

FOURTH MODE OF PRAYER

PRAYER OF PRAISE

SECOND PART

17 Sundry Exercises of Prayer of Praise

Introductory Note

You will find below here an assortment of prayer exercises of praise. They may help you for personal use and also to moderate group prayer sessions.. We have grouped them into four sets, namely:

- 1st Set:** Praising ourselves. (*Two Exercises*)
- 2nd set:** Praising our brothers and sisters. (*Five Exercises*)
- 3rd set:** Praising God (*Five Exercises*)
- 4th set:** Praising God with songs, hymns, psalms, music. (*Five Exercises*)

The 1st and 2nd sets of exercises are meant to help us to discover the good that is in everybody, and joyfully accept it. Thus, we shall be able to praise God with greater sincerity and depth.

The 3rd and 4th sets of exercises are aimed at praising God directly as the only source of all good. Choose from among them those best suited to you or to your group.

1st SET. TWO EXERCISES

Praising Ourselves

Exercise (1) Praising Ourselves for What We Are.

Preparation

Quiet down : Awareness / breathing exercises may help.

Hymns of praise: Sung or played on tape.

Discovering our “worth”

✓ Take paper and pen. Write down the talents, the good qualities God gave you.

- In your body: Physical qualities, appearance, etc.
- In your mind and faculties: Abilities, gifts, talents, capacities etc.
- In your senses: Perception, keenness etc.
- In your heart: Love, affection, kindness, compassion, care, etc
- In your spiritual self: Love for God, faith, charity, hope, prayer etc.
- Other gifts....
- ✓ Read slowly again and again several times the list of your talents God gave you.
- ✓ Rejoice over the many good things God has given you.

Praising God in Ourselves:

- ✓ Read your list again, slowly.... relish it.
- ✓ Say to yourself: "I am worthy". "I am good." "I have many good qualities "I like myself", "I am happy to be what I am". "I am great", and other similar things.
- ✓ Say to God: "God, **I am so glad that you made me so good and that you have given me so many good qualities. I thank you, Lord, for making me, me!"** It's of **your entire making!**
- ✓ Stay for a while with yourself and your feelings.

Shared Group-Prayer:

- ✓ Encourage the participants to thank God for making them what they are.
- ✓ Help them through prayer to a joyous 'self-acceptance'.
- ✓ Those who so wish, may share the lists they have compiled with the members of the group.
- ✓ End the group prayer by singing a hymn

Closure:

- ✓ Ask the participants to share their findings, feelings and insights.
- ✓ You may offer the group your comments and observations.

EXERCISE (2) Praising Ourselves for What We have Done.

Preparation:

Quiet down: Awareness/ breathing exercises may help.

Hymns of praise. Sung or played on tape.

Remembering the many good things we have done in livfe.

- ✓ Take paper and pen and write down the many good things you have done have in your life:
 - In School and College: studies, successes, awards, etc.
 - Games, hobbies, sports, etc.
 - Extracurricular activities: dramatics, singing, etc.
 - Working , jobs, other occupations, etc.
 - Prayers, devotions, faith in God, love for God, etc.
 - Deeds of kindness, helping others at home, at work, elsewhere etc.
- ✓ Read the list of your good actions and accomplishments, once, many times....
- ✓ You may add to your list more items if you remember them now.

Praising yourself :

- ✓ Go over your list again very slowly. Relish it. Be happy over it.

- ✓ Say to yourself: “I am good...” “I have done a lot of good things”. “I have accomplished so many things in my life.” “I am happy with myself” “I like myself” “I am so happy to be myself...” “I am great” and other similar things
- ✓ Say to God: “I am so happy you made me so good.” “Lord, I am delighted that I have done so many good things.” “I thank you, Lord, for making me, me”. “All I am, all I did is of your making!”
- ✓ Stay for a while with yourself and your feelings.

Shared Group-Prayer:

- ✓ Ask the participants to praise God for help9ng them to do what they did.
- ✓ Ask them to tell God “How happy they are for being themselves.”
- ✓ Lead them through prayer to a joyous acceptance of themselves.”
- ✓ Those who wish may share the lists of their of good deeds and accomplishments with the group.
- ✓ All will praise the Lord for them.
- ✓ End the group prayer by singing hymns or praise.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer the group your comments and observations.

