



THE POWER OF

WORDS



THE POWER OF

PRAISE



THE POWER OF

LOVE

led by Mary Lowman



The Power of Praise Becoming a Woman of Praise

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

If praise was on your lips at all times, how would that change your life?
When you are intentionally praising God, how does that affect you?

The whole creation is to praise God.

Psalm 145:10a: *All your works praise you, Lord.*

Psalm 148:3-4: *Praise him, sun and moon; praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies.*

Psalm 150:6: *Let everything that has breath praise the Lord. Praise the Lord.*

How do created things praise God?

Praise is the occupation of heaven.

Revelation 5:11-12 (KJV): *And I beheld and I heard the voice of many angels round about the throne and the living creatures and the elders, and the number of them was ten thousand times ten thousand, and thousands of thousands, saying with a loud voice, Worthy is the Lamb!*

Revelation 19:6 (KJV): *And I heard, as it were, the voice of a great multitude, and like the voice of many waters, and like the voice of mighty peals of thunder, saying, Hallelujah! For the Lord God Omnipotent reigneth.*

Does God need praise?

We know that God is almighty and self-sufficient. Therefore, why would he want us to praise him?
Could he possibly have a need for our praise?

Could God need anything that any of us could provide? Does he need positive reinforcement in order to be motivated to continue to bless us and love us?

God has no need of anything or anyone. Yet he does desire our praise.

Why should we praise God?

God knows that praising him is so important to us, so he repeatedly exhorts us to praise him.

Praise does not come naturally for us.

One of the reasons that we are so often exhorted to praise God is because we aren't prone to praise—to praise anyone, God included. If we are ever to be women of praise, we will have to be intentional about praising God. It won't just happen.

Praise helps us mature spiritually.

We are transformed by praise. It strengthens our inner person.

Praise brings healing for us—emotional, mental and physical healing.

When you praise the Lord, you are no longer self-focused. Praise produces forgetfulness of self - and forgetfulness of self really helps to produce good mental and emotional stability.

Praise helps us develop good character traits.

A strong dose of praise on a regular, intentional basis will change some things about you that need changing.

1 Corinthians 13:11: *When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.*

When you're praising God, you can't be self-consumed and therefore those "childish ways" start to recede.

Hebrews 6:1: *Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God.*

- Praise and sulking can't coexist.
- Praise and moodiness don't go together.
- Praise cannot exist with a negative attitude.
- Praise and an unforgiving spirit have a hard time getting along together.
- Praise and self-pity don't match.

If you make praise a major focus of your life, those things about yourself which you don't like but haven't been able to change - watch them start to change.

Praise defeats our enemy, Satan.

You remember the story of Jehoshaphat, one of the godly kings of Judah, who was facing an enemy army so great that there was no military strategy that would ever bring them victory. But Jehoshaphat called the nation to repentance, fasting and prayer. After assuring them that the Lord God would give them victory, this is what Jehoshaphat did:

2 Chronicles 20:21-22

After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the LORD, for his love endures forever." ²² As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

When did the victory come? *After* they began singing and praising. In spiritual warfare we must learn to praise God even before we see the victory.

And when we praise, our enemy is defeated. Why?

Psalms 22:3 (KJV): *But thou art holy, O thou that inhabitest the praises of Israel.*

God takes up residence in the praise of his people. And his presence always makes Satan run the other way. Satan is allergic to praise.

How do we praise God?

Praise is not a function of our emotions.

Psalms 7:17: *I will praise the Lord according to His righteousness.*

Psalms 9:1-2: *I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High.*

Psalms 22:22: *I will declare your name to my brothers; in the congregation I will praise you.*

Over and over again David set *his will* to praise the Lord. We don't praise just when we feel like it. We don't praise just when things are going right. We set our will to be women of praise.

Start your day with praise. Don't let your day begin with negative thoughts and attitudes.

Praise needs to be continuous.

Psalm 71:8: *My mouth is filled with Thy praise, declaring your splendor all day long.*

Begin your day with praise, then ask God to keep you in praise mode all day.

Type up cards with praise verses on them and put them all around you where they will be seen. Take ten second praise breaks throughout your day! It will change your whole day.

Offering a sacrifice of praise

Hebrews 13:15: *Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.*

What is a sacrifice of praise?

Words are the fruit of our lips, so our words should openly and courageously profess the name of Jesus. What is the fruit of your lips most days? Are you giving a sacrifice of praise throughout your day?

Praise must be intentional.

Praise is not automatic. Make it a priority and put it into your schedule, find ways to remind yourself, and continually keep it in your head.

How can you praise God when. . .

- Your mate or someone else disappoints you in some way?
- Someone treats you unfairly?
- Your health is not good?
- Your financial situation is dismal?
- Your dream dies?

Praise can take many forms.

- It can be a formal time with others, such as church or meetings.
- It can be a quiet, holy time with God alone, such as our daily quiet times with Him.
- It can be a joyous celebration, when you spontaneously rejoice over God's goodness.
- It can be one-sentence "thank you's" throughout the day.
- It can be singing a song - reading a poem of praise - sitting and thinking about God and his greatness.
- It can be an attitude of your heart as you go through your day - that almost unconscious knowledge within us that though our minds are on other duties, our subconscious being is praising God for his goodness.
- Praise can take the form of our thoughts. If our thoughts frequently turn to him with gratitude and love, that is praising God.

So, do you want to become a woman of praise? If you do, then determine to consciously make it a part of your schedule. Plan to praise God. Learn to offer sacrifices of praise. Learn to praise before you see the answer. You will discover the great joy that awaits you as you become a praise person.