

I will...

praise



Growth

Many species spend 15-30 days as a caterpillar. All of that time is spent eating, eating, eating...

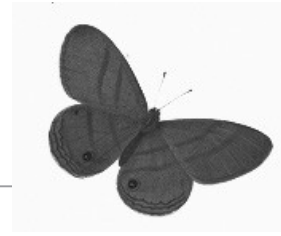
With all that eating, caterpillars grow and become too big for their outer skins. A new skin forms beneath the old one and the outer skin splits open and a bigger, fatter caterpillar wriggles out.

The period between each moult is called an instar. Most caterpillars have between 3-5 instars. Each time they shed their skin, they look a little bit different in appearance, but fundamentally they are still the same.

Attached to each of the second, third, and fourth segments is a pair of legs with a hook used for walking. The fifth and sixth, eleventh and twelfth segments have no legs at all. The other segments usually have claspers which are not real legs but a fleshy part that has a circle of little hooks so that it can fix itself in place and concentrate on eating.

This stage is vitally important to the success of the butterfly. It cannot be rushed through. And the same is true in a spiritual life. Although learning will take place throughout one's life, there is a great need at the beginning for almost constant consumption.

What does it mean to praise?



Find a definition for “praise” in an English dictionary.

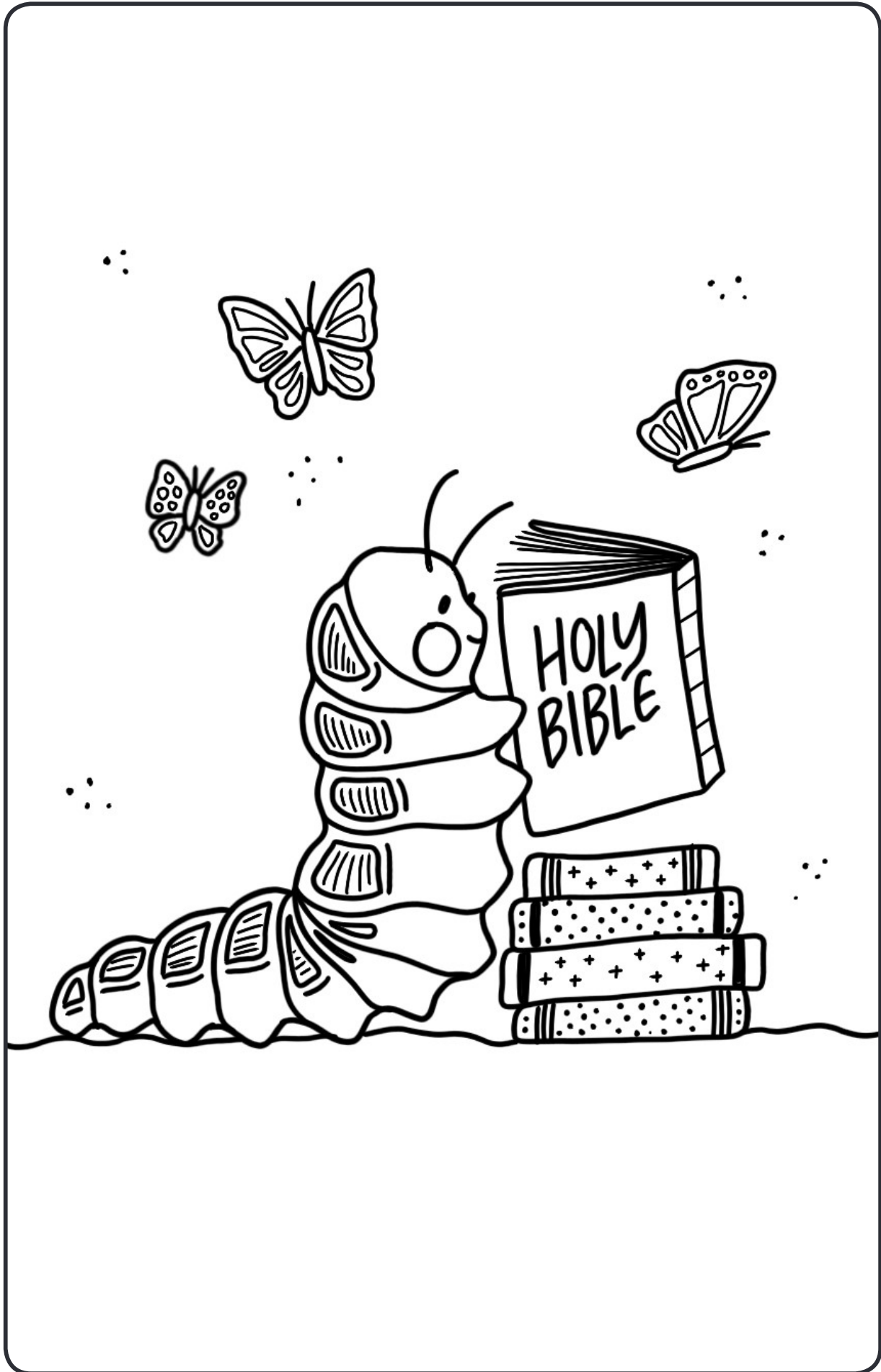
Look up the verse from this week in a concordance or Bible Study program and find out what the original Hebrew word is that it is translated from.