2nd SET. FIVE EXERCISES

Praising Others

Exercise (1) Praising those present in the group.

Note: Group size and Arrangements:

- ✓ *For this exercise divide the participants into groups of 8 or 10 each.*
- ✓ *Moderate the workings of all the groups simultaneously.*
- ✓ *Keep the groups in a hall or room; close enough for all hear your instructions and far enough not to disturb each other.*

Preparation

Quiet down: Awareness/breathing exercises may help.

Hymns of praise: Sung or played on tape.

Discovery: Instructions for the participants.

- ✓ You will be given s many slips of paper as many members in your group.
- ✓ Write at the top of each slip the name of one of your group members.
- ✓ Below his name, write down a list of all the good things you can find in him: qualities, abilities, talents, capacities, virtues etc.
- ✓ Write down also, if you know them, some of the best things he has accomplished in his life.

- ✓ After this, write down how happy you are to have him in the group and why.
- ✓ Mention some of the good things he has done for you and others etc.
- ✓ When you complete writing the slips, hand them over to the persons concerned.

Praising

- ✓ All will read in silence the slips they received from their companions.
- ✓ After that, quietly, all will praise God for the recognition and praise they received from the group members.
- ✓ Each member will read aloud his slips to the group.
- ✓ After all finish reading their slips, they will be invited to add to them any further positive remarks

Shared Group Prayer:

- ✓ Ask the participants, in silence, to praise God for the members of the group: for what they are, for their goodness, their worth, and their treasures.
- ✓ Individually, they will praise God for all He has accomplished through him, for all his accomplishments and good deeds.
- ✓ After that, encourage the participants to praise God aloud and spontaneously, for all the wonders he has wrought in each and through each of them.
- ✓ End the group-prayer by singing hymns of praise

Closure:

- ✓ Encourage the participants to share their findings, feelings and insights.
- ✓ Offer them your comments and observations.

Exercise (2) Praising Those Outside the Group.

Preparation

Quiet down: Awareness / breathing exercises may help.

Hymns of praise: Sung or played on tape.

Recollecting.

- ✓ Remember some of the people who have been close to you: at home, family members, school friends, neighbors, church, etc.
- ✓ Write their names down.
- ✓ Write against their names as many positive items you consider good in them; good qualities, good actions, abilities, accomplishments, virtue, etc....

Praising:

- ✓ Close your eyes, Imagine you meet those people.
- ✓ Tell them how great you feel about them, how happy you are for what they are! Etc.
- ✓ With your eyes still closed, praise God for them.
- ✓ Now make up your mind; what will you tell them when you meet them, how you will praise them and show recognition for them.

Shared-Group-Prayer

- ✓ Ask the participants to praise God aloud for the people they admire
- ✓ Let the participants feel free to share what they wrote about the people they consider great.
- ✓ If they wish, they may disclose their names and specifically praise God for them.
- ✓ Close with a hymn of praise.

Closure:

- ✓ Ask the participants to share their findings and feelings
- ✓ You may offer them your comments and observations.

Exercise (3) Praising People whom we shall never Meet again.

Either dead or away from us for good

Note: *This exercise may help to bring to a close some 'unfinished business' and to defuse some 'guilt feelings' for not having, in the past, accepted and praised some persons who deserved our praise and recognition*

Preparation

Quiet down: Awareness / breathing exercises may help.

Hymns of praise. Sung or played on tape.

Remembering: Discovering:

Instructions for the participants: Take paper and pen.

- ✓ Remember some people already dead or gone away from you forever, whom you should have praised, but you did not.
- ✓ Write their names down. Such persons may be your father, or mother, brothers, sisters, close friends, relations, benefactors, etc.
- ✓ From among those names, choose the most significant one.
- ✓ Remember that person as vividly as you can.
- ✓ Find out all the good qualities he possessed.
- ✓ Think of all the good things he did for you in his life.
- ✓ Write all these things down

Fantasizing: Thanksgiving:

- ✓ Close your eyes. Be quiet.
- ✓ Imagine, fantasize that you meet that person. Try to remember his/her good qualities and the many good and kind things he/she did for you. Look at him/her face to face. Eyeball to eyeball.
- ✓ Tell him/her how much you appreciate him/her and for what reasons.
- ✓ How happy you are to have met him/her again now, even in fantasy, and to be able to express to him/her your belated admiration.
- ✓ In fantasy, give him/her now, the recognition, praise, admiration, acclamation you never gave him/her before.
- ✓ With your eyes still closed, pray to God for that person. Praise God for him/her.
- ✓ For a while, stay with your feelings.

