

Praise God for Who He Is

Make careful time each day to PONDER who God is---His greatness and glory—and then praise to Him.

Take one attribute of God each week and focus on it.

Ponder it. Memorize one of the scriptures that highlights it.

● Praise God. He is JEHOVAH.

The name Jehovah means "I am the one who is" or simply "I AM."

God supplied this name to His people of the old testament to set Himself apart as the One true God among the many gods who were being worshiped in the cultures around them.

It is the name of the independent, self-complete, and all powerful being. Our proper response to Him is to fall down in fear and awe of the One who possesses all authority.

Psalms 83:18

"That men may know that thou, whose name alone is Jehovah, art the most high over all the earth."

● Praise God. He is ONE God.

Even though there is the trinity of the Father, the Son, and the Holy Ghost, God is one God. We worship one God.

Mormon 3:29

...he that is found guiltless before him at the judgment day, hath it given unto him to dwell in the presence of God in his kingdom, to sing ceaseless praises with the choirs above, unto the Father, and unto the Son, and unto the Holy Ghost, which are one God, in a state of happiness which hath no end.

● Praise God. He is Eternal.

He had no beginning and His existence will never end. He is the everlasting God.

D&C 76:1a -c

*...for the Lord is God, and beside him there is no Savior;
great is his wisdom; marvelous are his ways; and the extent of his doings, none can find out;
his purposes fail not, neither are there any who can stay his hand; from eternity to eternity he is the same, and his years never fail.*

● Praise God. He is Unchanging and Unchangeable.

Who he is never changes. His attributes are the same from before the beginning of time into eternity. His character never changes – he never gets “better” or “worse.” His plans do not change. His promises do not change. What this means, very simply, is that God is dependable! Our trust in him is therefore a confident trust, for we know that he will not, indeed cannot, change.

Moroni 8:19

For I know that God is not a partial God, neither a changeable being; but he is unchangeable from all eternity to all eternity.

- **Praise God. He is Faithful.**

There are many disappointments in life, but we can rest in the truth that God will never fail us. There are and will be many things we don't understand, but God can be trusted. His nature has been unchanging since the beginning of time, and it will remain unchanged for eternity. His understanding is infinite, His might limitless, and His provision unending. We serve a faithful God.

God is infinitely, unchangingly faithful means that he never forgets anything, never fails to do anything he has set out to do, never changes his mind or takes back a promise.

Deuteronomy 7:9

"Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands."

- **Praise God. He is our Rock, our firm foundation, our cornerstone.**

These names of God remind us that he is unchanging and faithful, that we can depend on Him, especially in times of trouble when everything else around us seems to be crumbling and uncertain.

This is our theme for the week:

Psalms 62:6

He only is my rock and my salvation; he is my defense; I shall not be moved.

- **Praise God. He is Omnipotent – He Is All Powerful.**

This means God is able to do all that He desires to do. When He plans something, it will come to be. If He purposes something, it will happen. Nothing can prevent His plan. When His hand is stretched out to do something, no one can turn it back. God's decisions are always in line with His character, and He has all the power to do whatever He decides to do."

1 Nephi 2:101

Wherefore, he prepareth a way to accomplish all his works among the children of men; for behold he hath all power unto the fulfilling of all his words.

- **Praise God. He Is Transcendent.**

This means God is not simply the highest in an order of beings (this would be to grant Him eminence). He is transcendent— existing beyond and above the created universe.

Psalms 97:9

For thou, Lord, art high above all the earth; thou art exalted far above all gods.

- **Praise God. He Is Sovereign.**

God is God. He has supreme power and authority over everything.

God presides over every event, great or small, and He is in control of our lives. To be sovereign, He must be all-knowing and all-powerful, and by His sovereignty He rules His entire creation

I Chronicles 29:11

Thine, O Lord, is the greatness, and the power, and the glory, and the victory and the majesty; for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.

- **Praise God. He Is Self-Sufficient – He Has No Needs.**

This means God “possesses infinite riches of being, wisdom, goodness, and power in and of himself. Because God is self-sufficient, we can go to him to satisfy all our needs. We never have to worry about “drying up” his never-ending well of goodness, peace, mercy and grace.

