

## Devotional: A Sacrifice of Praise

Christian Devotion about praise and thanksgiving

*Through Him, therefore, let us constantly and at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge and confess and glorify His name.*

*- Hebrews 13:15 (AMP)*

Sometimes we just don't 'feel' like praising God—we may feel 'flat' and 'unmotivated'. Yet, it's at these times that we need to praise God all the more!

It's truly a sacrifice when we offer up to God our praise and thanksgiving when we don't feel like doing so. Praising Him and giving Him thanks when we're facing challenging circumstances is often difficult to do and we have to muster up everything within us just to praise Him and thank Him in those times. But when we do this, it can uplift us—because we're taking our eyes off ourselves and our problems and refocusing on God.

It's so important to develop a habit of praise and thanksgiving because it changes everything! We can start to experience His joy and peace even in the midst of real difficult situations, and we become more aware of His presence. It's also worth noting that we are encouraged to offer up a sacrifice of praise at all times, not every now and then and not only when we feel 'in the mood'. We must choose to praise Him in times of sadness and joy, in times of grief and despair, when we're angry and hurt—and as we keep doing this, He will meet us in that place of pain. It may feel strange and uncomfortable at first, but we need to press through that awkwardness and keep on praising and thanking Him.

We can start each day with thanksgiving and praise, giving Him the first few minutes of our day, and as we make this our habit, we may find that we want to linger longer just communing with our Lord.

We have so much to be thankful for as a child of God: Salvation, Forgiveness, Eternal Life, Grace, Mercy—and so much more! If you don't think you have anything in your life to be thankful for, just the sheer fact that you are a child of God and have been saved from the pit of hell is more than enough to praise and thank the Lord, for now and for all eternity—especially when you consider what it cost Jesus to redeem you!

I encourage you to ask God to help you develop the practice of praise and thanksgiving to your precious Lord and Saviour, because when you do this regularly and intentionally, it becomes like a natural conversation. You will find that you're thinking of the Lord a lot more and talking to Him throughout the day a lot more.

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Additional Scriptures: [Psalm 50:14](#) (AMP); [Psalm 50:23](#) (AMP); [Psalm 100:4](#) (AMP); [Psalm 64:10](#) (AMP)  
[Psalms 22:3](#) (AMP); [Luke 19:40](#) (AMP); [Ephesians 5:19](#) (AMP); [Acts 16:25-26](#) (AMP); [Psalm 8:2](#) (NKJV)  
[Matthew 21:15-16](#) (AMP); [1 Thessalonians 5:18](#) (AMP)

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