

Praise and Thanksgiving to God Opens the Door to The Holy Spirit



Praise is Spiritual Warfare

Psalms 149:5-6 5 Let the saints be joyful in glory; let them sing aloud upon their beds.
6 Let the high praises of God be in their mouth, and a two-edged sword in their hand.

Thanksgiving

Psalms 95:2-3 2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. 3 For the Lord is a great God and a great King above all gods.

Psalms 100:4 Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name.

Philippians 4:6-7 6 Be afflicted for nothing; but in everything by prayer and supplication, with thanksgiving, let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

We are Commanded to Give Thanks Daily and to Live in Thanksgiving

Mosiah 9:56 And he commanded them that they should observe the Sabbath day, and keep it holy, and also every day they should give thanks to the Lord their God.

Alma 16:238 And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you.

We are Commanded to Give Thanks for Everything

Mosiah 11:149 . . . being commanded of God to pray without ceasing and to give thanks in all things.

D&C 95:1a Verily I say unto you, my friends, Fear not, let your hearts be comforted; yea, rejoice evermore; and in everything give thanks, waiting patiently on the Lord.

D&C 59:2d Thou shalt thank the Lord, thy God, in all things.

1 Thessalonians 1:2 We give thanks always; . . .

1 Thessalonians 5:18 In everything give thanks; for this is the will of God in Christ Jesus concerning you.

We Are to Praise the Lord

Psalms 117:1-2 **1** Oh praise the Lord, all ye nations; praise him all ye people.

2 For his merciful kindness is great toward us; and the truth of the Lord endureth forever. **Praise ye the Lord.**

Psalms 150:1-2, 6 **1** Praise ye the Lord. Praise God in his sanctuary; praise him in the firmament of his power. **2** Praise him for his mighty acts; praise him according to his excellent greatness. **6** Let everything that hath breath praise the Lord. **Praise ye the Lord.**

Psalms 113:3 From the rising of the sun unto the going down of the same the Lord's name is to be praised.

Psalms 50:23 Whoso offereth praise glorifieth me.

Psalms 66:8 Oh bless our God, ye people, and make the voice of his praise to be heard.

Revelation 19:5-6 **5** And a voice came out of the throne, saying, Praise our God, all ye his saints, and ye that fear him, both small and great. **6** And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thunderings, saying, Alleluia; for the Lord God omnipotent reigneth.

1 Peter 2:9 But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light.

Psalms 18:1-3 **1** I will love thee, O Lord, my strength. **2** The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. **3** I will call upon the Lord, for he is worthy to be praised; so shall I be saved from mine enemies.

Hebrews 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips, giving thanks to his name.

Isaiah 38:16 Oh Lord, thou who art the life of my spirit, in whom I live; so wilt thou recover me, and make me to live; and in all these things I will praise thee.

Alma 14:92 Yea, I know that I am nothing; as to my strength, I am weak; therefore I will not boast of myself, but I will boast of my God; for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name for ever.

Praise God for His Mighty Works

Psalms 145:1-5 1 I will extol thee, my God, O King; and I will bless thy name forever and ever.
2 Every day will I bless thee; and I will praise thy name forever and ever.
3 Great is the Lord, and greatly to be praised; and his greatness is unsearchable.
4 One generation shall praise thy works to another, and shall declare thy mighty acts.
5 I will speak of the glorious honor of thy majesty, and of thy wondrous works.

Psalms 150:1-2 1 Praise ye the Lord. Praise God in his sanctuary; praise him in the firmament of his power. 2 Praise him for his mighty acts; praise him according to his excellent greatness.

We are Commanded to Offer the Sacrifice of Thanksgiving

Psalms 107:22 And let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing.

