



## Day 6

*Psalm 34:1 I will extol the Lord at all times; his praise will always be on my lips.*

How can the praise of the Lord *always* be on your lips? Was David serious? On the next to the last day of our challenge to “rejoice always,” praise is the antidote for complaining and griping and criticizing. You cannot praise the Lord and complain at the same time. So, how can the praise of the Lord *always* be on your lips today?

It doesn't mean that everything you say must begin with “Praise the Lord.” It does mean that in your thought life and when appropriate, in the words you say today, you are consciously aware of God's blessings to you. And so, make an effort to thank God and praise him for everything good you see or hear today. For example:

- For beautiful weather
- For lovely flowers
- For a child's laughter
- For a good friend/mate/co-worker
- For feeling good
- For air conditioning
- For a safe home
- For a working car

You get the idea. Just notice everything today—things you normally take for granted—and offer up praise and thanks to God, verbally and non-verbally, for his gifts. You'll be surprised how the praise of God “will *always* be on your lips”! And that leaves no room for negative, complaining thoughts or words.

Have a praise-filled day!

**Mary Lowman**

[Visit our website](http://christianworkingwoman.org)

[tcww@christianworkingwoman.org](mailto:tcww@christianworkingwoman.org)  
[christianworkingwoman.org](http://christianworkingwoman.org)  
630-462-0552

Connect with us:



**Help Support this  
Ministry ~ Give a Gift  
Today**