Note: *If need be, the process described above, can be repeated with some other significant person in the life of the participants.*

Shared Group-Prayer.

- ✓ Ask the participants to praise God for the persons they have remembered.
- ✓ Let the participants feel free to share what they considered so great or significant in those persons.
- ✓ Let the group members praise God for all the people mentioned.
- ✓ End the group-prayer with hymns of praise.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer the participants your comments and observations

Exercise (4) Praising People We Never Thought of Praising:**Preparation.**

Quiet down: Awareness / breathing exercises may help.

Hymns praise. Sung or played on tape.

Remembering and discovering

Instructions to the Participants. Take paper and pen.

- ✓ Remember the countless simple, honest, serving people without whom we would not have been able to lead the comfortable lives we led – cooks, butlers, delivery men, dhobis, bus drivers, servants, municipal workers, coolies, watchmen, postmen, etc
- ✓ Ask yourselves now: Have I ever praised them or shown them any recognition for what they did and still are doing for me? Why did I not?
- ✓ What has been, in the past, my attitude to them? Are they or not worthy of praise? Have they not any value in God's eyes?
- ✓ Write down their qualities worthy of praise, such as humility, service, love, endurance, selflessness, etc.
- ✓ Write down the good things (services) they render to the world at large and to you in particular, such as growing food, stitching clothes, building our houses etc.
- ✓ Are not these things worthy of praise and recognition?

Fantasizing and praising them:

- ✓ Quiet down. Close your eyes.
- ✓ Imagine that a new day has begun.
- ✓ It is early morning. Meet these simple and humble people. We depend so much on them!: The watchman, the milkman, the bread man, the newspaper boy, etc.
- ✓ Keep meeting them till late evening!
- ✓ By nighttime, we must have met dozens of them.
- ✓ In your imagination, praise them for what they do. Show recognition for their goodness and services. Do not thank them, Just praise them. Show that you appreciate them, that you respect them, and that you admire them.
- ✓ With your eyes still closed, praise God for them. Pray for them, their families and their dear ones.
- ✓ Make up your mind now; how will you treat them from now on? How will you speak to them, respect them and show them your appreciation?
- ✓ What will be your attitude towards them in future?
- ✓ Open your eyes.
- ✓ Write down your insights, feelings and changed attitudes.

Group-prayer:

- ✓ Ask the participants to praise to the Lord for all those humble and hard- working people
- ✓ Invite them to share what they have written above.

- ✓ Pray that our attitudes towards our servants and simple people may change for the better.
- ✓ Let us ask Jesus that they we may, as he did, respect, recognize and praise the goodness of the poor, the lowliest and unwanted members of society.
- ✓ End the prayer with a hymn of praise.

Closure:

- ✓ Ask the participants to share their findings, feelings and insights.
- ✓ You may offer them your comments and observations.

Exercise (5) Praising our Enemies and Those We Dislike:

***Note:** Remind the participants of the main ideas explained in the introduction. Praise means recognition of the good that is in a person and the good things he has done. **If we have a “will” to love our enemies, we shall be able to see their good qualities and the good deeds they have done, even if we do not like them.** The saying goes: “Give credit to the devil”. Let us remember that the first step towards loving one’s enemies is the ability to see the good that is in them and praise it.*

Preparation

Quiet down: Awareness / breathing exercises may help.

Hymns of praise. Sung or played on tape.

Remembering:

Take paper and pen.

- ✓ Remember some of the people you can’t stand, people with whom you are angry.
- ✓ People you are not talking with. People you dislike or even detest.
- ✓ Write their names down (*Your jottings will be strictly confidential. They are meant for you only*)
- ✓ Pick the person in your list you ‘dislike’ most. Remember him/her.
- ✓ Calmly, coolly, and in a detached way, make that person present in your mind, **Do not allow yourself to be turned on!**
- ✓ In the presence of God, and in all sincerity, force yourself, to find his/her good points, qualities, talents, abilities, successes; things he/she had done well, accomplishments, good deeds, any positive things about him/her and put them down in writing.