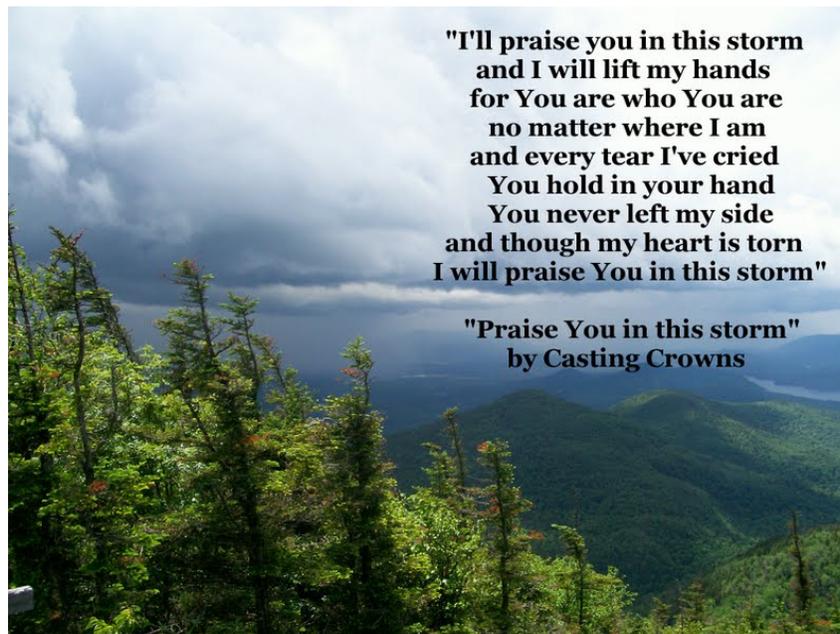
Psalms 116:17 I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord.

Amos 4:5 And offer a sacrifice of thanksgiving.

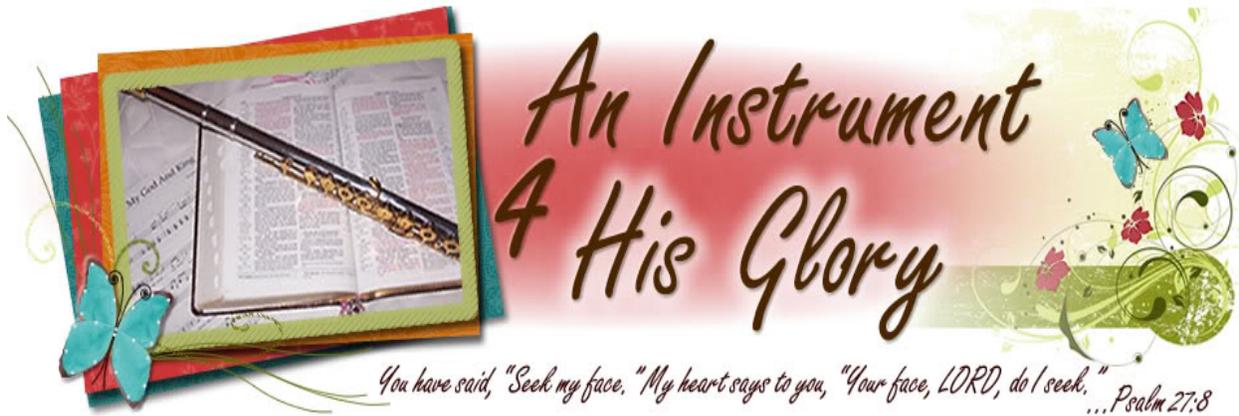
1 Nephi 1:157 And it came to pass that they did rejoice exceedingly, and did offer sacrifice and burnt offerings unto the Lord; and they gave thanks unto the God of Israel.

1 Corinthians 15:57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Hebrews 13:15 By him therefore **let us offer the sacrifice of praise to God continually**, that is, the fruit of our lips, giving thanks to his name.



We Can Praise God Because All Things Work Together for Good



Alma 14:82 And this is the **blessing** which hath been bestowed upon us, that **we have been made instruments in the hands of God, to bring about this great work.**

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.**



Individually the ingredients in a cake may not taste good or be to our liking, but the Master Chef has the ability to make of them something delicious and good.

