

An open Bible is shown in the foreground, with its pages slightly curved. A small, lit candle is placed on the Bible, casting a warm glow. The background is dark and out of focus, creating a sense of depth and focus on the Bible and the candle.

It's Amazing What Praising Will Do

by Dr Edward Rice

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*Let us go forth therefore unto him
without the camp, bearing his reproach.
For here have we no continuing city,
but we seek one to come.*

*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. Heb 13:13-15*

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but we have moved away from God!

The First Steps For Moving AWAY From God

Rom 1:20-21 *For the invisible things of him from the creation of the world are clearly seen, ... so that they are without excuse: Because that, when they knew God,*

***they glorified him not as God,
neither were thankful;***

but became vain in their imaginations,
and their foolish heart was darkened.

MOVE BACK!

Bless the LORD,

Praise His Holy Name,

In Everything Give Thanks

It is the PRIMARY MEANS by which we:

“Love the Lord thy God with all thine heart.”

Learn to Praise Him

In Loneliness Praise Him
In Heart ache Praise Him
In Grief Praise Him
In Pain Praise Him
In Discord Praise Him
In Sweet Accord

In Victory ... in defeat
In Success ... in Failure
In Stress ... in Peace
In Discouragement ... in Encouragement
In Discontentment... Perfect Contentment
In Depression ... In Ecstasy

Bless Him, Praise Him, Glory in His Name, Thank Him

Blessing God, Praising God, and Thanking God It's a mind altering cure!

A Cure for Depression!

There is a book that offers a permanent cure for manic-depression, called bi-polar disorder. It has cured millions. It will do everything that the three 20th century ads promised and failed to do. The meditation ad, the dietary ad, and the diet-supplement ad are presently off the market, but the cure herein described has been around for over nineteen-hundred years. It is a genuine cure.

It is God's cure!

Pay attention, it is amazing what praising will do.

What People THINK Causes Depression:

- Weakness
- Laziness
- An inability to "suck it up"

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What ACTUALLY Causes Depression:

- Trauma
- Abuse
- Neglect
- Bullying
- Chemical imbalance
- Grief & loss
- Overworking
- Excess stress
- Being "the carer" at the expense of their own wellbeing
- Genetic factors
- Lack of fulfillment
- Lifestyle factors
- Body image issues
- Perfectionism
- Lack of social support
- Low self-esteem

Depression is a very complicated illness - there's no simple solution that allows one to just "snap out of it". **#stopthestigma**

@Re

The RealDepressionProject paints a pretty bleak picture, but God's Word gives the cure. Jesus said it this way, *"If ye know these things, happy are ye if ye do them"* John 13:17

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A Cure for Grief!

The World says there are 7 stages of grief:

- 1 Shock and denial. This is a state of disbelief and numbed feelings.
- 2 Pain and guilt. ...
- 3 Anger and bargaining. ...
- 4 Depression. ...
- 5 The upward turn. ...
- 6 Reconstruction and working through. ...
- 7 Acceptance and hope.

God's cure jumps straight to the seventh stage!

Job said, *“the LORD gave, and the LORD hath taken away; blessed be the name of the LORD.”*

At the death of his son David said, *“I shall go to him, but he shall not return to me. ... Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever”* (2Sam 12:23, Psalm 106:1)

It is Amazing what Praising Will Do!

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A Cure for Anxiety

Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.

Anxiety can be normal in stressful situations and is only an indicator of underlying “disease” when feelings become excessive, all-consuming, and interfere with daily living.... man recommends “making some lifestyle changes to promote a life that doesn’t cause you to feel anxious...”

God has the cure!

“Casting all your care upon him; for he careth for you.... Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.... In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” (1Pe 5:7 Php 4:6 1Th 5:18)

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A Cure for Addictions

A Biblical Perspective on Victory over Addiction to Drugs, Smoking, Alcohol, Liquor, Pornography, or Gambling. ... I have an addiction. Bible centered counsel on dealing with addictions, following the Reformers Unanimous program, is to introduce you to the one who can provide freedom from ANY addiction, the Lord Jesus Christ. Eighty percent of the USA is struggling with addictions. He, and he alone, can change you from the inside. Remember the words of the Lord Jesus Christ: *“Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the Truth (Jesus), and the Truth (Jesus) shall make you free.”* John 8:31-32

Only with the Lord Jesus Christ can you praise God.
It is God's cure!

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A Cure for ANGER

Anger management course outline:

I Causes of Anger/Temper

1. Selfishness,
2. Unforgiveness,
3. Pent up Anger (lack of discipline)

II Cures of Anger

1. Selflessness,
2. Forgiveness,
3. Dealing with life. (Developing discipline)

III Temperance – a characteristic that comes from God.

God has the cure!

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A Cure for Mulligrubs

a despondent, sullen, or ill-tempered mood : sulks, blues....
ill temper; colic; grumpiness.

God has the cure!

Pay attention, it is amazing what praising will do.

A Cure for Broken Relationships

God has the cure!

Pay attention, it is amazing what praising will do.

