

XTREME

PRAISE

BOOKLET

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A PRAYER OF PRAISE TO GOD!

Bible Verses Compiled & Edited by Maria Fontaine

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We will sing unto Thee, O Lord, for Thou hast triumphed gloriously:
Thou art our strength & our song, & Thou hast become our Salvation:
and we will prepare Thee an habitation; & we will exalt Thee.

Thou art a man of war: The Lord is Thy Name.

The depths hath covered our enemies: They have sunk into the
bottom as the stone.

Thy right hand, O Lord, is become glorious in power: Thy right hand,
O Lord, hath dashed in pieces the Enemy.

In the greatness of Thy excellency Thou hast overthrown them that
rose up against Thee: Thou sentest forth Thy wrath, which consumed them
as stubble.

Who is like unto Thee, O Lord? Who is like Thee, glorious in holiness,
fearful in praises, doing wonders?

Thou in Thy mercy hast led forth the people which Thou hast
redeemed: Thou hast guided them in Thy strength unto Thy holy habitation.

Thou shalt bring them in, & plant them in the mountain of Thy
inheritance, in the place, O Lord, which Thou hast made for Thee to dwell
in, in Thy Sanctuary, O Lord, which Thy hands have established.

And Thou shalt reign for ever & ever.

We sing unto Thee, O Lord, for Thou hast triumphed gloriously.

Thou art our rock, & our fortress, & our deliverer;

The God of our rock; in Thee will we trust: Thou art our shield & the
horn of our Salvation, our high tower, & our refuge, our Saviour; Thou
savest us from violence.

We will call upon Thee, Who art worthy to be praised: So shall we be
saved from our enemies.

We glory in Thy holy Name: Our hearts greatly rejoice in Thy
Salvation.

For Thou art great, & greatly to be praised.

Glory & honour are in Thy presence; strength & gladness are in Thy
place.

We give thanks unto Thee, O God, for Thou art good, & Thy mercy
endureth for ever.

Blessed be Thy Name for ever & ever.

Blessed be Thou, Lord God of Israel our Father, for ever & ever.

Thine, O Lord, is the greatness, & the power, & the glory, & the
victory, & the majesty: For all that is in the Heaven & in the Earth is Thine;

Thine is the Kingdom, O Lord, & Thou art exalted as head above all.

Both riches & honour come of Thee, & Thou reignest over all; & in Thine hand is power & might; & in Thine hand it is to make great, & to give strength unto all.

Now therefore, our God, we thank Thee, & praise Thy glorious Name. All things come of Thee, & of Thine Own have we given Thee.

Thou art our praise, & Thou art our God, & hast done for us these great & terrible things, which our eyes have seen.

Blessed be Thy glorious Name, which is exalted above all blessing & praise.

Thou, even Thou, art Lord alone; & Thou hast made Heaven, the Heaven of heavens, with all their hosts, the Earth, & all things that are therein, the seas, & all that is therein, & Thou preservest them all; & the host of Heaven worshippeth Thee.

Behold, Thou art our Salvation; we will trust, & not be afraid; for Thou art our strength & our song; & hast also become our Salvation.

We will praise Thee, O Lord, & call upon Thy Name. We will declare Thy doings among the people, & make mention that Thy Name is exalted.

We will sing unto Thee, Lord, for Thou hast done excellent things which are known throughout all the Earth.

We will cry out & shout, for Thou, O Lord, art great in the midst of us.

We will lift up our voices to Thee, O God, & sing for Thy majesty, O Lord.

Thou art our God; we will exalt Thee, we will praise Thy Name; for Thou hast done wonderful things; Thy counsels of old are faithfulness & Truth.

We will sing unto Thee a new song, & Thy praise unto the ends of the Earth.

Blessed be Thy Name, O God, for ever & ever: For wisdom & might are Thine.

We thank Thee, & praise Thee, O Thou God of our fathers, Who hast given us wisdom & might, & Who hast made known unto us the treasures of Thy Word.

We praise & extol & honour Thee, O God. Thy works are Truth, & Thy ways judgement.

We will sacrifice unto Thee with the voice of thanksgiving; we will pay that which we have vowed.

Our souls do magnify Thee, O Lord.

And our spirits have rejoiced in Thee, our Saviour.

For Thou hast regarded our low estate: For behold, all generations shall call us blessed.

For Thou Who art mighty hast done to us great things; & holy is Thy Name.

And Thy mercy is upon us who fear Thee from generation to generation.

Thou hast shown strength with Thine arm; Thou hast scattered the proud in the imagination of their hearts.

