

HOLY HELPS

LET'S PRAISE, PLEASE!

“He is your praise, and He is your God.”

Deuteronomy 10:21

The Doxology instructs us to:

“Praise God from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.”

The “heavenly host” needs no encouragement to praise God. This they willingly and repeatedly do. However, we “creatures here below” need to be reminded to cultivate the spirit and habit of praise. Since praise will be our pastime in heaven, we should practice much while here on earth!

The phrase, “He is your praise; he is your God,” occurs only in Deuteronomy 10:21. It is a most potent praise phrase. The context is Moses’ challenge to the people of Israel. His fuller statement is: “You shall fear the LORD your God; you shall serve Him, and to Him you shall hold fast He is your praise, and He is your God, who has done for you these great and awesome things which your eyes have seen.” (Deut.10:20-21)

I have received great blessing from meditating on the words, “He is your praise, and he is your God.” It tells us that God is both the subject of our praise: “He is your praise,” and He is the object of our praise: “He is your God.”

Praising God is the ascribing of glory and honor to Him in recognition of His supreme worth:

“You are worthy, O Lord, to receive glory and honor and power; for You created all things, and by Your will they exist and were created.” (Rev.4:11)

Praising God is the acknowledgment and confession of His great and wonderful excellencies:

“Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the LORD is good; His mercy is everlasting, and His truth endures to all generations.” (Psalm 100:4,5)

Praising God is giving thanks for blessings and benefits bestowed:

*“Bless the LORD, O my soul; and all that is within me, bless His holy name!
Bless the LORD, O my soul, and forget not all His benefits.”* (Psalm 103:1, 2)

Praise from the children of the heavenly Father, either in silent meditation, sung or spoken words, is a sweet sound in the ears of the God Who is our praise. Let us follow the example of the psalmist who said, “Seven times a day I praise You” (Psalm 119:164), for a day without praise is like a day without sunshine!

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