RECITE BIBLE VERSES

Praise Ye The Lord 24x

Jud 5:2 Praise ye the LORD for the avenging of Israel, when the people willingly offered themselves.

Ps 104:35 Let the sinners be consumed out of the earth, and let the wicked be no more. Bless thou the LORD, O my soul. Praise ye the LORD.

Ps 105:45 That they might observe his statutes, and keep his laws. Praise ye the LORD.

Ps 106:1 Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever.

Ps 106:48 Blessed be the LORD God of Israel from everlasting to everlasting: and let all the people say, Amen. Praise ye the LORD.

Ps 111:1 Praise ye the LORD. I will praise the LORD with my whole heart, in the assembly of the upright, and in the congregation.

Ps 112:1 Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments.

Ps 113:1 Praise ye the LORD. Praise, O ye servants of the LORD, praise the name of the LORD.

Ps 113:9 He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the LORD.

Ps 116:19 In the courts of the LORD'S house, in the midst of thee, O Jerusalem. Praise ye the LORD.

Ps 117:2 For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.

Ps 135:1 Praise ye the LORD. Praise ye the name of the LORD; praise him, O ye servants of the LORD.

Ps 135:21 Blessed be the LORD out of Zion, which dwelleth at Jerusalem. Praise ye the LORD.

Ps 146:1 Praise ye the LORD. Praise the LORD, O my soul.

Ps 146:10 The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.

Ps 147:1 Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.

Ps 147:20 He hath not dealt so with any nation: and as for his judgments, they have not known them. Praise ye the LORD.

Ps 148:1 Praise ye the LORD. Praise ye the LORD from the heavens: praise him in the heights.

Ps 148:14 He also exalteth the horn of his people, the praise of all his saints; even of the children of Israel, a people near unto him. Praise ye the LORD.

Ps 149:1 Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints.

Ps 149:9 To execute upon them the judgment written: this honour have all his saints. Praise ye the LORD.

Ps 150:1 Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power.

Ps 150:6 Let every thing that hath breath praise the LORD. Praise ye the LORD.

Jer 20:13 Sing unto the LORD, praise ye the LORD: for he hath delivered the soul of the poor from the hand of evildoers.

Praise ye the LORD

RECITE BIBLE VERSES

Bless the Lord 15x

De 8:10 When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee.

1Ch 29:20 And David said to all the congregation, Now bless the LORD your God. And all the congregation blessed the LORD God of their fathers, and bowed down their heads, and worshipped the LORD, and the king.

Ne 9:5 Then the Levites, Jeshua, and Kadmiel, Bani, Hashabniah, Sherebiah, Hodijah, Shebaniah, and Pethahiah, said, Stand up and bless the LORD your God for ever and ever: and blessed be thy glorious name, which is exalted above all blessing and praise.

Ps 16:7 I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons.

Ps 26:12 My foot standeth in an even place: in the congregations will I bless the LORD.

Ps 34:1 « A Psalm of David, when he changed his behaviour before Abimelech; who drove him away, and he departed. » I will bless the LORD at all times: his praise shall continually be in my mouth.

Ps 103:1 « A Psalm of David. » Bless the LORD, O my soul: and all that is within me, bless his holy name.

Ps 103:2 Bless the LORD, O my soul, and forget not all his benefits:

Ps 103:20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

Ps 103:22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

Ps 104:1 Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.

Ps 115:18 But we will bless the LORD from this time forth and for evermore. Praise the LORD.

Ps 134:2 Lift up your hands in the sanctuary, and bless the LORD.

Ps 135:19 Bless the LORD, O house of Israel: bless the LORD, O house of Aaron:

Ps 135:20 Bless the LORD, O house of Levi: ye that fear the LORD, bless the LORD.

BLESS THE LORD

Health In Blessing, Praising, Thanksgiving, Counting blessings,
Be real! Be Out Loud!

It will change the chemistry of your body better than zantac!
Clinical depression can be cured with praise and thanksgiving.... so can
health. Your brain chemistry will be changed when you
PRAISE THE LORD.

*Ps 42:11, and 43:5 Why art thou cast down, O my soul? and why art thou
disquieted within me? hope in God: for I shall yet praise him, who is the
health of my countenance, and my God.*

*Ps 67:2 That thy way may be known upon earth, thy saving health among
all nations.*

*Pr 3:7-8 7 ¶ Be not wise in thine own eyes: fear the LORD, and depart
from evil. 8 It shall be health to thy navel, and marrow to thy bones.*

*Pr 4:20-22 20 ¶ My son, attend to my words; incline thine ear unto my
sayings. 21 Let them not depart from thine eyes; keep them in the midst of
thine heart. 22 For they are life unto those that find them, and health to all
their flesh.*

*Pr 12:18 There is that speaketh like the piercings of a sword: but the
tongue of the wise is health.*

*Pr 13:17 A wicked messenger falleth into mischief: but a faithful
ambassador is health.*

*Pr 16:24 Pleasant words are as an honeycomb, sweet to the soul, and
health to the bones.*

*Jer 30:17 For I will restore health unto thee, and I will heal thee of thy
wounds, saith the LORD;*

*Jer 8:22 Is there no balm in Gilead; is there no physician there? why then
is not the health of the daughter of my people recovered?*

Praise Him In Song

Eph 5:19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

Col 3:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

RECITE BIBLE VERSES A New Song x9

Ps 33:3 Sing unto him a new song; play skilfully with a loud noise.

