

A National Call to be an Army of Praise



Pat Collins CM

A National Call to Praise

Introduction

The Lord put it upon Marie Beirne's heart that she should invite as many interested people as possible, to commit themselves to praise God for up to an hour from 11-12.00 noon each Saturday. She feels that it would be good if as many people as possible would participate in this national call to become an army of praise, ideally for one year. What follows is the text of Marie's proposal and invitation.

Lift Jesus Higher!!

Invitation to a united army of praise in Ireland.

Today "the truth about Jesus is under attack". Christ has been taken down from His throne and reduced to the status of a 'wise man ' His absolute uniqueness, divinity, majesty power and glory are ignored. The presence and power of God have been obscured by negativity, unbelief, apostasy and the darkness and chaos of a broken world. "God is disappearing from the human horizon. The Light has grown dim and humanity is losing it's way" (Pope Benedict XV1)

God has given us the answer.

- Praise is the weapon that will heal and transform the land.
- Praise will establish God's presence, power and light in the midst of His people!
- Praise will enthrone the Lord and release the Victory of Calvary in this land.
- A spiritual earthquake will be released!!
- God speaks now through this prophetic Word. "You are my army and I am calling you to fight, not with worldly weapons, but with the weapon of PRAISE. Praise is the shortcut to holiness. The Work and the Weapon are one" (Prophetic word given in 1974 at a Festival of Praise in Belfast)

So let's do it God's way. Stop fighting the darkness in our own strength and give the power back to God. "The battle is mine says the Lord." At the sound of our praises the Lord rushes in to intervene, rule, save, restore and set free and to give us the revelation that leads to victory. As we anoint the head Jesus with the perfumed oil of our praises, the healing restorative oil flows down over the body. "The Master is here and is calling FOR you"(Jn 11:28).

Invitation to you who are reading this.

Will you join with us and commit to one hour of praise each week, if possible from 11.00am - 12.00noon each Saturday. If this does not suit please choose an alternative hour. Praise in song, in tongues in shouts and proclamations of victory as the Spirit leads. But let's take the weapon in our own hands and unite together in praise.

Opportunity.

I felt God was saying that just as for Paul at Ephesus (1Cor 16:9) there is "a wide and effective door" open for us at this time. Do you feel you could really commit to this hour and persevere? There is a spiritual ceiling over this land which can be broken by our loving, united, persevering praise.

Promise of God.

Is.29:14) "I will proceed to do a marvellous work among this people."

The Lord is calling us, we who have been so blessed with the Baptism in the Holy Spirit and have come to know the power of praise. Though physically separated, we will spiritually unite - not as spectators but as active participants - in this explosion of praise.

Let's do it!!

- Create the atmosphere for miracles. !!
- "Call into existence the things that are not "(Rom 4:17)
- Counteract, bind and incapacitate the enemy!
- Act out in praise our absolute belief in God's PRESENT power acting on our behalf!!
- Human limitations are blown away in Praise.
- Break down the barriers between individuals, nations and denominations.
- Increase the spiritual strength of our nation!
- Let's stay in praise until we are clothed in power from on high. (Ruth Heflin)!!!

Remember that "The work and the weapon are one"

"The master is here and he is calling you "

Marie Beirne.

(Former chairwoman of the National Service Committee of the Catholic Charismatic Renewal in Ireland)



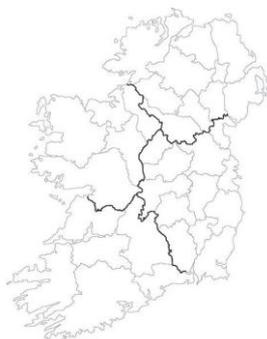
Foreword

I have known and admired Marie Beirne for many years. She is a woman who is full of prophetic zeal for God's honour. Time and time again I have noted that, not only does she understand the nature and importance of praise, she engages in it herself and urges all those who have been baptised in the Holy Spirit to do the same. I am truly delighted that she has issued this national call, during these difficult and trying times, to engage in enthusiastic, heartfelt praise of the God, who is not only greater than all we can think or imagine, but also victorious over all our adversaries and adversities, whether natural or supernatural. When I suggested to Marie that I might write a booklet which would act as a resource for the use of individuals engaging in the weekly call to praise of God, she kindly endorsed the idea. It should be said that this booklet is intended to offer guidelines for personal rather than communal praise of God. Hopefully, when the corona virus is no longer a threat we will be able to unite our praises in large gatherings. This is a companion booklet to *The Festal Shout of Victory Over Cities, Towns and Localities* which is available from the New Springtime Community, Dublin.