Acts 17:24-25

God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands;

Neither is worshipped with men's hands, as though he needed anything, seeing he giveth to all life, and breath, and all things

- **Praise God. He Is All-Knowing. He is omniscient.**

He knows everything. And He never sleeps or slumbers, He's aware every moment of every day, exactly what we're up against. He knows our way, and is with us always. There's no place we can go that He doesn't see and know of.

Because God is all-knowing, we can trust that he knows everything we're going through today and everything we will go through tomorrow. When we meditate on this truth, especially in light of his other attributes of goodness and love, it makes it easier to trust him with all we have going on in our lives, from the silly and mundane to the very serious.

2 Nephi 6:44

Oh how great the holiness of our God! For he knoweth all things, and there is not anything save he knows it.

- **Praise God. He is Emanuel. God is with us.**

God will always be there for you. Friends will fail them. Parents will frustrate you. People in general will disappoint you. We're all just people, after all. But God is always there for you, the great I AM who is able to perfectly meet every need without fail.

Joshua 1:9

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.

- **Praise God. He Is Omnipresent – He Is Always Everywhere.**

To be omnipresent is to be in all places, at all times. Yet, it is important to understand that for God “to be” in a place is not the same way we are in a place. God’s being is all together different from physical matter that we know.

He exists on a plane wholly distinguishable from the one readily available to our five senses. God is everywhere, but this does not mean that God is everything, as some religions teach.

Psalms 139:7-10

Whither shall I go from thy Spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there; if I make my bed in hell, behold, thou art there.

If I take the wings of the morning, and dwell in the uttermost parts of the sea;

Even there shall thy hand lead me, and thy right hand shall hold me.

- **Praise God. He is Worthy.**

God alone is worthy of our worship and devotion, our praise and our obedience.

Revelation 5:12

Saying with a loud voice, Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing.

- **Praise God. He is JEHOVAH-SHALOM -- The God of peace.**

We are meant to know the fullness of God’s perfect peace, His “shalom.” God’s peace surpasses understanding and sustains us through difficult times. It’s the product of fully being what we were created to be.

John 14:27

Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

- **Praise God. He Is Wise – He Is Full of Perfect, Unchanging Wisdom.**

Wisdom is more than just head knowledge and intelligence. A truly wise person is someone who understands all the facts and makes the best decisions. A wise person uses his heart, soul and mind together with skill and competence.

But even the wisest man on earth would never come close to being as wise as God. God is infinitely wise, consistently wise, perfectly wise.

Romans 11:33

O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!

- **Praise God. He Is Truth.**

He not only speaks the truth and cannot lie, God IS truth.

Ether 1:75

And he answered, Yea, Lord, I know that thou speakest the truth, for thou art a God of truth, and canst not lie.

D&C 85: 2a-b

*even of God, the holiest of all, through Jesus Christ, his Son;
he that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth, which truth shineth. This is the light of Christ.*

John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

- **Praise God. He Is Just – He Is Right and Perfect in All He Does.**

What does it mean that God is just? It means more than he is simply fair. It means he always does what is right and good toward all men. Likewise, although this is hard for many to accept, his sentencing of evil, unrepentant sinners to hell is also right.

Deuteronomy 32:4

He is the Rock, his work is perfect; for all his ways are judgment; a God of truth and without iniquity, just and right is he.

- **Praise God. He is Lord. He is Adonai.**

Adonai means Lord, Master, or Owner. This name emphasizes that God is in charge of his creation and his people, Lord of lords. He is our master.

We do not **give** God authority over our lives. We do not "make Him Lord." He is the Lord, exercising authority whether we like it or not.

We can accept this truth or fight against it, but it remains the truth.

James 4:7 *Submit yourselves therefore to God.*

- **Praise God. He Is Holy and Glorious – He is Infinitely, Unchangingly Perfect.**

The word holy means sacred, set apart, revered And yet none of those words is adequate to describe the awesome holiness of our God.

