

## **Praise at All Times**

***“Let the godly exult in glory; let them sing for joy on their beds.” (Ps. 149:5)***

Psalm 149 is a psalm of praise. We praise him joyously and continuously with song and dancing and cries of thanks. But we also praise him quietly, from our beds. Our praise doesn't stop when we lay down to rest, but rather continues in all we do. "For the Lord takes delight in his people; he crowns the humble with victory. Let his faithful people rejoice in this honor and sing for joy on their beds."

This psalm tells me just how *worthy* God is of our praise. He is so worthy that we should never cease, and praise should be forthcoming in every activity we undertake. It tells me God delights in our praise, no matter what form it comes in. I am reminded in this Psalm that I need to focus my praise through everything I do. God is worthy of receiving my praise when I am joyous and exuberant as well as when I am quiet and reserved. He deserves and delights in my praise when I am feeling generous about giving it, and he deserves and delights in my praise when it is an actual sacrifice to give it.

***Heavenly Father, please remind me that you are worthy of my praise at all times, and that I am always required to bring it, whether it is a loud and boisterous praise or a quiet and intimate praise. Remind me that this relationship with you is your delight. In Jesus' name, amen.***

-Michelle Fenwick