This initiative is supported by *Catholic Charismatic Renewal International Service*, also known as CHARIS. It is the international service organism for all expressions for Catholic Charismatic Renewal, a current of grace whose appearance in the Catholic Church in 1967 came as a fruit of the Second Vatican Council. Recently, the Irish branch of CHARIS was established. As a national service of communion it will seek to pursue a number of priorities such as,

- 1) To help deepen and promote the grace of baptism in the Holy Spirit throughout the Church;
- 2) To promote the exercise of charisms not only in Catholic Charismatic renewal but also in the whole Church;
- 3) To encourage the spiritual deepening and holiness of people who live the experience of baptism in the Holy Spirit;
- 4) To encourage commitment to evangelisation, particularly through the new evangelisation and the evangelisation of culture, while respecting religious freedom;
- 5) To encourage cooperation between communities born from Catholic Charismatic Renewal, with a view making the experience of particular communities available for the good of all;
- 6) To promote the ecumenical dimension of Catholic Charismatic Renewal and foster the commitment to serving the unity of all Christians.

Finally, I want to thank John Gill, Dungannon, County Tyrone, for his cooperation and expertise in producing these guidelines.



Suggested dynamics and content for the period of praise

It is suggested that if possible you would commit yourself from 15 minutes to an hour thanking, praising and adoring the Lord. The length of time will depend on a number of practical factors such as the time and place you have at your disposal, and your experience of this kind of God centred prayer. The following brief notes are intended to suggest how the time could be spent.

1] Invocation of the Spirit

Begin by invoking the help of the Holy Spirit, e.g.,

Lord Jesus, the good I wish to do, I cannot do, but you are living out the mysteries of your life in me. Enable me, by the same Spirit that animated your life of prayer and loving service, to continue and fulfil your mission in my life. Give me the ability to offer you heartfelt appreciation for who you are, and for what you have done. I thank you, that you will enable me to thank and praise you even more enthusiastically than I can ask, or imagine, through the power of your Spirit at work within me. Amen. (This prayer is based on the spirituality of St John Eudes)

The psalmist wrote,

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endures to all generations.” (Psalm 104:4-5).

This verse refers to the worship which was offered in the temple of Jerusalem where, in the Jewish mind, heaven touched earth. It had as many as five gates. Then inside were a number of courts, firstly, there was the court of the gentiles, then there were the courts for Jewish women and men respectively, and finally there was the Holy of Holies, the most sacred place on earth which only the chief priest could enter on specified occasions.



2] I will enter his gates with thanksgiving

The prayer of appreciation begins with thanksgiving. We recall the blessings and gifts of God with gratitude. In Tob 12:6:22 we read, ‘Raphael called the two men aside and privately said to them: ‘Thank God! Give him the praise and the glory. Before all the living, acknowledge the many good things he has done for you, by blessing and extolling his name in song.’ The prayer begins by focusing, in a thankful way, on the natural and supernatural gifts you have received from God. As St Paul said, “pray continually, give thanks *in all circumstances*; for this is God’s will for you in Christ Jesus” (1 Thess 5:17-18) and “*always give thanks* to God the Father *for everything*, in the name of our Lord Jesus Christ” (Eph 5:20). It would seem then, that not only does the Lord want us to give thanks for graces and blessings, but even in negative circumstances, in the belief that God can bring good from

evil, by embracing those circumstances by means of merciful providence. As Paul testified in Rm 5:20, "where sin abounded, grace did much more abound."

I can remember an incident that occurred many years ago which illustrates this point. I was due to attend a conference in Dublin. I travelled to it by motorbike. As I went along the road I prayed to the Lord, "if you have any message for the conference please speak to me." Then I felt inwardly that the Lord was saying, "tell the people about the pearl of great price." While I was glad to get that word, I didn't really know what it implied. When I got to the conference there was a preparatory prayer session. During a quiet time the image of an oyster came to mind. It was on the mud of the sea floor surrounded by water. I understood that the sea floor was the world, the sea was the Spirit, and the oyster was the human person. Then I felt that the Lord was saying, "Think of how a pearl is formed. Grit and dirt get from the sea-bed into the oyster. It cannot expel it. So it secretes a milky liquid which surrounds the grit over a seven year period. The greater the irritation the greater the pearl that is finally formed. It is the same with the human heart. The sin and the hurts of the world make an entry. But in my compassion I weave the pearl of my mercy around them. The greater the malady the greater the pearl that is finally formed. Tell the people not to be disheartened by their weaknesses and troubles. I will bring good from evil, blessing from failures." St Paul confirmed this point about the *felix culpa*, i.e., the happy fault, when he said: "we know that *all things* [good and bad alike] work together for good to them that love God" (Rm 8:28).

Over the years I have found that the following prayer exercise is very beneficial. I think either of the greatest sin or the greatest misfortune in my life, or in the lives of others. Then I express my negative feelings to God, e.g., anger, guilt, shame, resentment etc. Having done so I go on to express my faith conviction, in prayers of thanksgiving, in the knowledge that my misfortunes are embraced by God's benevolent providence which brings good from evil. Like many others I have found that thanksgiving of this kind opens up my heart to the liberating power of God. I'm not surprised that author William Law wrote in his classic book *a, Serious Call to a Devout and Holy Life*: "If anyone would tell you the shortest, surest way to all happiness and perfection, he must tell you to make it a rule to yourself to thank and praise God for everything that happens to you. For it is certain that *whatever seeming calamity happens to you*, if you thank and praise God for it, you will turn it into a blessing."