Reflecting:

- Are not all these things worthy of praise?
- **If they are praise-worthy, even, if those things refer to that ‘distasteful’ person, why should we not praise them?**
- Does God approve those things? Then, why should we not approve and like them also?

Fantasy and Praising:

- ✓ Close your eyes. Place yourself in the presence of God.
- ✓ Fantasize that you meet that ‘distasteful’ person.
- ✓ Look at him/her as God sees him/her: calmly, dispassionately, at ease!

- ✓ In your fantasy, tell that person how much you like those good qualities you discovered in him/her.
- ✓ How happy you are to see such great goodness in him/her.
- ✓ Praise him/her. Acknowledge his/her talents. Congratulate him/her for them.
- ✓ Be aware of your feelings.
- ✓ Ask the Lord to heal you of your negative feelings towards that person and to give you a new heart capable of loving even enemies and unlikable people.
- ✓ With your eyes still closed, pray to Jesus for ‘for that person, your ‘enemy’ for whom He died.
- ✓ Ask the Lord to bless him / her and thank God for having given him / her so many talents and good qualities.
- ✓ Open your eyes. Write down your feelings, insights and experience.

Shared Group-Prayer. Praising our enemies. Praying for them!.

- ✓ Ask the participants to thank God for the blessings and gifts he has bestowed on our enemies and to beg from Him the grace to be able to see the good that is in those we dislike and to give us the ability to rejoice over their goodness
- ✓ Ask them to pray for the group members that all of us may be able to praise our enemies and even love them.
- ✓ End the group prayer with hymns.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer them your comments and observations.

3rd SET. FIVE EXERCISES

PRAISING GOD.

Exercise (1) Praising God for What He Is!

Preparation

Quiet down: Awareness / breathing exercises may help.

Hymns of praise sung or played on tape.

Fantasy-Meditation-Contemplation:

- ✓ Stand on your feet. Close your eyes. Remain silent for a while.
- ✓ Open wide your arms. Imagine that in awe and wonder you are standing in the presence of God. Remain in this posture for a little while.
- ✓ Remember: Who is God? -Truth, love, wisdom, forgiveness, eternity, mercy, life, knowledge, beauty, goodness, etc,
- ✓ Who am I? Littleness, imperfection, weaknesses nothingness!
- ✓ Still standing, keep saying:” I praise you, Lord, for what you are! You are love! You are goodness! You are beauty! You are greatness! You are almighty! You are forever!” etc.

- ✓ Express your feelings towards God: “My God, I am happy that you are God! I am delighted that you are so great!” You are a loving Father!” etc.
- ✓ Sit down now and remain in reverential silence for while in the presence of God, with a heart full of awe, admiration, reverence, wonder and delight.
- ✓ Open your eyes slowly.

Shared Group-Prayer:

- ✓ Ask the participants as a group to praise God in any way they wish, verbally and non-verbally, such as, praying aloud, in song, by gestures, by postures, in dance, with hymns, etc.
- ✓ End the group-prayer with a hymn.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer your comments and observations.

Exercise (2) Praising God for the Works of Creation

Preparation

Quiet down: Awareness / breathing exercises may help.

Hymns of praise. Sung or played on tape.

Personal Reflection and Prayer

on the Canticle of Daniel: (Dan. 3/52; 57 to 81; 90). .

1. **Slowly, read – Paraphrase – Interiorize** the ideas and feelings of the canticle.
2. **Open your eyes and see nature with a new vision.**
3. **Personify nature** – the rivers, mountains, clouds, birds of heaven, the seas, the trees mentioned in the canticle all praising their creator! **Join them in their canticle of praise.**
4. **In reverence and awe praise God present in his creation.**

TEXT OF THE CANTICLE OF DANIEL
TO BE PRAYED UPON:

May you be blessed, Lord God of our ancestors,
Be praised and extolled forever
Blessed be your glorious and holy name,
All things the lord has made, bless the Lord:
Angels of the Lord! All bless the Lord:
Give glory and eternal praise to him.
Heavens! Bless the Lord:
Give glory and eternal praise to him.
Waters above the heavens! Bless the Lord:
Give glory and eternal praise to him.
Powers of the Lord! All bless the Lord:
Give glory and eternal praise to him.