We see God turning something meant for evil into something good in the life of Joseph.

Genesis 50:17-20 17 So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil; and now we pray thee, forgive the trespass of the servants of the God of thy father. And Joseph wept when they spake unto him. 18 And his brethren also went and fell down before his face; and they said, Behold, we be thy servants. 19 And Joseph said unto them, Fear not; for am I in the place of God? 20 **But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.**



1. **Praise gets our focus off ourselves and back on God.**

It seems in our world today people spend a lot of time focusing on themselves. Selfishness is a major stumbling block in our day and age. We even take selfies of ourselves. Praise will help us get our focus off of ourselves and back on God. We need our eyes to be single to His glory, not our own. When we praise God, we acknowledge His majesty and proclaim our faith in Him.

D&C 85:18a And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you, and that body which is filled with light comprehendeth all things.

Psalms 25:15 Mine eyes are ever toward the Lord; for he shall pluck my feet out of the net.

Hebrews 12:2 Looking unto Jesus the author and finisher of our faith.

2. **Praise brings us to a place of humility.**

We remember our dependency on God, as we acknowledge our need for Him. As we praise Him as Creator and King of this world, we admit and recognize that we're not in control, but He is. Mosiah taught his people a lesson in humility and encouraged them to praise God when he said:

Mosiah 1: 52-54 52 I say unto you, my brethren, 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, and has kept and preserved you, and has caused that ye should rejoice, and has granted that ye should live in peace one with another; 53 I say unto you, that if ye should serve him who has created you from the beginning, and art preserving you from day to day, by lending you breath, that ye may live and move, and do according to your own will, and even supporting you from one moment to another; 54 I say, if ye should serve him with all your whole soul, yet ye would be unprofitable servants.

3. **Praise makes the enemy flee.**

Remember praise is spiritual warfare. Evil will not stick around if we're praising our God, who will fight our battles for us. In the story of Jehoshaphat, we see God miraculously defeat the enemy, because of the people's obedience to praise Him.

Read 2 Chronicles 20:20-22 . . . 22 And when they began to sing and to praise, the Lord set ambushments [ambushes] against the children [men] of Ammon, Moab and Mount Seir, which were come against [invading] Judah; and they were smitten [defeated].

4. Praise leaves no room for complaining and negativity.

Sometimes even within our prayers, we can tend to complain about our problems. But through praise, we're focused on Him, no longer allowing too much attention to be centered around the struggles. We're reminded of what He has already done in our lives. Nephi focused on God through praise even as he suffered at the hands of his brothers.

1 Nephi 5:198-199 **198 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. 199 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.**

Psalms 103:2-4 **2 Bless the Lord, O my soul, and forget not all his benefits, 3 Who forgiveth all thine iniquities, who healeth all thy diseases, 4 Who redeemeth thy life from destruction, who crowneth thee with loving-kindness and tender mercies.**

5. Praise opens the door so God can pour out his blessings.

He will not hold back His goodness. Praise opens the gateway of blessing as we come into His Presence. We see that clearly, as the Jaredites praised God both by day and by night on their journey. He did not hold back His blessings, but blessed them abundantly.

Ether 3:9-14 **9 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. 10 And it came to pass that the wind did never cease to blow towards the promised land, while they were upon the waters; and thus they were driven forth before the wind; 11 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. 12 And thus they were driven forth; and no monster of the sea could break them, neither whale that could mar them; and they did have light continually, whether it was above the water or under the water. 13 And thus they were driven forth, three hundred and forty and four days upon the water; and they did land upon the shore of the promised land. 14 And when they had set their feet upon the shores of the promised land, they bowed themselves down upon the face of the land, and did humble themselves before the Lord, and did shed tears of joy before the Lord, because of the multitude of his tender mercies over them.**

6. Praise invites His presence.

God dwells close to us when we praise Him.