Anthony de Mello, S.J., said in his book *Sadhana*, that if he were to choose the one form of prayer that made Christ's presence most real in his life it would be the prayer of thanksgiving. He suggested that believers engage in the following prayer exercise:

- Think of something in the past or present that is causing you pain or distress or guilt or frustration...
- If you are in any way to blame for this thing express your regret and sorrow to the Lord...
- Now explicitly thank God for this, praise him for it...
- Tell him that you believe that even this fits into his plan for you and so he will draw great good from this for you and for others, even though you may not see the good...
- Leave this thing and all the other events of your life, past present and to come, in the hands of God....and rest in the peace and relief that this will bring.

I think that William Law was spot on when he wrote in the book, already mentioned: "Would you know who is the greatest saint in the world? It is not he who prays most or fasts most; it is not he who gives alms, or is most eminent for temperance, chastity, or justice; but it is he who is always thankful to God, who wills everything that God wills, who receives

everything as an instance of God's goodness, and has a heart always ready to praise God for it."



3] I will enter his courts with praise.

Having focused by means of thanksgiving on the gifts of God one goes on to praise the Good God who is the giver of the gifts. As Ps 34:1 says, "I will praise the Lord at all times. I will constantly speak his praises." There are a number of ways of doing this, e.g. by reading a praise psalm, or singing praise hymns you know. You could sing them yourself or play them on your audio equipment, e.g., an MP3 player. I'm sure that Merlin Carothers is correct when he says in his books *Prison to Praise* and *Power in Praise* that if, in adverse circumstances, we praise God in an unconditional way, the circumstances themselves can change in a remarkable manner which opens them up to the blessing of God. That point is illustrated by a number of examples in both the Old and New Testaments, e.g., Jonah praising God in the belly of the whale (Jonah 1:17), the three young men praising God in the fiery furnace (Dan 3:19-27) and Paul and Silas praising God in a Philippian jail in spite of receiving an unjust whipping. In each case praise led to liberty. In the case of Paul and Silas it not only led to their miraculous release but also that of their fellow prisoners. As a result Paul and Silas were able to evangelise the Roman jailer and his entire household (Acts 16:16-40).

It is good for the praying person to make a decision, praise the Lord no matter what the situation may be. As I put it in a hymn I wrote over forty years ago,

I have decided to praise the Lord No matter how I feel, God is always real,
I have decided to praise the Lord.
I'll praise him when I'm happy; I'll praise him when I'm sad;
I'll praise him when I'm good, I'll praise him when I'm bad;
I'll praise him when I'm up, I'll praise him when I'm down;
I'll praise him when I'm weary, I'll praise him when I'm strong.
I have decided to praise the Lord.

Of course we shouldn't suppress or deny our negative feelings. Rather, we express them honestly to the Lord. But then we go on to express our faith convictions, e.g., that God is great, good and loving, in the kind of vocal praise that is loud and long. This is one of the outstanding characteristics of the genuine charismatic prayer meeting. As the book of Sirach 43:31-34 puts it, 'Lift up your voices to glorify the Lord, though he is still beyond your power to praise; extol him with renewed strength, and weary not, though you cannot reach the end; for who can see him or describe him? Or who can praise him as he is?' We don't praise God *for evil circumstances*, we praise God *in those circumstances* in the belief that evil will not have the last word, it will belong to God and it will be a word of victory. As we read in Hab 3:17-18: "Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and

there be no herd in the stalls, yet I will rejoice in the LORD; I will take joy in the God of my salvation.”

A] *A litany of praise*

You could recite this litany of praise which was composed by the late Linda Schubert and published in her booklet, *Miracle Hour*.

