

First Exercise in Spiritual Training

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Morning Praise (5 minutes a day)

The first training exercise is to begin each day with praises.

Characteristics of Praise: Praises are not only in the heart. In the Psalms, we see that praises are vocal, victorious, emotional and joyful.

Why should we praise aloud?

- **The Word of God has creative power**

God used His Word to create heaven and earth.

Rom 10:9 If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Mark 11:23 Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.

James 3:2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.

What does it mean "to bridle his whole body"? This means "to rule over" and "to control" ourselves. That means your words can control your whole body.

James 3:3-5 Bits in the mouth of horses

Rudder of ships

Small fire in a forest

The Word of God has healing power

- **To reveal the presence of God**

Ps 22:3 Yet you are holy, enthroned on the praises of Israel.

Our praises attract the presence of God's throne, which is the presence of God Himself. When God's throne is present, you will be powerful and victorious. When you praise, amazing things will happen in the spiritual realm.

Our praises also enable a paradigm shift from self-centeredness to God's power. Focus is important. Where you set your focus, there you will draw your power.

- **To help concentrate**

Why should we emphasize "morning"? Why should we begin each day with praises?

Ps 5:3 O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.

Have you been to a recital? Before performance, the orchestra has to tune up, or the recital would be out of tune. If we do not begin a busy new day with worship, our heart

will be upset by all sorts of worries and troubles.

Or you may say, I am working on shift, and I sleep in the morning. Actually, “morning” means the beginning of a new day. No matter if you are working on shifts, you would have the beginning of day, right? The point is that: begin each day by coming to God.

A good beginning is half success.

Practice: Begin each morning with 5 minutes of praise to God. Refer to “Morning Prayers of Praise”.