Revelation 4:8

Holy, Holy, Holy, is the Lord Almighty

- **Praise God. He Is Merciful and Gracious.**

God's mercy is inseparable from his justness. He is unfailingly merciful – forgiving, and lovingly kind toward us. His mercy is also undeserved by us.

If it were not for God's grace, His holiness would exclude us from His presence.

Psalms 145:8

The LORD is gracious and merciful; Slow to anger and great in lovingkindness.

- **Praise God. He is JEHOVAH-M'KADDESH -- the God who sanctifies.**

This name means "the God who sanctifies." A God separate from all that is evil requires that the people who follow Him be cleansed from all evil or to be sanctified. This is only possible through the atoning blood of Jesus. We can never be free from all sin and evil on our own.

Moroni 10:30

And again, if ye, by the grace of God, are perfect in Christ, and deny not his power, then are ye sanctified in Christ by the grace of God, through the shedding of the blood of Christ, which is in the covenant of the Father, unto the remission of your sins, that ye become holy without spot.

- **Praise God. He is JEHOVAH-JIREH -- the God who provides.**

"The God who provides." This is the name Abraham gave to God when God provided the ram in the thicket for the sacrifice, instead of Isaac his son.

God will provide. The most important thing God provides is the way of salvation and eternal life. But God knows we also need daily sustenance for our physical bodies. Jesus told His disciples not to worry about what they would eat or drink or wear. Jesus teaches us to pray, "Give us this day our daily bread."

Philippians 4:19

But my God shall supply all your need according to his riches in glory by Christ Jesus

Psalms 84:11

For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will he withhold from them that walk uprightly.

- **Praise God. He is our Comforter.**

Jesus called the Holy Spirit the "Comforter," and the apostle Paul writes that the Lord is "the God of all comfort." 2 Corinthians 1:3,4

2 Corinthians 1:3-4

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

- **Praise God. He is Our Father.**

Jesus taught us to pray, “Our Father, who art in Heaven.”

The Creator of the universe cares for each one of us as a perfect Father loves His children.

I have a wonderful father who has encouraged me, corrected me, and loved me unconditionally, so it is easy for me to think of God as my Heavenly Father.

Some people, perhaps even some of you, may have an earthly father who is less loving. Some fathers unfortunately are even abusive.

This can make it harder to understand how God loves us as our Father, but it is worth working to understand.

1 Thessalonians 3:13

To the end he may establish your hearts unblamable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

- **Praise God. He is El Roi – The God who sees.**

We have a need to be seen, to be recognized.

You may wonder, out of all the billions of people in this world, does God even know that you exist? Could he single you out as an individual, or are you just unknown in the mass of humanity?

God is the God who sees. He sees you! As an individual, you are known by Him!

He knows the very number of hairs on your head (Matthew 10:30).

He decreed that you are “fearfully and wonderfully made.

God knows your name.

- **Praise God. He is our Healer. He is Jehovah Rapha.**

God is the Great Physician who heals his people. He heals our bodies, whether in this life or the next, but more importantly, He heals and restores our spirits and souls.

Exodus 15:26

And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee.

- **Praise God. He is our Shepherd. Jehovah Raah.**

A shepherd is one who protects and feeds and leads his flock to pasture. An extended translation of this word which means “friend” or “companion.”

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

Alma 3:105

And now I say unto you, that the good shepherd doth call after you; and if you will hearken unto his voice, he will bring you into his fold, and ye are his sheep

- **Praise God. He is LOVE.**

God's love for you is unconditional and unchanging.

You do not have to earn His love and there is nothing you can do to make God stop loving you.

God's love is so great that He gave His only Son to bring us into fellowship with Him.

His love encompasses the world, and yet embraces each of us personally and intimately.

1 John 3:1

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons [and daughters] of God

- **Praise God. He is Compassionate. He is full of compassion toward us.**

The meaning of God's compassion is that he sees our pain and He suffers with us. He deeply wants to help us to alleviate our suffering.

Time and time again, when Jesus was here on earth, he saw someone suffering and it says He was "moved with compassion" toward them.