I praise You ,Lord Jesus! You are my Life, my Love.
I praise You ,Lord Jesus! You are the Name above all names.
I praise You ,Lord Jesus! You are Emmanuel, God with us.
I praise You ,Lord Jesus! You are the King of kings.
I praise You ,Lord Jesus! You are the King of creation.
I praise You ,Lord Jesus! You are the King of the universe.
I praise You ,Lord Jesus! You are the Lord of lords.
I praise You ,Lord Jesus! You are the Almighty.
I praise You ,Lord Jesus! You are the Christ.
I praise You ,Lord Jesus! You are Christ, the King.
I praise You ,Lord Jesus! You are the Lamb of God.
I praise You ,Lord Jesus! You are the Lion of Judah.
I praise You ,Lord Jesus! You are the Bright Morning Star.
I praise You ,Lord Jesus! You are our Champion and Shield.
I praise You ,Lord Jesus! you are our Strength and our Song.
I praise You ,Lord Jesus! you are our Way of life.
I praise You ,Lord Jesus! you are the only Truth.
I praise You ,Lord Jesus! you are the Real Life.
I praise You ,Lord Jesus! you are the Wonderful Counsellor.
I praise You ,Lord Jesus! you are the Prince of Peace.
I praise You ,Lord Jesus! you are the Light of the World.
I praise You ,Lord Jesus! you are the living Word.
I praise You ,Lord Jesus! you are the Redeemer.
I praise You ,Lord Jesus! you are the Messiah.
I praise You ,Lord Jesus! you are the Anointed One.
I praise You ,Lord Jesus! you are the Holy One of Israel.
I praise You ,Lord Jesus! you are the Good Shepherd.
I praise You ,Lord Jesus! you are the sheep gate.
I praise You ,Lord Jesus! you are the Lord Of Hosts.
I praise You ,Lord Jesus! you are the Rock Of all ages.
I praise You ,Lord Jesus! you are my Hiding place.
I praise You ,Lord Jesus! you are the saviour of the World.
I praise You ,Lord Jesus! you are the Strong Tower.
I praise You ,Lord Jesus! you are the Mountain Refuge.
I praise You ,Lord Jesus! you are the Bread of Life.
I praise You ,Lord Jesus! you are the Font of Holiness.
I praise You ,Lord Jesus! you are the Living Waters.
I praise You ,Lord Jesus! you are the True Wine.
I praise You ,Lord Jesus! you are my Spouse and my Maker.
I praise You ,Lord Jesus! you are our Fortress.
I praise You ,Lord Jesus! you are our Deliverer.
I praise You ,Lord Jesus! you are our Victory.
I praise You ,Lord Jesus! you are our Salvation.
I praise You ,Lord Jesus! you are our Righteousness.
I praise You ,Lord Jesus! you are our Wisdom.

I praise You ,Lord Jesus! you are our Sanctification.
 I praise You ,Lord Jesus! you are our Justification.
 I praise You ,Lord Jesus! you are the Door.
 I praise You ,Lord Jesus! you are the Great I am.
 I praise You ,Lord Jesus! you are the Great High priest.
 I praise You ,Lord Jesus! you are the Corner Stone.
 I praise You ,Lord Jesus! you are the Sure Foundation.
 I praise You ,Lord Jesus! you are our Joy.
 I praise You ,Lord Jesus! you are our Portion and Cup.
 I praise You ,Lord Jesus! you are our Healing and wholeness.
 I praise You ,Lord Jesus! you are our Covenant.
 I praise You ,Lord Jesus! you are the Promise of the Father.
 I praise You ,Lord Jesus! you are the Everlasting One.
 I praise You ,Lord Jesus! you are the Most high God.
 I praise You ,Lord Jesus! you are the Lamb that was Slain.
 I praise You ,Lord Jesus! you are the Just Judge.
 I praise You ,Lord Jesus! you are the Balm of Gilead.
 I praise You ,Lord Jesus! you are the Mighty Warrior.
 I praise You ,Lord Jesus! you are my Defence.
 I praise You ,Lord Jesus! you are the Bridegroom.
 I praise You ,Lord Jesus! you are my Patience.
 I praise You ,Lord Jesus! you are the Solid Reality.
 I praise You ,Lord Jesus! you are my Provider.
 I praise You ,Lord Jesus! you are the Resurrection and the Life.
 I praise You ,Lord Jesus! you are the Alpha and the Omega.
 I praise You ,Lord Jesus! you are the beginning and the End.
 I praise You ,Lord Jesus! you are All that I Need.
 I praise You ,Lord Jesus! you are All that I want.
 I praise You ,Lord Jesus! you are Worthy of all praise



B] Spontaneous praise in your own language and tongues

You can praise God spontaneously in your own language and or by praying and/or singing in tongues. St Paul wrote, 'We who have first hoped in Christ, have been destined and appointed to live for the praise of his glory' (Eph 1:12). This can be done by an individual/s who prays out loud, on his or her own, to the Lord. Needless to say, this can be done in English. However, it is not all that easy to keep thinking up intelligible things to say in order to express the fullness of the heart. That's why praying in tongues is so helpful. As scripture says, 'The Spirit helps us in our weakness; for we do not know how to pray as we ought ... And God who searches the heart, knows what is in the mind of the Spirit' (Rom 8:26-28). Singing in the spirit can also occur either spontaneously during a period of silence, or follow the singing of a hymn, quietly at first and then building up in volume.

