



# Develop Your Praise I

Praise and worship are an essential preparation for meditation and prayer. They bring you into God's presence where you feel His peace and can hear what the Spirit is speaking; but more importantly it declares who God is as the One who answers our asking.

Here are some examples of how to develop your praise capacity through meditation on the Word.

Use a Psalm, read the verses and respond with thanksgiving, make the praise your own.

The best way to learn is just to do it.

**Psalm 23:1 "The Lord is my shepherd; I shall not want."**

**Example:** "I lift Your name, You are the Good Shepherd to me. Thank You for shepherding me and meeting my needs yesterday."

Be specific if you can.

**v2** "Thank You for leading me to Your Word, for stilling my soul; Your words speak right to my spirit. You are my Peace."

**v3** "You restore my soul; You are the Anchor of my soul. You keep me steady. Thank You for keeping me from reacting wrongly. You lead me in right paths, You are the Way, the Path of life, You are my righteousness."

**v4** "You are the Lord of the Valleys, the Lily of the Valley, The Lord over death and life. You take the fear and sting out of death. Your presence sustains me, comforts me, leads me to repentance when necessary. Thank You for the way you correct me."

**v5** "You are my daily bread, You anoint me, You give me the Word to defeat my enemies. You give me a Word in season to minister to other. I love Your presence through the Word and Your revelation delights me."

**v6** "Your goodness and mercy are with me all the days of my life. I love to dwell in the secret place of Your presence."

**Example:** Find praise 'titles' in Jesus' identification of Himself to the Seven Churches in Revelation. Read Revelation chapters 1-3, write down the praise names from the verses.

**Revelation 1:5** Jesus the Christ, the Faithful Witness, the Firstborn from the Dead, the Ruler Ruler over the kings of the earth.

**1:8** The Alpha and the Omega, the Beginning and the End, The Lord who is and who was and who is to come, the Almighty.

- 1:11 The Alpha and the Omega, the First and the Last.  
1:13 Son of Man  
1:18 The One who lives and was dead, and is alive forevermore, Lord of Life and Death.
- 2:8 The First and the Last, The Resurrected Christ, The First Born from the dead,  
2:18 Son of God  
2:28 The Morning Star (Jesus Himself, The Bright and Morning Star, Revelation 22:16)
- 3:14 The Amen, Faithful and True Witness, The Beginning of the creation of God.

Now reread the text and make your own praise names:

**1:7 “Behold, He is coming with clouds and every eye will see Him, even they who pierced Him...”** [The Pierced One](#).

**1:13 “And in the midst of the seven lampstands One like the Son of Man, clothed with a garment down to the feet and girded about the chest with a golden band.”** [High Priest](#)

**1:14 “His head and hair were white like wool, as white as snow, and His eyes like a flame of fire;”** [Eternal Wisdom](#), ([the Ancient of Days](#) from Daniel 7:9)

**1:15 “His feet were like fine brass, as if refined in a furnace, and His voice as the sound of many waters;”** [God of Power, Judge, Final Authority](#) (over all waters, tongues, peoples)

**2:1 “He who holds the seven stars in His right hand...”** [The Head of the Church](#)

**2:4 “...You have left your first love...”** [The First Love, True Love](#)

**2:7 “To him who overcomes I will give to eat from the tree of life...”** [The Rewarder](#)

**2:12,23 “These things says He who has the sharp two-edged sword..”**  
[The Discerner, Searcher of Hearts](#) (the sword is the Word that discerns minds and hearts)

**2:17 “(to the overcomer) I will give some of the hidden manna to eat.”** [The Bread of Heaven, Manna from Heaven, Bread of Life](#), John 7:41, 50,51)

**3:1 “He who has the seven Spirits of God and the seven stars.”** The Anointed One, Who has the seven Spirits of God (Isaiah 11:2)

**3:5 “...I (Jesus) will confess his name before My Father and before His angels.”** [The Advocate](#) (representing us before Father God)

**3:7 “These things says He who is holy... He who is truth, ‘He who has the key of David, He who opens and no one shuts and shuts and no one opens.’”** [Holy One, Truth, The Door](#)

**3:12** “He who overcomes, I will make him a pillar in the temple of My God, and he shall go out no more. I will write on him the name of My God and the name of the city of My God, the New Jerusalem, which comes down out of heaven from My God. And I will write on him My new name.” [The Giver of the New Name](#)

**3:18** “I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed...” [Our Righteousness](#) (giver of the white robes of salvation)

**3:20** “Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.” [Breaker of Bread, Companion](#)

**3:21** “To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His Throne. [Overcomer, King of Kings, Lord of Lords.](#)

**Application:** Practice your praise, develop your capacity to praise. Use praise as part of your prayers. Know your God through praise.