Sun and moon! Bless the Lord:
 Give glory and eternal praise to him.
Stars of heaven! Bless the Lord
 Give glory and eternal praise to him.
Showers and dews! All bless the Lord:
 Give glory and eternal praise to him.
Winds! All bless the Lord:
 Give glory and eternal praise to him.
Fire and heat! Bless the Lord:
 Give glory and eternal praise to him.
Cold and heat! Bless the Lord:
 Give glory and eternal praise to him
Dews and sleets! Bless the Lord:
 Give glory and eternal praise to him.
Frost and cold! Bless the Lord,
 Give glory and eternal praise to hi
Ice and snow! Bless the Lord,
 Give glory and eternal praise to him.
Nights and Days! Bless the Lord,
 Give glory and eternal praise to him.
Light and darkness! Bless the Lord,
 Give glory and eternal praise to him.
Lightening and clouds! Bless the Lord,
 Give glory and eternal praise to him.
Let the earth Bless the Lord,
 Give glory and eternal praise to him.
Mountains and hills! Bless the Lord
 Give glory and eternal praise to him.
Everything that grows on the earth
 Bless the Lord:
 Give glory and eternal praise to him
Springs of water! Bless the Lord:
 Give glory and eternal praise to him.
Seas and rivers! Bless the Lord,
 Give glory and eternal praise to him.
Sea beasts and everything that lives in water!
 Bless the Lord'
 Give glory and eternal praise to him.
Birds of heaven! All Bless the Lord,
 Give glory and eternal praise to him.
Animals wild and tame! All Bless the Lord:
 Give glory and eternal praise to him.
All you who worship him,
Bless the God of Gods,
Praise him and give him thanks,
For his love is everlasting.

Shared Group Prayer

- ✓ Ask the group members to praise God aloud for the wonders of creation.
- ✓ Request them to praise God for the things of creation that strike them most.
- ✓ End with a hymn

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer your comments and observations.

Exercise (3) Praising God for “Significant People” in our lives.**Preparation**

Quiet down: Awareness / breathing exercises may help.

Hymns of praise sung or played on tape.

Remembering

- ✓ Take paper and pen.
- ✓ Think of some “significant people” in your life. (*People, who influenced you most, people who, so to say, built you up*).
- ✓ Write their names down, starting from your childhood days.
- ✓ Write against each person’s name what you have learnt or experienced ‘ about God’ from his/her behavior and the way he/she dealt with you: for instance-
 - From Person (x) I experienced God’s love, patience, etc.
 - From Person (y) I experienced God’s wisdom, forgiveness, etc.
 - From Person (Z) I experienced God’s power, trust, faithfulness, etc

Praising God

- ✓ Close your eyes. Quiet down.
- ✓ Praise God for creating those lovely people. Tell him how happy you are because of them. How great you feel
- ✓ Tell God what a wonderful ‘artist’ he is by fashioning such noble persons. How much you admire his power and wisdom.
- ✓ Tell God how happy, how exhilarated you feel for having experienced his love, patience, wisdom, and forgiveness through those wonderful people.
- ✓ In silence stay for a while with feelings of awe, reverence, admiration and praise.
- ✓ Open your eyes.

Shared Group-Prayer:

- ✓ Ask the participants to share their jottings and to tell the group the wonderful things God wrought in them through those significant people in their lives.
- ✓ Let them praise God for those people.
- ✓ Sing a hymn of praise.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer your comments and observations.

Exercise (4) Praising God for the History of Our Lives

Preparation:

Quiet down: Awareness / breathing exercises may help.

Hymns of praise. Sung, or played on tape.

Remembering :

- ✓ Take paper and pen.
- ✓ Imagine you are seeing a very interesting movie. The movie is none other than the ‘**Story of your Life!**’ Remember the main events of your life.

Fantasize.

- ✓ You are sitting in the theatre. The movie starts. Watch very intently.
- ✓ As you watch the movie, jot down the things you like best in the movie. Good qualities, accomplishments, your family, your parents, your education, friends, good deeds, successes, virtues, etc.
- ✓ Close your eyes...one, two.... the movie starts! (*You may open your eyes only to take some jottings*).

Praising God.

- ✓ Read slowly and carefully your jottings.
- ✓ Keep praising God for the wonderful things he has done for you, to you, and through you in your life.
- ✓ Tell him what a wonderful artisan he is, one who could accomplish so much through such a weak and feeble instrument as you.
- ✓ Be glad, and feel joyous over God’s power, intelligence, mercy, love, and goodness so clearly shown in you and through you.

