

# Pure Praise

**The Discipline of Praise: For the next 40 days have a prayer time that will be nothing but a time of praising God. Use the following threefold pattern of praise:**

- 1) Say, “I love You.”**
- 2) Acknowledge God for who God is.**
- 3) Acknowledge God for what God does.**

## Background

I use to struggle with praise. I found myself always shifting into thanks and realized that they are not the same thing. Don't believe me? Look someone in the face and tell them “Thank you.” Now tell them, “I love you.” I guarantee you will both feel that those are very different exchanges.

The three-fold pattern of praise is one I discovered while reading Psalm 18. I noticed that David began the Psalm saying, *“I love you, O Lord, my strength.”* I couldn't think of a time when I simple said to God, “I love you.” I started using it to begin all of my prayers and it was transformative.

Next, I noticed David spent a lot of time just acknowledging who God is. Consider these examples.

*“The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. His is my shield and the horn of my salvation, my stronghold.” Psalm 18:2*

*“The Lord is my light and my salvation—whom shall I fear/ The Lord is the stronghold of my life—of whom shall I be afraid?” Psalm 27:1*

David also acknowledges what God does and shouts about it to others in his songs. For example,

*“He reached down from on high and took hold of me’ he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me.” Psalm 18:16-19*

## Tips For Getting Started

If you are struggling to find words start by listing below who God is to you. For example, God is: The King of Kings, eternal, compassionate, loving, forgiving, compassionate, merciful, omnipotent, and patient. What words come to mind for you?

God is...

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List what you have seen God do. For example, God gave me strength, rest, peace, an amazing family. God provided for me. God healed a friend. God opened a door.

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Now beginning praying by saying , “I love you” and use your words acknowledging who God is and what God has done as your first prayer of praise for the next 40 days.

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