This kind of committed praise can have a number of beneficial effects:

- The prayer of praise helps the praying person to escape the gravitational pull of self-absorption to become absorbed in the awareness of God. Like gaily coloured kites, his or her mind is borne aloft in praise. Not that God needs your praises. Your desire to praise him is itself his grace-prompted gift. Your praise adds nothing to God's greatness but helps you to grow in divine grace. (cf. Preface of Weekdays in Ordinary Time IV).
- As you praise God you and the people you care about are delivered from evil. As you raise a shield of faith in this way you have the assurance of St Paul that it, 'will put out all the fiery darts of the evil one' (Eph 6:16).
- Our God is not a God of defeat but a God of victory. So instead of magnifying your everyday problems by focusing on them with anxiety, magnify the Lord by focusing on the divine and the divine promises, with confidence. As a result you will begin to have a Spirit-prompted conviction that, 'with God nothing is impossible' (Lk 1:37)
- In his book, *Riding the Wind*, author George Montague says that as we praise God in tongues, we can get in touch with elements of our unconscious minds that are in need of healing. He expressed that point in a prophecy he received from the Lord: "My son, my praise is the only mirror in which you can rightly see yourself and all that is in you, and all that is. For years you have stood like a sentry at the gate of your dark depths, checking, analysing, and sometimes repressing these things within you. I have been leading you to see that in my presence you must let go of that pretended control and simply pour out my praise. If anxieties, problems, or even questionable thoughts or desires surface as you pray, turn them all over to me in praise. For as you let them go toward me, you will for the first time see their other side, you will begin to see their root. Till now you have been cutting off only the surface growth – and they have grown back as quickly as you cut. But when you turn totally to me, you can begin to see them totally, and this seeing is the beginning of your healing." As Montague says, while what surfaces from the unconscious mind may seem chaotic, it will be transformed by the wind of God's Holy Spirit which turns chaos into cosmos by imparting order and peace.



C] *The Festal shout of victory*

When it is really strong, the kind of praise we have been describing becomes what the Old Testament calls the *Teruwah Yahweh*, or the festal shout of victory. In the Old Testament there were frequent references to battles. Over and over again, the people of God had to contend with armies that were larger and better equipped. But the Israelites had one great advantage. They had confidence that if they were following the Lord's will, God would be fighting with them. No matter what odds were stacked against them, they would be victorious. As they marched into battle they would utter the *teruwah*. It was a piercing, blood curdling war cry that was intended to strike terror into the hearts of their enemies. It was also a liturgical chant that was meant to express their unshakable confidence in the One who would give them the victory. It can be said in passing that the word that Marie Beirne

received about being an army of praise, has its origin in the festal war cry, which anticipated the victory that the Lord would give his people, no matter what odds were stacked against them.

There are many examples of this form of anticipatory praise in the scriptures. For example when the Holy Land was threatened by three invading armies, king Jehoshaphat was terrified at first. During a time of prayer and fasting a prophetic word was uttered by a priest. "Your majesty," he said, "and all you people of Judah and Jerusalem, the Lord says you must not be discouraged or afraid to face this large army. The battle depends on God and not on you." (2 Chron 20:15). Then, "Early in the morning As the army set out, Jehoshaphat stood and said, "Listen to me, Judah and people of Jerusalem! Have faith in the Lord your God and you will be upheld; have faith in his prophets and you will be successful." The scriptures tell us what happened next, "As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated" (2 Chron 20:20-22).

Late in the Old Testament we find that when the chosen people had settled down in Palestine there were fewer wars. But they remembered the battle cry of victory. So they modified it for use in their temple worship. It became the "festal shout" that is sometimes mentioned in the psalms. For example in Ps 47:1-8 we read: "Clap your hands, all you nations; *shout to God* with cries of joy.....God has ascended amid shouts of joy, the Lord amid the sounding of trumpets. Sing praises to God, sing praises; sing praises to our King, sing praises. For God is the King of all the earth; sing to him a psalm of praise." However, Ps 89:15 sums up the biblical attitude when it declares: "Blessed are the people who know the *festal shout*."

There are a number of examples of this kind of festal shout in the New Testament. On Palm Sunday, the praises of the people constituted a festal shout that anticipated the victory of Jesus over Satan, sin and death. As Jesus said on that occasion, if the people didn't utter the festal shout: "the stones will cry out" (Lk 19:40). Jesus quoted from psalm twenty two when he was dying on the cross. It began with the prayer of complaint and lamentation and then unexpectedly switched to the expression of unconditional trust in God the Father. Jesus praised him even when he knew that he was facing death by saying, "I will tell of your name to my brothers; in the midst of the congregation I will praise you: You who fear the LORD, praise him!" (Ps 22:22-23). I would encourage you to go to Youtube and to watch Judy Jacobs singing, at a big gathering in Anaheim, California, These are the Days of Elijah. It was written by Irishman Robin Mark. It is the finest example of the Festal shout being expressed in music that I know of. Every time I watch this video my heart is exalted and as I pour out praises to God.