D&C 36:6c *"And Enoch said unto the Lord, How is it that you can weep, seeing you are holy, and from all eternity to all eternity?"*

God told Enoch that He was weeping over the wickedness of the people He had created. He knew their wickedness was bringing suffering upon them and in compassion, God wept.

- **Praise God. He is our Savior, our Redeemer, through the Son, Jesus Christ.**

Jesus or Yeshua means God saves.

Mosiah 8: 35-37

And thus God breaketh the bands of death; having gained the victory over death; giving the Son power to make intercession for the children of men:

Having ascended into heaven; having the bowels of mercy; being filled with compassion toward the children of men;

Standing betwixt them and justice; having broken the bands of death, taken upon himself their iniquity and their transgressions; having redeemed them, and satisfied the demands of justice.

- **Praise God. He is Good. God is always good. God wants what's best for you.**

Psalms 34:8

O, taste and see that the Lord is good.

Moroni 7:10

Wherefore, all things which are good, cometh of God; and that which is evil, cometh of the devil.

SCRIPTURES from the March 28, 2023 Women's Class
Living in Thanksgiving and Praise Daily

Psalms 61:8

So will I sing praise unto thy name forever, that I may daily perform my vows.

Alma 16:238

And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you.

1 Thessalonians 5:18

In everything give thanks; for this is the will of God in Christ Jesus concerning you.

Romans 8:28

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

2 Nephi 11:96

He doeth not anything save it be for the benefit of the world.

Psalms 16:11

. . . in thy presence is fullness of joy.

Luke 19:36

. . . the whole multitude of the disciples began to rejoice, and praise God with a loud voice, for all the mighty works that they had seen

Luke 19:39

. . . If these should hold their peace, the stones would immediately cry out.

D&C 100:23a-c

Let the mountains shout for joy, and all ye valleys cry aloud; and all ye seas and dry lands tell the wonders of your eternal King.

And ye rivers, and brooks, and rills, flow down with gladness. Let the woods and all the trees of the field praise the Lord; and ye solid rocks weep for joy.

And let the sun, moon, and the morning stars sing together, and let all the sons of God shout for joy. And let the eternal creations declare his name for ever and ever.

Psalms 148:1-13

Praise ye the Lord. Praise ye the Lord from the heavens; praise him in the heights.

Praise ye him, all his angels; praise ye him, all his hosts.

Praise ye him, sun and moon; praise him, all ye stars of light.

Praise him, ye heavens of heavens, and ye waters that be above the heavens.

Let them praise the name of the Lord, for he commanded, and they were created.

He hath also stablished them forever and ever; he hath made a decree which shall not pass.

Praise the Lord from the earth, ye dragons, and all deeps.

Fire, and hail; snow, and vapor; stormy wind fulfilling his word;

Mountains, and all hills; fruitful trees, and all cedars;

Beasts, and all cattle; creeping things, and flying fowl;

Kings of the earth, and all people; princes, and all judges of the earth;

Both young men, and maidens; old men, and children;

Let them praise the name of the Lord; for his name alone is excellent; his glory is above the earth and heaven.

2 Chronicles 20:3-7, 9, 15-22

And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

And Judah gathered themselves together, to ask help of the Lord; even out of all the cities of Judah they came to seek the Lord.

And Jehoshaphat stood in the congregation of Judah and Jerusalem, in the house of the Lord, before the new court,

And said, O Lord God of our fathers, thou God who art in heaven; and rulest over all the kingdoms of the heathen; and in thy hand thou hast power and might, so that none is able to withstand thee;

Thou our God didst drive out the inhabitants of this land before thy people Israel, and gavest it to the seed of Abraham thy friend forever.

If, when evil cometh upon us, as the sword, judgment, or pestilence, or famine, we stand before this house, and in thy presence . . . and cry unto thee in our affliction, then thou wilt hear and help.

And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude, for the battle is not yours, but God's.

Tomorrow go ye down against them . . .

Ye shall not go to fight in this day; set yourselves, stand ye still, and see the salvation of the Lord with you, O Judah and Jerusalem; fear not, nor be dismayed; tomorrow go out against them; for the Lord will be with you.