Shared Group-Prayer

- ✓ Ask the participants to share their jottings and let the group know the wonderful things God did in them and through them in their lives.
- ✓ Encourage them to praise the Lord for the group members and express to God their feelings of joy, elation, and satisfaction for having such good, great and wonderful God!
- ✓ The participants will pray for one another and praise God on behalf of their companions.
- ✓ End the group-prayer with a hymn.

Closure:

- ✓ Ask the participants to share their feelings and insights.
- ✓ You may offer them your comments and observations.

**Exercise (5) Praising God for the Gift of Christ
and the Graces of Redemption:**

Preparation.

Quiet down: Awareness/breathing exercises will help.

Hymns of praise. Sung or played on tape.

Reflective meditation: (*Directed by the moderator*).

1. Call the attention of the participants to the sinfulness of men.

Read, paraphrase, and adapt to our modern sinful world the passage of St. Paul. Ro.1/18- 32

2. What will God's reaction be to our sinfulness and depravity? Anger? Wrath? Punishment? Destruction? No!
3. But Love, Compassion and Forgiveness.

You may read, paraphrase and comment these passages:

- “For God so loved the world that he gave his only son.”(Jn. 3/14-21)
- “God puts men right, with him, through Christ Jesus...” (Ro. 3/9-32)
- “When the right time came, God sent his own Son...” (Ga. 4/1-7)
- “God did not choose us to suffer his wrath. But to enjoy salvation through our Lord Jesus Christ..” (1. Te. 5/9-11)

- 4 Let us praise God for his Goodness and Forgiving Love!

Read, paraphrase, comment and praise God with the following passages:

- “Let us give thanks to the Lord and Father of our Lord Jesus Christ! Let us praise his glory!” (Eph. 1/3-14)
- “To the only God... be glory, majesty, might...” (J 1/25)
- “Our Lord and God! You are worthy to receive glory....” (Rev. 4/11)
- “The Lamb...is worthy to receive power.... honor, glory and praise...” (Rev. 5/12-13)
- “Praise our God...Praise God! For the Lord, our Almighty God, is King! Let us rejoice and be glad...”(Rev. 19/5-7)

Shared Group Prayer:

- ✓ Ask the participants to praise God aloud for the gift of Christ, his only Son sacrificed for us and for all the graces of redemption.
- ✓ And for his forgiving and ever accepting love.
- ✓ If they feel inclined the participants may share with the group some special ‘spiritual’ favors received from Jesus and thank Him.
- ✓ End the group prayer by singing a hymn

Closure:

- ✓ Ask the group members to share their feelings and insights.
- ✓ You may offer them your observations and comments.

4th SET. FIVE EXERCISES

PRAISING GOD WITH THE SCRIPTURES AND HYMNS

In this fourth set of Exercises we invite the participants to express their feelings of praise by reflecting on scripture passages, singing or reciting hymns, canticles and psalms,

Help them to make the ideas and feelings expressed in them their own.

Exercise (1) Singing or Reciting Psalms of Praise.

Psalm 9	Praising God for His Kindness.
Psalm 19	Creation Proclaims the Glory of God.
Psalm 29	Praise the Lord, you God!
Psalm 30	I praise the Lord. He has saved me.
Psalm 33	All of you, Righteous, Praise the Lord!.
Psalm 34	I'll never stop praising the Lord.
Psalm 47	Clap your Hands... Praise God with Loud Songs!
Psalm 66	Praise God with Shouts of Joy!
Psalm 92	A Song of Praise!
Psalm 95	Come, Let us Praise the Lord!
Psalm 96	Sing a new Song to the Lord!
Psalm 98	God the Ruler of the World!
Psalm 100	Sing for Joy to the Lord!
Psalm 103	In praise of God's love.
Psalm 104	Praise God the Creator of the World.
Psalm 113	In praise of the Lord's Goodness.
Psalm 135	A Hymn of Praise.
Psalm 145	Praise the Faithfulness of the Lord.
Psalm 147	` In Praise of God Almighty.
Psalm 148	Let the Whole Universe Praise the Lord.
Psalm 150	Praise the Lord!.