Ps 40:3 And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

Ps 96:1 O sing unto the LORD a new song: sing unto the LORD, all the earth.

Ps 98:1 « A Psalm. » O sing unto the LORD a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten him the victory.

Ps 144:9 I will sing a new song unto thee, O God: upon a psaltery and an instrument of ten strings will I sing praises unto thee.

Ps 149:1 Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints.

Isa 42:10 Sing unto the LORD a new song, and his praise from the end of the earth, ye that go down to the sea, and all that is therein; the isles, and the inhabitants thereof.

Re 5:9 And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation;

Re 14:3 And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth.

Doing a Happy Dance To God

Note: Praise Dance is not exotic or erotic or immodest or sexual!

Ps 149:3 Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.

Ps 150:4 Praise him with the timbrel and dance: praise him with stringed instruments and organs.

There will be Kingdom Dances for 1000 years

Jer 31:4 Again I will build thee, and thou shalt be built, O virgin of Israel: thou shalt again be adorned with thy tabrets, and shalt go forth in the dances of them that make merry.

Jer 31:13 Then shall the virgin rejoice in the dance, both young men and old together: for I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow.

It far is better to side on safety with no dance at all than error in this thing.

When NOT to Dance

Charismatic Pastor's wife in Auburn Prison – That was NOT Worship

Older Single Lady in tight slacks at the Burrell Concert – That was NOT Praise

For any woman in a worship service, Dance is not worship but distraction!

Our music, When Dick Clark says "It's got a beat and you can dance to it", it is American Band Stand, not Godly Praise it is entertainment and dangerous.

The school dance is to often the world teaching your children how to have premarital sex, so to the Fireman's dance, or Methodist Church dance. (BE CAREFUL)

Count your Blessings: Things to be thankful for. Name um.

1 Who 2 What 3 When 4 Where 5 Why 6 How

1) Who you are. Be Thankful!

*The family I was born into... No trying to find oneself
No trying to be someone else.... God made me me.*

Psalm 139:13 For thou hast possessed my reins: thou hast covered me in my mother's womb.

Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Psalm 22:9 But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts.

Psalm 22:10 I was cast upon thee from the womb: thou art my God from my mother's belly.

Psalm 58:3 The wicked are estranged from the womb: they go astray as soon as they be born, speaking lies.

Psalm 127:3 Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.

Jere 1:5 Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jere 1:6 Then said I, Ah, Lord GOD! behold, I cannot speak: for I am a child.

2) What you are. Be Thankful!

What God enabled you to become

Not so much What you Got--- Small minds talk about things, great minds talk about ideas.

Stewards of His earth

Occupy the body He designed, built and even cursed

Breath His air, Drink His water, Eat His food,

Psal 50:14 Offer unto God thanksgiving; and pay thy vows unto the most High:

Psal 69:30 I will praise the name of God with a song, and will magnify him with thanksgiving. ³¹ This also shall please the LORD better than an ox or bullock that hath horns and hoofs. ³² The humble shall see this, and be glad: and your heart shall live that seek God.

3) When you were born. Be Thankful!

May you live in interesting times

Conveniences, My grandpa had more work in his little finger than I have in my whole body.

God's timeline

4) *Where you were born. Be Thankful!*

One Nation Under God.

One Nation, indivisible

Once inhabited by Savages and Pagans, now

Under God and the Lord Jesus Christ our Creator

Religion today, May 2000 "North Korea has publicly executed 23 Christians by firing squad since October," a religious liberty group says. "All of those killed were new converts," . . . "Most had fled to China, where they became Christians, then returned to North Korea to share the Gospel with their people. New converts are more vulnerable than older Christians, who know how to survive in the hard-line communist country."

Martyrs In India, In Laos, In China

France: ...a crime, punishable by up to two years in prison, for "Proselytizers."

Russia: trumped up charges against believers

Uzbekistan: a fortress of persecution, criminalizes unregistered religious activities.

You could have been born in Hong Kong, Sudan, Yeman,

A Supreme Court Decision of 1892 states, "Our laws and our institutions must necessarily be based upon and embody the teachings of The Redeemer of mankind.

5. *Why you are here.*

The Bible is the only book that authoritatively answers three questions:

Where did I come from? Why am I here? Where am I going?

Reve 4:11 Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

Eccl 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. ¹⁴ For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.

6. *How you will do it.... How can I be thankful in all things?*

Phil 4:11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. ¹² I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. ¹³ I can do all things through Christ which strengtheneth me.

This Thanks Giving

2Cor 4:15 For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.

2Cor 9:11 Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.

Phil 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Col 2:7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

Col 4:2 Continue in prayer, and watch in the same with thanksgiving;

1Tim 4:4 For every creature of God is good, and nothing to be refused, if it be received with thanksgiving:

Reve 7:12 Saying, Amen: Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen.

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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. Heb 13:15