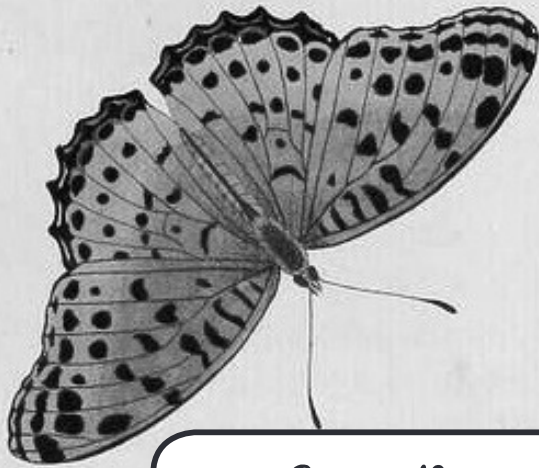
What is the word and what does it mean?

What do you think the opposite of praising is and what effect does it have?

How do you think “praising” God might benefit you?

“If He fill heaven and earth by His Spirit—if thus He is near to every one of us—if all this mighty frame-work of visible existence around us is the concretion of the invisible energy of His Spirit—if every faculty we possess, and every idea we conceive, and every beauty we admire in the great work around us are traceable to the impress of His eternal wisdom on the materials He has provided and employed in the construction of heaven and earth, is it not reasonable we should, like David, call upon all that is within us to bless His holy name?” —Robert Roberts (Seasons of Comfort)





Sing Praise to the Lord

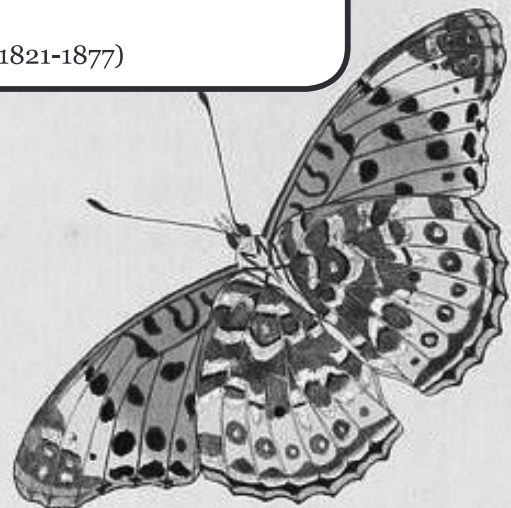
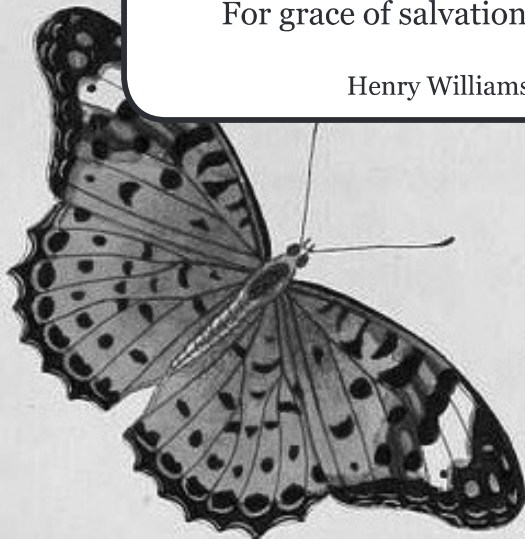
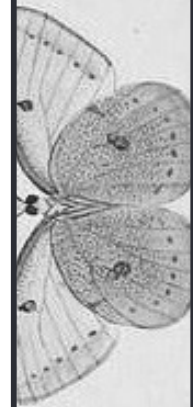
Sing praise to the Lord! Praise Him in the height;
Rejoice in His Word, you angels of light.
You heavens, adore Him by Whom you were made,
And worship before Him in brightness arrayed.

Sing praise to the Lord! Praise Him on the earth
In tuneful accord, you saints of new birth.
Praise Him Who has brought you His grace from above;
Praise Him Who has taught you to sing of His love.

Sing praise to the Lord! All things that give sound,
Each jubilant chord, re-echo around.
Loud organs, His glory tell forth in deep tone,
And trumpets, the story of what He has done.

Sing praise to the Lord! Thanksgiving and song
To Him be out-poured all ages along!
For love in creation, for Heaven restored,
For grace of salvation, sing praise to the Lord!

Henry Williams Baker (1821-1877)



Read through this Psalm several times this week. Find a version of it put to music if you can and listen to it, or find an audio version of it and listen to it. Take some coloured pencils and mark it up.

Psalm 33

Rejoice in the LORD, O ye righteous: for praise is comely for the upright. Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings. Sing unto him a new song; play skilfully with a loud noise.

For the word of the LORD is right; and all his works are done in truth. He loveth righteousness and judgment: the earth is full of the goodness of the LORD.

By the word of the LORD were the heavens made; and all the host of them by the breath of his mouth. He gathereth the waters of the sea together as an heap: he layeth up the depth in storehouses.

Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him. For he spake, and it was done; he commanded, and it stood fast.

The LORD bringeth the counsel of the heathen to nought: he maketh the devices of the people of none effect. The counsel of the LORD standeth for ever, the thoughts of his heart to all generations. Blessed is the nation whose God is the LORD; and the people whom he hath chosen for his own inheritance.

The LORD looketh from heaven; he beholdeth all the sons of men. From the place of his habitation he looketh upon all the inhabitants of the earth. He fashioneth their hearts alike; he considereth all their works. There is no king saved by the multitude of an host: a mighty man is not delivered by much strength. An horse is a vain thing for safety: neither shall he deliver any by his great strength.

Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy; To deliver their soul from death, and to keep them alive in famine.

Our soul waiteth 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 thy mercy, O LORD, be upon us, according as we hope in thee.