Exercise (2) Praising the Lord with Bible Texts:

Ex. 15/2-21	“The Lord is my strength and my praise.” (The Song of Moses)
1 Chro. 15/7-36	“Give Lord Thanks and...pay him honor” (Canticle of David)
1 Chro. 29/10-21 (Da 2/20-2Is. 12/4-6)	“Blessed art thou....” A Song of praise. Specially Daniel's Song (Book of Daniel)
Is. 12/4-6	Praise the Lord in that day....”
Is. 44/23	“Heavens praise the Lord...”
Ecclus. 39/12-35	Praising the Lord.
Ecclus. 42/15 to 43/33.	The Wonders of Creation.
Ecclus. 51/1-12	Epilogue & Praise.
Rev. 4/8-11	“Holy, Holy, Holy...”
Rev. 5/9-14	“You are worthy....”
Rev. 15/3-4	“Lord, God Almighty....”
Rev. 19/5-8	“Praise our God....”
1 Co. 10/31	“Whatever you do... do it all for God's glory”
Col. 3/16-17	“Sing Psalms, hymns and sacred songs...”
Jud. 1/24-25	“To Him.... the only God... be glory....”

Exercise (3) Praising God with New Testament People

<u>Our Lady:</u>	“My Soul Magnifies the Lord...”	Lk.1/46-55
<u>Zechariah:</u>	“Let us praise the Lord, the God...”	Lk.1/67-79
<u>Simeon:</u>	“Now Lord, you have kept your promise.”	Lk.2/2-35
<u>Anna:</u>	“That very hour she.... gave thanks....”	Lk.2/3-38
<u>Elizabeth:</u>	“At last, the Lord has helped me....”	Lk. 1/25
<u>Shepherds:</u>	“The shepherds went back singing praises”	Lk.2/20
<u>The Angels:</u>	“Glory to God in the Highest...”	Lk.2/114
<u>Disciples:</u>	“Who is this man? Even the wind...”	Mk. 4/41
<u>Samaritan</u>	“Come and see the man....”	Jn. 4/29
<u>Ten Lepers:</u>	“The man spread the news everywhere”	Mk.1/45
<u>Crowds:</u>	“All who heard it were full of wonder”	Mk.5/20
	“All who heard it exclaimed...”	Mk.7/37
	“Praise God, Hosanna”...who comes..”	Mk.11-10
<u>By Standers:</u>	“Everybody was amazed....”	Mt.9/33
	“This man has authority...”	Mk1/27
	“They praised God saying....”	Lk.5/2526
	“Everyone praised God...”	Lk.7/16

Exercise (4) Praising People with Jesus:

Note:

In this exercise, we offer references from the New Testament, where we see Jesus praising people. Jesus not only praised God his Father, He praised people also as people.

Jesus Praised:

<u>Zacchaeus:</u>	Lk. 19/1-10
<u>The Poor Widow</u>	Mk.12/41-44
<u>The Roman Official</u>	Lk. 7/1-10
<u>The Canaanite Woman.</u>	Mt. 15/21-28.
<u>Nathaniel</u>	Jn. 1/43-49.
<u>John the Baptist</u>	Mt. 11/7-11
<u>The Woman suffering of hemorrhage</u>	Mk. 5/25-34
<u>Peter</u>	Mt. 16/13-20
<u>Bartimaeus</u>	Mk. 10/46-52
<u>Mary of Bethany.</u>	Lk.10/38-42
<u>The Sinful Woman.</u>	Lk. 7/36-48
<u>Mary Magdalene.</u>	Mk. 14/3-9
<u>Little children.</u>	Mk.10/13-16

Exercise (5) Praising the Lord in Song. Note:

Take any well-known hymn or song of praise.
Read it aloud,
Paraphrase it, pray it aloud.

Finally, sing it.

All People of The Universe ‘
All the Earth’
All You Nations ‘
All You Peoples Clap Your Hands
Canticle of Our Lady ‘
Come My Brothers, Praise The Lord ‘
Day After Day ‘
From My Heart Breaks Forth ‘
Glorify The Lord With Me ‘
Great Are Your Deeds O Lord ‘
Great is The Lord ‘
Great Is Your Name, Lord ‘
Heavenly Father ‘
Holy God, We Praise Thy Name ‘
I Want To Sing ‘
I Will Sing Of The Mercies ‘
I’ll Bless You, Day After Day ‘