And Jehoshaphat bowed his head with his face to the ground; and all Judah and the inhabitants of Jerusalem fell before the Lord, worshiping the Lord.

Then the Levites from the clans of Kohath and Korah stood up to praise the Lord God of Israel with a loud voice on high.

And when Jehoshaphat had consulted with the people he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth forever.

And when they began to sing and to praise, the Lord set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.

Find the Scriptures used about who God is on the handout entitled “Praise God for Who He Is.”

Isaiah 40:25-26

To whom will you compare me? Who is my equal? asks the Holy One.

Look up into the heavens. Who created all the stars?

He brings them out like an army, one after another, calling each by its name.

Because of His great power and incomparable strength, not a single one is missing.

Genesis 7:36

And were it possible that man could number the particles of the earth, yea, and millions of earths like this, it would not be a beginning to the number of thy creations.

Psalms 106:25

But murmured in their tents, and hearkened not unto the voice of the Lord.

1 Nephi 1:40-41

And thus Laman and Lemuel, being the eldest, did murmur against their father.

And they did murmur because they knew not the dealings of that God who had created them.

Philippians 2:14

Do all things without murmurings and disputings.

Psalms 107:8

Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

Psalms 34:1-4

I will bless the Lord at all times; his praise shall continually be in my mouth.

My soul shall make her boast in the Lord; the humble shall hear thereof, and be glad.

O magnify the Lord with me, and let us exalt his name together.

I sought the Lord, and he heard me, and delivered me from all my fears.

Proverbs 9:10

The fear of the Lord is the beginning of wisdom; and the knowledge of the Holy is understanding.

Psalms 96:8

Give unto the Lord the glory due unto his name...

Hebrews 12:28-29

Wherefore we receiving a kingdom which cannot be moved, should have grace, whereby we may serve God acceptable with reverence and godly fear;

For our God is a consuming fire.

Lamentations 3:22

It is of the Lord's mercies that we are not consumed, because his compassions fail not.

D&C 22:2-3d, 6c-7b

And God spake unto Moses, saying, Behold, I am the Lord God Almighty, and Endless is my name, for I am without beginning of days or end of years; and is not this endless?

for my works are without end, and also my words, for they never cease;

wherefore, no man can behold all my works except he behold all my glory;

and no man can behold all my glory, and afterwards remain in the flesh, on the earth.

And the presence of God withdrew from Moses, that his glory was not upon Moses; and Moses was left unto himself; and as he was left unto himself, he fell unto the earth.

And it came to pass, that it was for the space of many hours before Moses did again receive his natural strength like unto man; and he said unto himself,

Now, for this cause, I know that man is nothing, which thing I never had supposed; but now mine eyes have beheld God; but not mine natural but my spiritual eyes, for mine natural eyes could not have beheld, for I should have withered and died in his presence.

Mosiah 2:20

Even so I would that ye should remember, and always retain in remembrance, the greatness of God, and your own nothingness, and his goodness and long suffering towards you unworthy creatures.

Mosiah 1:52, 54

I say unto you, my brethren [and sisters], that if you should render all the thanks and praise which your whole souls have power to possess, to that God who has created you . . . yet ye would be unprofitable servants.

Helaman 4:56-60

Behold, they do not desire that the Lord their God, who hath created them, should rule and reign over them; notwithstanding his great goodness and his mercy towards them; they do set at nought his counsels, and they will not that he should be their guide.

O how great is the nothingness of the children of men; yea, even they are less than the dust of the earth.

For behold, the dust of the earth moveth hither and thither, to the dividing asunder, at the command of our great and everlasting God;

Yea, behold, at his voice doth the hills and the mountains tremble and quake; and by the power of his voice they are broken up, and become smooth, yea, even like unto a valley;

Yea, by the power of his voice doth the whole earth shake; yea, by the power of his voice, doth the foundations rock, even to the very center.

Ezekiel 1:28

And when I saw it, I fell upon my face.

Revelations 1:17

And when I saw him, I fell at his feet as dead.

Isaiah 6:5

Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for mine eyes have seen the King, the Lord of hosts.