Read Psalms 22:3 [He inhabits the praises of His people.]

1 Chronicles 16:25-27 **25 For great is the Lord, and greatly to be praised; he also is to be feared above all gods. 26 . . . but the Lord made the heavens. 27 Glory and honor are in his presence; strength and gladness are in his place.**

7. **Our spirits are refreshed and renewed in His presence.**

Praise teaches us to be joyful and thankful regardless of our circumstances. It prepares us for God's service and helps us to see beyond our present circumstances to the immense possibilities that are ours through faith in Jesus Christ. We're strengthened by His peace and refueled by His joy. Through a heart of praise, we realize that God doesn't just change our situations and work through our problems, He changes us.

Read Psalms 16:11 [In His presence, there is fullness of joy.]

Psalms 95:2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

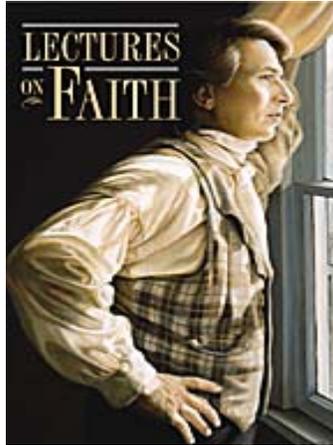
Isaiah 31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

8. **It paves the way for God's power to be displayed; miracles happen.**

People's lives are affected and changed by praising God. As Paul and Silas sat in prison, shackled, and chained, they kept right on praising God. And God sent an earthquake that shook the cells and broke the chains. The jailer and all his family came to know Christ that very night.

Read Acts 16:25-26 [About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened.]

The Importance of Knowing the Attributes of God



Lectures on Faith by Joseph Smith

In Lectures #3 and #4 Joseph expresses the concept that to have faith in God we must have a correct idea of His attributes and character.

Then Joseph Quoted the Following Scriptures (page 1)

Exodus 34:6 And the Lord passed by before him, and proclaimed, The Lord, The Lord God, merciful and gracious, long-suffering, and abundant in goodness and truth.

Psalms 103:6-8, 17-18 6 The Lord excuteth righteousness and judgment for all that are oppressed. 7 He made known his ways unto Moses, his acts unto the children of Israel. 8 The Lord is merciful and gracious, slow to anger, and plenteous in mercy. 17 But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children, 18 To such as keep his covenant and to those that remember his commandments, to do them.

James 1:17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

Psalms 90:1-2 1 Lord, thou hast been our dwelling place in all generations. 2 Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God.

Malachi 3:6 For I am the Lord, I change not; therefore ye sons of Jacob are not consumed.

Numbers 23:19 God is not a man, that he should lie; neither the son of man, that he should repent; hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?

1 John 4:8-9 8 He that loveth not, knoweth not God; for God is love. 9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.

Then Joseph Quoted the Following Scriptures (page 2)

Hebrews 1:10-12 10 And, Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of thine hands. 11 They shall perish, but thou remainest; and they all shall wax old as doth a garment; 12 And as a vesture shalt thou fold them up, and they shall be changed; but thou art the same, and thy years shall not fail.

Acts 10:34-35 34 Then Peter opened his mouth, and said, of a truth I perceive that God is no respecter of persons; 35 But in every nation he that feareth him, and worketh righteousness, is accepted with him.

After quoting these scriptures Joseph stated:

“From the forgoing testimonies we learn the following things respecting the character of God:

Firstly, that He was God before the world was created, and the same God that He was after it was created.

Secondly, that He is merciful and gracious, slow to anger, abundant in goodness, and that He was so from everlasting, and will be to everlasting.

Thirdly, that He changes not, neither is there variableness with Him; but that He is the same yesterday, today and forever; and that His course is one eternal round, without variation.

Fourthly, that He is a God of truth and cannot lie.

Fifthly, that He is no respecter of persons . . .

