

Praise God!

Praise Good!



Praise is a prelude and a postlude. We give praise and thanks for the blessings we pray to receive. We give praise and thanks for the blessings we have received.

When there is pain, we praise the peace that we desire. When there is fear, we give thanks for the renewal of our faith. When there is lack, we praise the plenty that God provides.

But how can we give thanks for health when we see evidences of illness and imperfection in the body? How can we give thanks for faith when our

world is apparently full of things to fear? How can we give praise for plenty when we are out of work and in need of money?

Praise is introductory to prayer. The heart that is lifted in praise is prepared to pray. And it is through prayer that we experience our oneness with God. It is through prayer that we feel and act as children of God. It is through prayer that we discover meaning and purpose.

As we pray about our need for illumination, we realise that God is light. We know we are one with God; we are one with light. We are light. No longer do we beg God to give us right answers. Rather, we pray to let God as light express wisdom, intelligence, understanding, and good judgment through us. We praise God, who is the light of our minds.

As we pray about healing needs, we come to know that God is life. We know we are one with God; we are one with life. We are life. We pray to let God as life express vitality, perfection, order, and strength through us. We praise God, who is the life of our bodies.

As we pray about prosperity needs, we realise that God is substance. We are one with God; we are one with substance. We are substance. We pray to let God as substance express creative ideas, definite action, and complete efficiency through us. We praise God, who is the substance that supports us.

As we pray for family, for friends, for those who have needs that arouse our compassion, we realise that these people are one with God. In this oneness they are blessed, uplifted, free. No longer do we worry about their welfare. Rather, we pray for them to know God and to experience their oneness with God. We pray for them to let God satisfy their every longing. We praise God as the fulfilment of all that they can ever need.

Let us praise God in our hearts and in our world. Praise God—the good, the eternal, the everlasting. As we let our lips praise God, as we “sing to the Lord a new song” (Is. 42:10), life becomes a joyous symphony. Yes, praise is the prelude and the postlude.



My heart sings a song
of praise to You, dear God
for the many blessings
of my life.

