

Thou Art My Praise

Heal me, O LORD, and I will be healed;
Save me and I will be saved,
For Thou art my praise.
[Jeremiah 17:14](#)

The prophet Jeremiah wrote these words as he was in the midst of delivering the Word of the Lord to the nation of Israel. What he was saying was not popular, in fact, he angered many people. As a result, Jeremiah prays for protection from his enemies. As part of this prayer he acknowledges that because of God's awesome power and sovereignty, if He says, "Be healed!", then Jeremiah will be healed. By the same token, if God says "Be saved from your enemy.", then Jeremiah will be saved. Jeremiah knows that God is the only One who can truly heal him or save him from disaster. Jeremiah then makes a statement that is critical to any believer's relationship to the Lord: "Thou art my praise."

As we have been discovering through this study of *Thou Art My* . . ., we have seen that God's character includes wondrous things that are available to us.

- Thou art my rock.
- Thou art my deliverer.
- Thou art my lamp.
- Thou art my Lord.
- Thou art my portion.

All of these reflect God's awesome power and love for us. As a result, our natural response should be to praise Him.

He is your praise and He is your God, who has done these great and awesome things for you which your eyes have seen.
[Deuteronomy 10:21](#)

Israel saw great and awesome deeds from their God, and so all their praise was due Him. If you really start to think about it, God has also done great things for you.

- He created this beautiful world for you to enjoy.
- He formed you in the womb and has sustained you from birth.
- He provided you the way of salvation through His Son Jesus Christ.
- He has protected you in different ways.
- He has provided for your basic needs.

This list could be very long if you honestly evaluate the blessings you have received and realize that they have all come from the Lord. When you tally up this account, you cannot but realize that you **must** praise the Lord for what He has done for you, for His deeds deserve your praises.

Sing to the LORD a new song;
Sing to the LORD, all the earth.
Sing to the LORD, bless His name;

Proclaim good tidings of His salvation from day to day.
Tell of His glory among the nations,
His wonderful deeds among all the peoples.
For great is the LORD, and greatly to be praised;
He is to be feared above all gods.
For all the gods of the peoples are idols,
But the LORD made the heavens.
[Psalm 96:1-5](#)

By Thee I have been sustained from my birth;
Thou art He who took me from my mother's womb;
My praise is continually of Thee.
[Psalm 71:6](#)

Praise to the Lord is a continuous process for the believer, because daily we can see His hand on our lives to provide, protect, and care for us. Praise to the Lord is also paired with giving thanks to Him for what He has done. We approach Him with grateful hearts, realizing that His goodness and mercy have been showered on us.

Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name. [Hebrews 13:15](#)

I will give thanks to Thee, O Lord my God, with all my heart,
And will glorify Thy name forever.
[Psalm 86:12](#)

Look again at Hebrews 13:15. Isn't it interesting that when we give thanks, the "fruit of our lips is praise to God?" Therefore, giving thanks to God will naturally result in giving praise to Him. If giving praise to God has not been a consistent part of your relationship with the Lord, start by including giving thanks to Him in your quiet time. You have much to be thankful for, so just start listing those things to the Lord.

- Thank you, Lord, for my husband's willingness to work hard for our family.
- Thank you, Lord, for the home you have given me.
- Thank you, Lord, for my friendship with Mary.
- Thank you for using my children to develop patience in my life.

Continue giving thanks for as long as you wish and then start praising God for who He is and how He has worked in your life.

- I praise You, Lord, for doing a good work in me.
- I praise You, Lord, for being the rock of my salvation.
- You are so awesome, God, and Your creation reflects Your majesty and power.
- Praise the Lord, for His mercy endures forever.
- I praise and give thanks to You, Lord, that I can trust You to do all things according to Your word.
- I love you, Lord.

As you include thanksgiving in your daily fellowship with your Father God, you will find that your heart will be full of love and praise for Him throughout the day. You will also find that you will be more appreciative of what God has done, and you will do less complaining.

We are not only supposed to give God thanks and praise in our quiet times, but also to the generations and “in the midst of many:”

So we Thy people and the sheep of Thy pasture
Will give thanks to Thee forever;
To all generations we will tell of Thy praise.
[Psalm 79:13](#)

With my mouth I will give thanks abundantly to the LORD;
And in the midst of many I will praise Him.
[Psalm 109:30](#)

It is vital that you pass on to your children a legacy of praise and thanksgiving to the Lord. As you tell them what God has done and show gratitude, they will learn about your awesome Father. As a result, your children will grow in the nurture and admonition of the Lord, and they will ultimately desire a personal relationship with Jesus for themselves.

Perhaps the most difficult aspect of giving God thanksgiving and praise is doing so in front of friends, acquaintances and especially strangers. One of the simplest ways my husband and I do this is to pray before meals even when we are at a restaurant. We hold hands and pray, giving thanks for the meal and offering up other prayers. We had a Japanese student stay with us for several weeks, and we always prayed for our meals. She and her family are not believers, but we used these times to pray for her, and then often we would have an open door to talk about the Lord. When we had opportunity to visit her and her family in Japan, they wanted us to pray for the meals even there. We hope that many seeds of the gospel have been planted in their lives, and that someday they will follow the Lord Jesus.

Of course you must use discernment to understand what situations are appropriate for you to talk about the Lord, but there will be times when the hearer is ready in his heart for the seed of praise to be sown there. Who knows, maybe the harvest of a soul for the kingdom will result from your willingness to give thanks and praise to God.

Questions for personal study:

1. Read Psalm 139:14.

- Are you thankful for how God has made you?
- Does your soul know that you are fearfully and wonderfully made? List some characteristics of your body that you have complained about in the past. Thank the Lord for how He has created you, and ask Him to show you how you can use any “limitations” for His glory.

2. Read 1 Thessalonians 5:18.

- In “everything” give thanks. Does this mean that you are supposed to be thankful for evil?
- Are there any circumstances in your life for which you have been reluctant to be thankful? Ask the Lord to search your heart, and then write a paragraph thanking and praising God for the work He is doing in your life.

3. Read Psalm 100:4.

- Do you have trouble entering into worship when you go to church?
- Are you often just “not in the mood?” Get in the habit of thanking God before worship starts—the fruit of your lips will be praise!