

A Worship Minute ...

(from PresbyCan Daily Devotional)

Praise

In Eugene Peterson's book of daily devotionals, *Praying With the Psalms*, more than thirty of the 365 readings are about praise for God. Peterson's comments in the September 17th devotional were like a cold, wet washcloth to the face as I read:

"We do not make God; he makes us. We do not take care of him; he takes care of us. We do not invent new attributes and duties for him; he creatively leads us into new styles of obedience and experiences of blessings. This realization evokes responses of trust and praise."

After reading it, I paused for a moment, then closed the book, and said, "Lord, teach me to praise." I used my Bible and resource books with this question in mind: "How do I praise You, Lord?" The first thing I learned was a surprise.

Psalm 103:1 – *Praise the Lord, O my soul; all my inmost being, praise his holy name.* (NIV) The Hebrew word translated "praise" can mean to kneel to bless God as an act of adoration. In this verse, David instructed his soul to kneel in adoration. Souls do not physically move; they believe and they move us with desire, passion, or compassion.