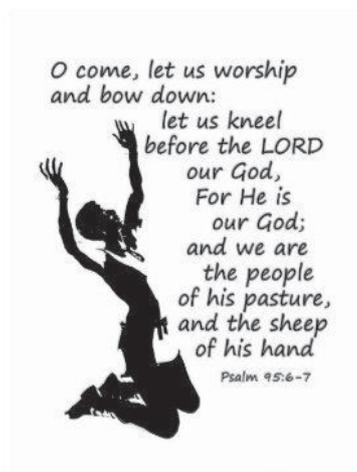
When Christians engage in these forms of praise they overcome the influence of the evil one. As Maria Vadis says in her book, *Jesus Man of War: His Victory for Those who Praise Him*:

"This is our privilege as sons and daughters, to execute judgment on our enemies as we praise our wonderful God. In other words, the victory of Calvary is enforced over our enemies through our praises. Remember that Jesus on the Cross defeated the devil (Col 2:14-15), but it's for us to enforce that victory over him. Yes, we execute that victory over the enemy through OUR praises! The body of Christ is not supposed to go and hide in fear, nor be a spectator. NO! we are alive for Jesus and called to represent him and his kingdom and we have been empowered by the Holy Spirit to carry on with the works of Jesus. The high praises of God will clear the

atmosphere of the enemies that come against us; crime, witchcraft, violence, terrorism, sexual immorality, fear, anxiety, sickness, depression, addictions, sexual trafficking and all kinds of abuse.

If worship leaders would understand this, our prayer groups would become power houses extending the kingdom of God on earth and displacing the enemy. We would be changed and transformed in this kind of atmosphere, impacting our families, cities and nation! If believers would believe this and do it, the Lord of Hosts would show up and destroy the works of the devil in our midst!"

Maria encourages those who utter the festal shout of victory, not only shout out their high praises if they can, but also to give physical expression to what is in the heart by such things as the shaking of tambourines, the banging of drums and bodhrans (Irish hand drums), the clanging of symbols, blowing of whistles and the clapping of hands. These can be accompanied by the waving of flags and dancing. I participated in such a festal shout at the end of 2019 in Palermo in Sicily when I heard the most thunderous praise I have ever heard. On that joyous occasion there was a man blowing loudly on the *shofar*, the Jewish ram's horn, which was used on religious occasions. When you are on your own, you may have an opportunity to express your praise in a number of these physical ways.



4] I will enter the holy of holies with contemplative adoration

Having entered God gates by means of thanksgiving, and God's courts by means of praise, we enter the holy of holies of the divine presence by means of contemplative adoration. At this point the praying person becomes quiet outwardly and inwardly as he or she becomes aware of the mysterious presence of a loving God. A suggestion, at this point is that you might go to Youtube and play the recording of *Slow Down*, sung beautifully by Norwegian singer Sissel. After listening, you could say with Samuel, "speak Lord your servant is listening" (1 Sam 3:10).

- 1) As we know from experience, God speaks to those who praise him. At this point during one's praise time the Lord may reveal something of the divine presence and attributes, such as God's holiness, glory, omnipotence, mercy, love etc. Remember how Isaiah became aware of the holiness of God, "I saw the Lord sitting upon a throne, high and lifted up; and the train^[a] of his robe filled the temple. Above him stood the seraphim. Each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: "Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory" (Is 6:1-3).

There is a piece of music on Youtube which captures something of the mystery of heaven, entitled, *Hymn of the Cherubim*, by Pyotr Ilyich Tchaikovsky.

2) God will also answer the prayer attributed to St Paul in Col 1:9-10, "that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God." God's inspirations and revelations can take a number of forms.

- An inspiring scripture passage
- A meaningful image
- An inner vision that conveys a message
- An inner understanding of a mystery of faith
- A word of knowledge about a person or event
- A prophetic word for one's self or others, and perhaps about "things yet to come" (Jn 16:13).

For a more expanded explanation of how God reveals the divine will see Pat Collins, CM, "Be Guided by the Spirit" in *Let the Spirit Lead* (Dublin: New Springtime, 2020).

Speaking about the ways in which this kind of appreciation of God can lead to an awareness of the divine will, St Vincent de Paul said to some Daughters of Charity in the 17th century, "This kind of prayer is called contemplation. In this the soul, in the presence of God, does nothing else but receive from him what he bestows. It is without action, and God himself inspires it, without any effort on the soul's part, with all it can desire, and far more." He added: "God communicates many and excellent lights to his servants. In prayer, he enlightens their understanding with many truths incomprehensible to all save those who give themselves to prayer."



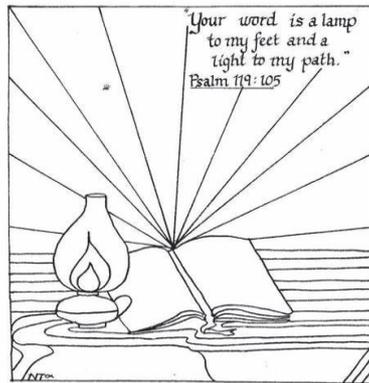
Intercession

In Phil 4:6 St Paul wrote, "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." If you need to pray for yourself or another person/s ask God for what is required with thanksgiving in the knowledge the Father who says to us, "All I have is yours" (Lk 15:31), "is able to do far more abundantly than all that we ask or think, according to the power at work within us" (Eph 3:20). Don't magnify the problem/s you have in mind by focusing on them. If you do God will seem to get smaller and smaller in comparison. But if you magnify the Lord by focusing on the divine presence, attributes and promises, the problem/s you have in mind will seem to get smaller and smaller. Because Ps 22:3 assures us that, "God inhabits the praises of his people," you can be sure of receiving blessing/s in one form or other as the grace of God is released, in a transforming way, into the situations you are concerned about.