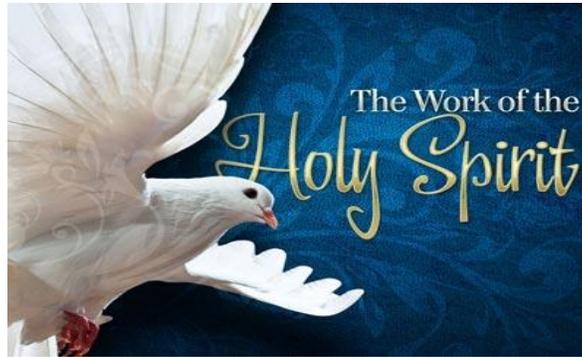
Sixthly, that He is love.”

Joseph taught that knowing the attributes of God did away with doubt and made one’s faith exceedingly strong.

Joseph said: “An acquaintance with these attributes in the divine character is essentially necessary, in order that the faith of any rational being can center in Him for life and salvation.”

“What object had the God of heaven in revealing His attributes to men? That through an acquaintance with His attributes they might be enabled to exercise faith in Him . . . could men exercise faith in God without an acquaintance with His attributes? . . . They could not.”

Functions of the Holy Spirit



In Greek, the word “comforter” means, “The one who the Lord will call alongside of to give assistance.” The Greek also means: an intercessor, counselor, and advocate. The Holy Spirit does assist us in our journey in life. In times of sorrow He assists us by comforting us and consoling us; in times of weakness He strengthens us; in times of fear He can cause us to feel peaceful and calm. He is there to assist us, by guiding, directing and helping us on our journey through this life. His functions are very numerous and I know I have not listed them all. The help of the Holy Spirit is vital to our success in reaching our goal at the end of life’s journey. I hope each of you will invite Him to be a part of your daily journey.

Leading = **1 Nephi 1:106** “I was led by the Spirit.”

Constraining = **Alma 10:50** “The Spirit constraineth me.”

Persuading = **Ether 1:106** “Because of My Spirit, he shall know that these things are true; for it persuadeth men to do good.”

Enticing = **Mosiah 1:120** “The enticings of the Holy Spirit.”

Transporting = **2 Nephi 3:40** “Upon the wings of His Spirit hath my body been carried away upon exceeding high mountains.” **Also read: Acts 8:26-40**

Teaching & bringing all things to your remembrance = **John 14:26** “He shall teach you all things, and bring all things to your remembrance.”

Testifying of Christ = **John 15:26** “Even the Spirit of truth, which proceedeth from the Father, He shall testify of Me.” **Also read: 1 Corinthians 12:3, Moroni 10:5, 3 Nephi 5:33**

Will guide you into all truth & speak of things to come = **John 16:13** “Howbeit when He, the Spirit of truth, is come, He will guide you into all truth. . . And He will show you things to come.”

He warns us = **Acts 16:6-7** “Were forbidden of the Holy Ghost to preach the word in Asia, after they were come to Mysia, they assayed to go into Bithynia; but the Spirit suffered them not.”

He helps us to pray & intercedes for us = **Romans 8:26** “The Spirit also helpeth our infirmities; for we know not what we should pray for as we ought; but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”

Testifies to us that we are the children of God = Romans 8:13-16 “The Spirit itself beareth witness with our spirit, that we are the children of God.”

Deep things of God revealed to us by the Spirit = 1 Corinthians 2:10 “But God hath revealed them unto us by His Spirit; for the Spirit searcheth all things, yea the deep things of God.” **Also read: 1 Nephi 3:30**

Eyes opened & our understanding enlightened = D&C 76:2 “By the power of the Spirit our eyes were opened, and our understandings were enlightened.”

Spirit of Revelation = D&C 76:2 “Now behold, this is the Spirit of revelation.”