Exodus 15:11

Who is like unto thee, O Lord, among the gods? who is like thee, glorious in holiness, fearful in praises, doing wonders?

Psalms 113:3-5

From the rising of the sun unto the going down of the same the Lord's name is to be praised.

The Lord is high above all nations, and his glory above the heavens.

Who is like unto the Lord our God, who dwelleth on high?

Romans 3:23

...all have sinned, and come short of the glory of God.

Mark 15:42-44

And Jesus cried with a loud voice, and gave up the ghost.

And the veil of the temple was rent in twain, from the top to the bottom.

And when the centurion who stood over against him, saw that he so cried out and gave up the ghost, he said, Truly, this man is the Son of God.

Hebrews 4:16

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

2 Nephi 11:97-99

Wherefore, he [the Lord God] commandeth none that they shall not partake of his salvation.

Behold, doth he cry unto any, saying, Depart from me?

Behold, I say unto you, Nay; but he saith, Come unto me all ye ends of the earth.

Isaiah 1:18

Come now, and let us reason together, saith the Lord; though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

Ether 3:6-7, 9-10

And it came to pass that the Lord God caused that there should a furious wind blow upon the face of the waters, towards the promised land: and thus they were tossed upon the waves of the sea before the wind.

And it came to pass that they were many times buried in the depths of the sea, because of the mountain waves which broke upon them, and also the great and terrible tempests which were caused by the fierceness of the wind.

Therefore when they were encompassed about by many waters, they did cry unto the Lord, and he did bring them forth again upon the top of the waters.

And they did sing praises unto the Lord; yea, the Brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.

1 Nephi 5:198-199

Wherefore, they came unto me and loosed the bands which were upon my wrists, and behold, they had swollen exceedingly; and also mine ankles were much swollen, and great was the soreness thereof.

Nevertheless, I did look unto my God, and I did praise him all the day long; and I did not murmur against the Lord because of mine afflictions.

Acts 16:22-25

And the multitude rose up together against them; and the magistrates rent off their clothes, and commanded to beat them.

And when they had laid many stripes upon them, they cast them into prison, charging the jailer to keep them safely.

Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks. And at midnight Paul and Silas prayed, and sang praises unto God; and the prisoners heard them.

Habakkuk 1:17-18

*Although the fig tree shall not blossom,
neither shall fruit be in the vines;*

the labor of the olive shall fail, and the fields shall yield no meat;

the flock shall be cut off from the fold,

and there shall be no herd in the stalls;

Yet I will rejoice in the Lord, I will joy in the God of my salvation.

Isaiah 55:8-9

For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

John 3:16

For God so loved the world, that he gave his Only Begotten Son, that whosoever believeth on him should not perish; but have everlasting life.

2 Corinthians 9:15

Thanks be unto God for his unspeakable gift.

John 16:33

In the world ye shall have tribulation; but be of good cheer; I have overcome the world.

2 Corinthians 4:16-18

but though our outward man perish, yet the inward man is renewed day by day.

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal.

Deuteronomy 31:6

Be strong and of a good courage, fear not, nor be afraid of them; for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

Psalms 18:3

I will call upon the Lord, for he is worthy to be praised;

Revelation 4:11

Thou art worthy, O Lord, to receive glory and honor and power...

Revelation 5:12

... Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing.

1 Nephi 4:4

And they being hard in their hearts, therefore they did not look unto the Lord as they ought.

Isaiah 51:11

...the redeemed of the Lord shall return, and come with singing unto Zion; and everlasting joy and holiness shall be upon their heads; they shall obtain gladness and joy; and sorrow and mourning shall flee away.

Isaiah 12:1-6

And in that day thou shalt say, O Lord, I will praise thee; though thou wast angry with me, thine anger is turned away, and thou comfortedst me.

Behold, God is my salvation; I will trust, and not be afraid; for the Lord JEHOVAH is my strength and my song; he also is become my salvation.

Therefore with joy shall ye draw water out of the wells of salvation.

And in that day shall ye say, Praise the Lord, call upon his name, declare his doings among the people, make mention that his name is exalted.