Conclusion

As your prayer time comes to a conclusion, ask yourself if there is any practical resolution you could make which would give credible expression to your prayer time with the Lord. The resolution should be single, precise and definite.

Helpful Scripture Texts on the Subject of Praise



There are hundreds of references to the prayer of praise in the Bible. Here is a selection of some of the. You could read one or more of the following verses from scripture and then go on to express your faith convictions accordingly.

- 1) Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvellous things, things planned long ago. (Isaiah 25:1).
- 2) Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all of our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. (2 Corinthians 1:3-4).
- 3) You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:13-14).
- 4) May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. (Romans 15:5-6).
- 5) In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? (Psalm 56:4).
- 6) Sing to God, sing praise to his name, extol him who rides on the clouds – his name is the Lord – and rejoice before him. A father to the fatherless, a defender of widows, is God in his holy dwelling. (Psalm 68:4-5).
- 7) Give thanks to the Lord, call on his name; make known among the nations what he has done and proclaim that his name is exalted. (Isaiah 12).
- 8) I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word. (Psalm 138:2).
- 9) I will praise you with an upright heart as I learn your righteous laws. (Psalm 119:7).
- 10) [Jesus said] "You are the light of the world. Let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matthew 5:14-16).
- 11) Accept one another, then, just as Christ accepted you, in order to bring praise to God. (Romans 15:7).

- 12) Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. (Peter 1:3).
- 13) May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer. (Psalm 19:14).
- 14) Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. (Psalm 95:1-2).
- 15) Enter [the Lord's] gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. (Psalm 100:4-5).
- 16) Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. (Colossians 3:16).
- 17) Give thanks to the Lord, for he is good. His love endures forever. Give thanks to the God of heaven. His love endures forever. (Psalm 136:1 and 26).
- 18) Mary said, "My soul glorifies the Lord and my spirit rejoices in God my Saviour.... The Mighty One has done great things for me — holy is his name." (Luke 1:46).
- 19) [Zechariah said,] "Praise be to the Lord, God of Israel, because he has come and has redeemed his people. He has raised up a horn of salvation for us in the house of his servant David, as he said through his holy prophets long ago." (Luke 1:68-70).
- 20) Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits. (Psalm 103:1-3).
- 21) In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? (Psalm 56:4).
- 22) Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen. (Ephesians 3:20-21).
- 23) Because your love is better than life, my lips will glorify you. (Psalm 63:3).
- 24) Sing to the LORD a new song, for he has done marvellous things; his right hand and his holy arm have worked salvation for him. (Psalm 98:1).
- 25) And they sang a new song: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased men for God from every tribe and language and people and nation. (Revelation 5:9).
- 26) My mouth is filled with your praise, declaring your splendour all day long. (Psalm 71:8).
- 27) I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name forever and ever. (Psalm 145:1-2).
- 28) Great is the LORD and most worthy of praise; his greatness no one can fathom. One generation will commend your works to another; they will tell of your mighty acts. (Psalm 145:3-4).
- 29) Praise the LORD, O my soul. I will praise the LORD all my life; I will sing praise to my God as long as I live. (Psalm 146:1-2).

- 30) Praise the LORD, O my soul, and forget not all his benefits — who forgives all our sins and heals all our diseases... (Psalm 103:2-3).
- 31) I will praise you, O LORD, among the nations; I will sing of you among the peoples. (Psalm 108:3).
- 32) LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvellous things, things planned long ago. (Isaiah 25:1).
- 33) God, whom I praise, do not remain silent, for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues. (Psalm 109:1-2).
- 34) Who can proclaim the mighty acts of the LORD or fully declare his praise? (Psalm 106:2).
- 35) Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The LORD has done great things for them." (Psalm 126:2).
- 36) God is spirit, and his worshipers must worship in spirit and in truth. (John 4:24)
- 37) "Stand up and praise the LORD your God, who is from everlasting to everlasting. Blessed be your glorious name, and may it be exalted above all blessing and praise." (Nehemiah 9:5).
- 38) Blessed be your glorious name, and may it be exalted above all blessing and praise. (Nehemiah 9:5).
- 39) You alone are the LORD. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you. (Nehemiah 9:6).
- 40) Who among the gods is like you, O LORD? Who is like you — majestic in holiness, awesome in glory, working wonders? (Exodus 15:11).
- 41) Be exalted, O LORD, in your strength; we will sing and praise your might. (Psalm 21:13).
- 42) Rejoice in the LORD, you who are righteous, and praise his holy name. (Psalm 97:12).
- 43) Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. (Psalm 90:14).
- 44) To the only wise God be glory forever through Jesus Christ! Amen. (Romans 16:27).
- 45) I will praise God's name in song and glorify him with thanksgiving. (Psalm 69:30).
- 46) I will praise God's name in song and glorify him with thanksgiving. This will please the LORD more than an ox, more than a bull with its horns and hoofs. The poor will see and be glad — you who seek God, may your hearts live! (Psalm 69:30-32).
- 47) ...You were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory. (Ephesians 1:13-14).
- 48) To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy — to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen. (Jude 1:24-25).
- 49) The arrogance of man will be brought low and the pride of men humbled; the LORD alone will be exalted in that day, and the idols will totally disappear. (Isaiah 2:17-18).