Gifts of the Spirit given to us by the Holy Spirit = 1 Cor. 12:4-11 “For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit, to another faith by the same Spirit.” **Also read: Moroni 10:8-9**

A unifying force = 1 Corinthians 12:12-27 “For by the Spirit are we all baptized into one body, whether we be Jews or Gentiles, and have been all made to drink into one Spirit . . . That there should be no schism in the body; but that the members should have the same care one for another.” **Also read: Ephesians 4:1-6**

Enlightens our minds & gives us joy = D&C 10:7 “Verily, verily I say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy.” **Also read: Mosiah 2:5**

Empowers us & even empowers us in building the Kingdom = 1 Nephi 3:187 “Blessed are they who shall seek to bring forth My Zion at that day, for they shall have the gift and power of the Holy Ghost.” **Also read: Moroni 10:7**

Lord works by it = 3 Nephi 13:59 “The Lord worketh . . . by the power of the Holy Ghost.”

Gives Testimony = Alma 5:28 “The Holy Spirit which testifieth in me.”

Inspires scripture = 1 Nephi 1:83 “The words which have been spoken by the mouth of all the holy prophets . . . have been delivered unto them by the Spirit and power of God.”

Sanctifies = Alma 10:4 “Being Sanctified by the Holy Ghost”

Reveals = Jacob 5:20 “It also has been made manifest unto me by the power of the Holy Ghost.”

Commissions = 1 Nephi 3:36 “The Holy Ghost giveth authority that I should speak these things.”

Directs = Moroni 6:9 “As the power of the Holy Ghost led them whether to preach or exhort, or to pray, or to supplicate, or to sing, even so it was done.”

Fruits of the Spirit are produced by the Holy Spirit = Galatians 5: 22-23 “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.”

Precepts = 2 Nephi 12:39 “Their precepts shall be given by the power of the Holy Ghost.”

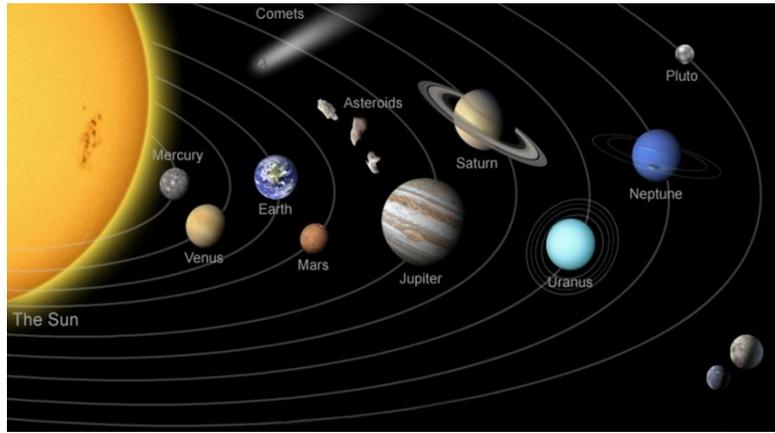
Calls men to the work = Acts 13:2 “Separate me Barnabas and Saul for the work whereunto I have called them.”

Gives us peace, hope and joy = Romans 15:13

Believe in God's Power and Sovereignty

Hebrews 1:10 And, Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of thine hands.

Alma 16:54-55 54 The scriptures are laid before thee, yea, and all things denote there is a God; yea, even the earth, and all things that are upon the face of it, yea, and its motion; 55 Yea, and also all the planets which move in their regular form, doth witness that there is a Supreme Creator:



Job 13:15 Though he slay me, yet will I trust in him.

Job 38: 31 Canst thou bind the sweet influences of Pleiades,

Pleiades = A group of stars bound together traveling same speed together like a flock of birds = around 250 stars traveling together.

Job 38:32 . . . canst thou guide Arcturus with his sons?

Arcturus = Fast moving, run away star, has no set orbit, traveling through the Milky Way randomly.

Job 38:31 or loose the bands of Orion

Orion's Belt = A perfect line, all three stars moving separately.

Even Ancients were aware of these things = the Giza pyramids align with Orion's Belt.

Pleiades



Arcturus



Orion's Belt

