled for all who choose you.

Your promise was to send someone who could be a perfect sacrifice to restore relationship with you. You did it. Yes!

Your promise was to send someone who could help us live in that restored relationship. You did it. Yes!

Your promise is eternal life after this physical body wears out. You did it. Yes!

So many more promises have you kept and will keep, and I praise you as the PROMISE KEEPER. Yes and Amen.





**Our soul waits for the LORD;
He is our help and our shield.
For our heart shall rejoice in Him,
Because we have trusted in His holy name.
Let Your mercy, O LORD, be upon us,
Just as we hope in You.**

Psalm 33:20-22 NKJV

 **SURRENDERED** *Pen*

Day 18

God Is HOPE

I wrote a booklet called “The Christian Guide to Living in a Pandemic”. But it also strikes me as necessary to help the non-believer understand what they need to live in a challenging time. The best motivation is hope and guess what? God is our hope.

I praise you today Lord as My Hope. I look at the ills and woes of this world, and all I see and hear is God, who is My Hope, is working. I look at the world through the lens of God, My Hope.

Each statistic, news report, and depressed soul causes me to praise you as God, My Hope, and to trust you more.

God is HOPE.

Day 19

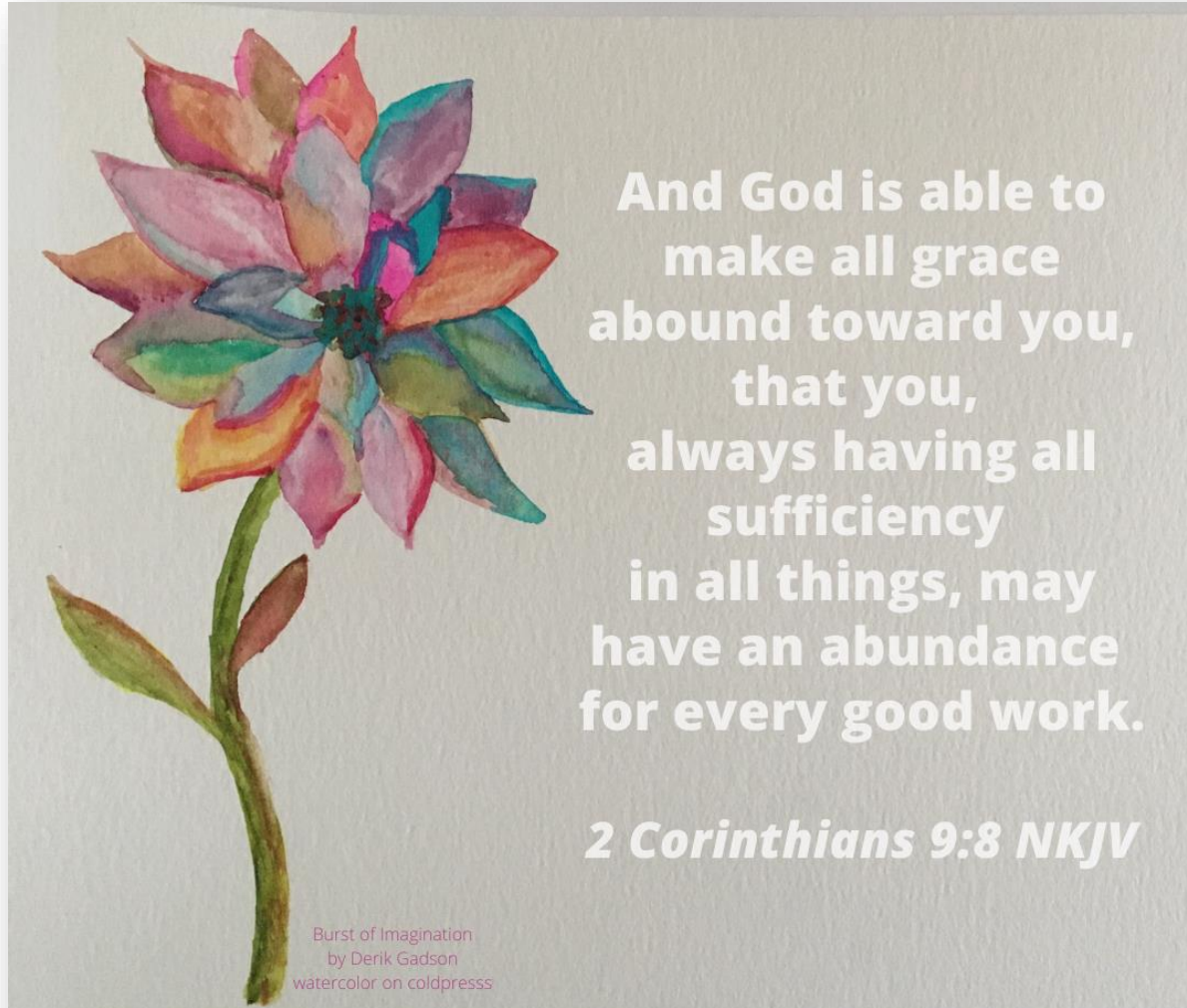
God is a JUST JUDGE

It is evil behavior:

- To play games of power while others suffer.
- To be a person of authority and to seek only your benefit while others are in pain and need.
- To be a decision maker who chooses to give only to yourself.
- To search for personal financial benefit in the middle of crisis.
- To have a position where you can save lives and you choose to benefit your life alone.

All this is complete wickedness. I can rant and complain about this behavior. About how unfair it is. About how wickedness appears to win. But today I choose to praise God who sees wickedness and repeatedly announces its consequence. He is the fair judge and the honest judge. Today, I praise him as the JUST JUDGE.





And God is able to
make all grace
abound toward you,
that you,
always having all
sufficiency
in all things, may
have an abundance
for every good work.

2 Corinthians 9:8 NKJV

Burst of Imagination
by Derik Gadson
watercolor on coldpress



Day 20

God is a **GRACE GIVER**

I once heard grace described as giving me what I don't deserve and keeping from me what I do deserve.

I praise the Lord as Grace Giver. Everything I need comes from Him. We limit his provision to the physical – food, clothing , shelter, but God meets needs way beyond that. I think of it as God meets my “next”. My next breath. My next day. My next strength. My next peace. All that I need (notice I didn't say want) comes from him.

I praise the **GRACE GIVER** who provides what I need so I can help others.

Day 21

God is PATIENT

We end our 21 days with a praise to God for his patience.

Have you ever looked around and said, “Lord, when are you coming back?” The answer is in 2 Peter 3:9.

Let’s praise God that in his love, he is patient. He wants everyone back in relationship with him, and he’s giving the world time to do so.

Add to your methods of praise by reading, writing, saying and/or singing today’s praise verse multiple times today.

Let God know that you know he is PATIENT.

**The Lord is not slack concerning His promise,
as some count slackness,
but is longsuffering toward us,
not willing that any should perish
but that all should come to repentance.**

2 Peter 3:9 NKJV



CREATE YOUR OWN PRAISE LIST

For each letter of the alphabet, write a word which gives God an attribute of praise. For example, for the letter "A", you might write "Amazing" or "Almighty".

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Andrea Gadson is an author, a blogger, workshop facilitator and entrepreneur. Her company, The SurrenderedPen, delivers insight, growth, and courage for Christian living.

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Andrea currently resides in Southern New Jersey with her husband and partner, Derik. She is so very grateful God has given her such a wonderful husband to walk this journey and is looking forward to helping more people change their lives.

For insight, growth and courage, visit www.surrenderedpen.com.

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