- 50) Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3:20-21).
- 51) If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. (1 Peter 4:11).
- 52) To our God and Father be glory forever and ever. Amen. (Philippians 4:20).
- 53) But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. (Psalm 5:11).
- 54) In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven. (Matthew 5:16).
- 55) Everyone was amazed and gave praise to God. They were filled with awe and said, "We have seen remarkable things today." (Luke 5:26).
- 56) "But will God really dwell on earth with men? The heavens, even the highest heavens, cannot contain you. How much less this temple I have built!" (2 Chronicles 6:18).
- 57) And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb." (Revelation 7:10).
- 58) [After Jesus had raised the son of the widow from Nain:] They were all filled with awe and praised God. "A great prophet has appeared among us," they said. "God has come to help his people." (Luke 7:16).
- 59) "How great you are, O Sovereign LORD! There is no one like you, and there is no God but you, as we have heard with our own ears." (2 Samuel 7:22).
- 60) What a wretched man I am! Who will rescue me from this body of death? Thanks be to God — through Jesus Christ our Lord! (Romans 7:24-25).
- 61) LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. (Psalm 8:1).
- 62) I will praise you, O LORD, with all my heart; I will tell of all your wonders. (Psalm 9:1).
- 63) "Stand up and praise the LORD your God, who is from everlasting to everlasting. Blessed be your glorious name, and may it be exalted above all blessing and praise." (Nehemiah 9:5b).
- 64) You alone are the LORD. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you. (Nehemiah 9:6).
- 65) Who should not revere you, O King of the nations? This is your due. Among all the wise men of the nations and in all their kingdoms, there is no one like you. (Jeremiah 10:7).
- 66) "Praise be to the LORD your God, who has delighted in you and placed you on the throne of Israel. Because of the Lord's eternal love for Israel, he has made you king, to maintain justice and righteousness." (1 Kings 10:9).

- 67) He is your praise; he is your God, who performed for you those great and awesome wonders you saw with your own eyes. (Deuteronomy 10:21).
- 68) When they [the Jewish Christians] heard this, they had no further objections and praised God, saying, "So then, God has granted even the Gentiles repentance unto life." (Acts 11:18).
- 69) I will sing to the LORD all my life; I will sing praise to my God as long as I live. May my meditation be pleasing to him, as I rejoice in the LORD. (Psalm 104:33-34).
- 70) Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. (Lamentations 3:22-23).
- 71) Shout for joy to the LORD, all the earth. (Psalm 100:1).
- 72) Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. (Psalm 100:4).
- 73) About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. (Acts 16:25).
- 74) I will be glad and rejoice in you; I will sing praise to your name, O Most High. (Psalm 9:2).
- 75) For you make me glad by your deeds, O LORD; I sing for joy at the works of your hands. (Psalm 92:4).
- 76) I will extol the LORD at all times; his praise will always be on my lips. (Psalm 34:1).
- 77) Glorify the LORD with me; let us exalt his name together. (Psalm 34:3).
- 78) Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. (2 Corinthians 1:3-4).
- 79) The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told. (Luke 2:20).

*It is good to praise
the Lord
and make music
to Your name,
O Most High.
Psalm 92:1*

Some Helpful Books on Praise

- Ensley, Eddie. *Sounds of Wonder: Speaking in Tongues in the Catholic Tradition* (New York: Paulist Press, 1977).
- Hinnebusch, Paul. *Praise a Way of Life* (Ann Arbor, MI: Word of Life, 1976)
- Vadia, Maria. *Jesus Man of War: His Victory For Those Who Praise Him* (Golets, CA: Queenship Company, 2015).
- Carothers, Merlin, *From Prison to Praise* (Lake Mary, FL: Charisma Books, 1972)
- *Power in Praise* (Escondido, CA: Carothers, 1972).
- Collins, Pat, "Delivering Cities, Towns & Localities from Territorial Spirits" in *Freedom From Evil Spirits* (Dublin: Columba, 2019).
- Schubert, Linda. *Miracle Hour* (Santa Clara, CA: Miracles of the Heart Ministries; 2009)