Sing unto the Lord; for he hath done excellent things; this is known in all the earth.

Cry out and shout, thou inhabitant of Zion; for great is the Holy One of Israel in the midst of thee.

Mosiah 2:49

But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe to keep the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish.

2 Nephi 3:47, 50

Rejoice, O my heart, and give place no more for the enemy of my soul.

Rejoice, O my heart, and cry unto the Lord, and say, O Lord, I will praise thee for ever; yea, my soul will rejoice in thee, my God, and the rock of my salvation.

Alma 14:97

Behold, who can glory too much in the Lord? Yea, who can say too much of his great power, and of his mercy, and of his long suffering towards the children of men?

Psalms 145: 17 and 21

The Lord is righteous in all his ways, and holy in all his works.

My mouth shall speak the praise of the Lord; and let all flesh bless his holy name forever and ever.

Psalms 146:1-2

Praise ye the Lord. Praise the Lord, O my soul.

While I live will I praise the Lord; I will sing praises unto my God while I have any being.

Isaiah 6:3

Holy, holy, holy, is the Lord of hosts; the whole earth is full of his glory.

1 Chronicles 29:11-14

Thine, O Lord, is the greatness, and the power, and the glory, and the victory and the majesty; for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.

Both riches and honor come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.

Now therefore, our God, we thank thee, and praise thy glorious name.

But who am I, and what is my people, that we should be able to offer so willingly after this sort? for all things come of thee, and of thine own have we given thee.

D&C 76:1a-b

Hear, O ye heavens, and give ear, O earth, and rejoice ye inhabitants thereof, for the Lord is God, and beside him there is no Savior;

great is his wisdom; marvelous are his ways; and the extent of his doings, none can find out;

his purposes fail not, neither are there any who can stay his hand; from eternity to eternity he is the same, and his years never fail.

Let's make a plan for living our lives in thanksgiving and praise!

● First of all ASK GOD to help you!

Without his power working in your life, you will not be successful.
God is faithful, He will help you develop an attitude of praise and thanksgiving.

● Attend CHURCH!

Worship and praise God together with other believers. There is great power in this.

● MAKE TIME to ponder God's greatness and to give Him praise. EVERY DAY!

Make time to look for things to be thankful for.
Notice the beauty of God's creation around us.
We must intentionally plan to make time for these things or the days will just pass us by in a blur.

● START your day with praise and thanksgiving.

"TODAY I will chose to praise God."

● MEMORIZE Scriptures of praise and songs of praise.

There is great power in having the Word of God stored up in your mind.
There they are instantly available and you can turn to them in any situation and begin praising God.

I implore you to take the time and make the effort to MEMORIZE the Word of God!

It's okay to start small. Just do it!

● MONITOR your thoughts!

Mosiah 2:49

But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe to keep the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish.

Check your thoughts often.

Do NOT accept everything that comes into your mind — every thought you have--- as truth.

When thoughts come into your mind that are complaining, condemning, accusing, negative-- you can know they are not from God. Replace them with a song or scripture of praise.

Again, this is why it is invaluable to have memorized the Word of God, so it is instantly available for you to use... to draw your spiritual SWORD at any moment to do battle with the adversary through the power of God's Word.

● **Stand up and pray and testify in prayer meeting and praise God!**

This will get easier with practice. It is very effective to use words and phrases from the Scriptures in our prayers of praise.

Respectfully ask the elders to consider incorporating more hymns and scriptures of praise in our services.

● **When you mess up and find yourself complaining or distracted or scared, or you forget to make time to thank and praise God, simply ask for forgiveness and try again.**

● **Don't forget the power of keeping a daily gratitude journal.**

Each day write down a few things that you are thankful for, blessings from God that you see around you. This practice will help you sharpen your awareness of the many many blessings that God give us each day, blessings that we often take for granted.

● **Keep a Praise Journal, too!**

Grab a spiral notebook or a blank journal and began to fill it with scriptures and the words of songs that praise God. Add a list of the attributes of God.

When you want to praise God, open your journal and begin reading the words.