

These activities are simple and fun ways for an individual or family to facilitate all-day awareness of God and praise. In the pages after these descriptions you will find sample lists you could print out and use right away. You can also create your own lists of promises and praises that are special to you or relevant to the situation in your nation.

### **Praise Jar – Constant Reminders to Facilitate Praise**

Print or write out praises of God from the scriptures. This could be the entire praises or just the verse reference. Then cut up the praises into individual slips of paper and place them in a glass jar. During the day, whenever anyone passes the jar, take out a piece of paper and read/look up the praise. Then use the scripture and your own words to praise God in the manner described. Speak out and declare ways you have experienced this truth in your own life.

### **Promise Jar – Declaring God’s goodness over Hard Situations**

Print or write out promises of God from the scriptures. This could be the entire promise or just the verse reference. Then cut up the promises into individual slips of paper and place them in a glass jar. During the day, whenever anyone passes the jar, take a piece of paper out of the jar and read or look up the promise. Then speak out this promise of God and declare his truth over some life situation you face. This could be personal struggles, relationships, injustices or the lost peoples of your home or adopted nation.

## Psalm 145 – Praises of God

I will exalt you, my God the King;  
I will praise your name for ever and ever.  
<sup>2</sup> Every day I will praise you  
and extol your name for ever and ever.

<sup>3</sup> Great is the LORD and most worthy of praise;  
his greatness no one can fathom.

<sup>4</sup> One generation commends your works to  
another;  
they tell of your mighty acts.

<sup>5</sup> They speak of the glorious splendor of your  
majesty—  
and I will meditate on your wonderful  
works. <sup>[b]</sup>

<sup>6</sup> They tell of the power of your awesome  
works—  
and I will proclaim your great deeds.

<sup>7</sup> They celebrate your abundant goodness  
and joyfully sing of your righteousness.

<sup>8</sup> The LORD is gracious and compassionate,  
slow to anger and rich in love.

<sup>9</sup> The LORD is good to all;  
he has compassion on all he has made.

<sup>10</sup> All your works praise you, LORD;  
your faithful people extol you.

<sup>11</sup> They tell of the glory of your kingdom  
and speak of your might,

<sup>12</sup> so that all people may know of your mighty  
acts  
and the glorious splendor of your kingdom.

<sup>13</sup> Your kingdom is an everlasting kingdom,  
and your dominion endures through all  
generations.

The LORD is trustworthy in all he promises  
and faithful in all he does. <sup>[c]</sup>

<sup>14</sup> The LORD upholds all who fall  
and lifts up all who are bowed down.

<sup>15</sup> The eyes of all look to you,  
and you give them their food at the proper  
time.

<sup>16</sup> You open your hand  
and satisfy the desires of every living thing.

<sup>17</sup> The LORD is righteous in all his ways  
and faithful in all he does.

<sup>18</sup> The LORD is near to all who call on him,  
to all who call on him in truth.

<sup>19</sup> He fulfills the desires of those who fear him;  
he hears their cry and saves them.

<sup>20</sup> The LORD watches over all who love him,  
but all the wicked he will destroy.

<sup>21</sup> My mouth will speak in praise of the LORD.  
Let every creature praise his holy name  
for ever and ever.

## **PSALM 37 – Promises for the Godly**

- You will live safely in the land and prosper
- He will give you your heart's desires
- He will help you
- He will make your innocence radiate like the dawn
- The justice of your cause will shine like the noonday sun
- You will possess the land
- You will live in peace and prosperity
- The Lord will take care of you
- The Lord takes care of the innocent
- You will receive an inheritance that lasts forever
- You will not be disgraced in hard times
- Even in famine you will have more than enough
- You will possess the land
- The Lord will direct your steps
- He delights in every detail of your life
- You may stumble, but you will never fall
- The Lord takes you by your hand
- He never abandons the godly
- Your children will never beg for food
- Your children will be a blessing
- You will live in the land forever
- He will keep you safe forever
- You will never slip from His path
- He will never let you be condemned when you are put on trial
- He will honor you by giving you the land
- You will see the wicked destroyed
- A wonderful future awaits those who love peace
- The Lord will rescue you
- The Lord helps you
- You will find shelter in Him