

7 Days of Praise: Praying Through Psalm 150

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Day 1 – We Shout Our Praise

As we pray through Psalm 150 and begin with the first verse, along with the psalmist we shout out our praise: “Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heavens!” (150:1). *Father God, we who have come to You through Jesus Christ enter Your sanctuary with reverence and stand before Your throne without fear—for it is a throne of grace (Hebrews 4:16)! Heavenly Father, we praise You for who You are and how You love. How grateful we are for Your grace! Let all heaven and earth praise Your great name!*

Day 2 – Praise God for All He’s Done

Praying along with the psalmist, we pause to praise God for all that He has done: “Praise Him for His mighty deeds; praise Him according to His excellent greatness!” (150:2). *Yes, Father God, You loved us so much You gave Your one and only Son (John 3:16). Even while we were yet sinners, Jesus went to the cross for us. Even while we were trying to make sense of life on our own, You pursued us and made Yourself known through family and friends, creation and circumstances. Each of us has a story of Your love and compassion, of unique ways You have met us at our point of need. We praise You, praise You, praise You, Lord!*

Day 3 – Praise the Lord with Music

As we pray, we’re encouraged at the mention of musical instruments used to accentuate our praise: “Praise Him with trumpet sound; praise Him with lute and harp!” (150:3). *Yes, Father God, as we seek to praise You with our all in the spirit of this psalm, it’s natural to “break into song”! So often music helps us express our love and adoration for You much better than mere words. Oh, Lord, may the trumpet, lute, harp, as well as the voice join the symphony that draws attention to and highly exalts Your great name!*

Day 4 – Creative Expressions of Worship

With the trumpet, lute, and harp (150:3), more instruments have joined the orchestra to praise God’s great name: “Praise Him with tambourine and dance; praise Him with strings and pipe!” (150:4). *Father God, may these instruments blend in one unified note of praise and honor and glory to You! And, yes, may they be accompanied by “dance,” the movement that begins in our hearts and ministers before You through creative expressions of worship! May we not hold back in praising You, for You are worthy of all praise, honor, and glory. Yes, be glorified, Lord!*

Day 5 – A Crescendo of Praise

A symphony comes together to praise God’s great name; the trumpet, lute, harp, tambourine, strings, pipe and cymbals: “Praise Him with sounding cymbals; praise Him with loud clashing cymbals!” (150:5). *Father God, with each crash of the cymbals, may we be reminded of who You are and what You do— You are the One True God, Creator of Heaven and Earth! You hold all things together by Your great might! And You loved mankind so much that You sent Your one and only Son, Jesus, to be our Savior, Redeemer, and Lord!*

Day 6 – Praise Chorus from All Creation

Yes, may we praise the Lord with songs and instruments, dance and other creative expressions, as well as lives yielded to God! As we pray through Psalm 150, we see a symphony of praise that’s come together to exalt God’s holy name, including the trumpet, lute, and harp (150:3); tambourine, strings, and pipe (150:4); and loud clashing cymbals (150:5)! Yes, as the psalmist proclaims, “Let everything that has breath praise the Lord! Praise the Lord!” (150:6). *Yes, yes, yes, Father God, we praise You for who You are, what You have done and are doing, and what You’ve said throughout the Scriptures that You will yet do! Your every promise is YES! You can be trusted! We praise Your great name! Indeed, may all creation join the praise chorus!*

Day 7 – Praise Now . . . and Into Eternity!

We’ll end where we began, with a reminder that our praise starts now and continues throughout eternity: “Then I looked, and I heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, saying with a loud voice, ‘Worthy is the Lamb Who was slain, to receive power and wealth and wisdom and might and honour and glory and blessing!’ ” (Revelation 5:11-12). *Father God, worthy is the Lord Jesus, through Whom we have come to You as Your adopted children! The apostle John also saw in Your Revelation to him—and to us—that the angels in heaven will lead us in praise, saying, “Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God forever and ever! Amen” (Revelation 7:12). May this be our prayer today, Heavenly Father, and may the joy of the Lord be our strength from this day until then!*