Thou hast put down the mighty in their seats, & exalted them of low degree.

Thou hast filled the hungry with good things; & the rich Thou hast sent empty away.

Blessed art Thou, O God, for Thou hast visited & redeemed Thy people.

And hath raised up an horn of Salvation for us in the house of Thy servant David.

That we should be saved from our enemies, & from the hand of all that hate us;

To perform the mercy promised to our fathers, & to remember Thy holy covenant.

Lord, Thou art God, which hast made Heaven, & Earth, & the sea, & all that in them is:

For of Thee, & through Thee, & to Thee, are all things: To Thee be glory for ever. Amen.

Now unto Thee, O Lord, be glory for ever & ever.

Unto Thee, O King eternal, immortal, invisible, the only wise God, be glory & honour for ever & ever.

We will declare Thy Name forever & sing praise unto Thee.

To Thee be praise & dominion for ever & ever.

To Thee be glory & majesty, dominion & power, now & forever.

We give glory to Thee, & worship Thee, O God.

Holy, holy, holy, Lord God Almighty, which was, & is, & is to come!

Thou art worthy, O Lord, to receive glory & honour & power: For Thou hast created all things, & for Thy pleasure they are, & were created.

Thou wast slain, & hast redeemed us to God by Thy blood out of every

kindred, & tongue, & people, & nation.

And hast made us unto our God kings & priests: & we shall reign on the Earth.

Worthy art Thou, O Lord, to receive power, & riches, & wisdom, & strength, & honour, & glory, & blessing.

Blessing, & honour, & glory, & power, be unto Thee that sitteth upon the throne, & unto Thee, O Lamb of God, for ever & ever.

Salvation to Thee, O God, which sitteth upon Thy throne.

Blessing, & glory, & wisdom, & thanksgiving, & honour, & power, & might be unto Thee, O God, for ever & ever. Amen.

We give Thee thanks, O Lord God Almighty, which art, & wast, & art to come; because Thou hast taken to Thee Thy great power, & hast reigned.

Great & marvellous are Thy works, Lord God Almighty; just & true are Thy ways, Thou King of saints.

Who shall not fear Thee, O Lord, & glorify Thy Name? For Thou only art holy: For all nations shall come & worship before Thee; for Thy judgments are made manifest.

We will praise Thee, O Lord, according to Thy righteousness: and will sing praise to Thy Name, O Lord, most High.

O Lord, our Lord, how excellent is Thy Name in all the Earth! Who hast set Thy glory above the heavens.

We will praise Thee, O Lord, with our whole heart; we will shew forth all Thy marvellous works.

We will be glad and rejoice in Thee: We will sing praise to Thy Name, O Thou most High.

When our enemies are turned back, they shall fall and perish at Thy presence.

Thou, Lord, shalt endure for ever: Thou hast prepared Thy throne for judgment.

Thou shalt judge the World in righteousness, Thou shalt minister judgment to the people in uprightness.

Thou shalt be a refuge for the oppressed, a refuge in times of trouble.

And they that know Thy Name shall put their trust in Thee: For Thou hast not forsaken them that seek Thee.

We will sing praises to Thee, O Lord, we will declare among the people Thy doings.

We have trusted in Thy mercy; our heart shall rejoice in Thy

Salvation.

We will sing unto Thee, O Lord, because Thou hast dealt bountifully with us.

Thou, Lord, art the portion of our inheritance and of our cup: Thou maintainest our lot.

The lines are fallen unto us in pleasant places; yea, we have a goodly heritage.

We will bless Thee, Lord, Who hast given us counsel:

We have set Thee always before us: Because Thou art at our right hand, we shall not be moved.

Thou wilt shew us the path of life: In Thy presence is fullness of joy; at Thy right hand there are pleasures for evermore.

We will love Thee, O Lord, our strength.

Thou art our rock, and our fortress, and our deliverer; our God, our strength, in whom we will trust; our buckler, and the horn of our Salvation, and our high tower.

We will call upon Thee, Who art worthy to be praised:

Thy way is perfect: Thy Word is tried: Thou art a buckler to all those that trust in Thee.

It is Thou Who girdest us with strength, and makest our way perfect.

We will give thanks unto Thee, O Lord, among the heathen, and sing praises unto Thy Name.

The heavens declare Thy glory, O God; and the firmament sheweth Thy handywork.

Thy law, O Lord, is perfect, converting the soul: Thy testimonies are sure, making wise the simple.

Thy statutes are right, rejoicing the heart: Thy commandments are pure, enlightening the eyes.

Thy fear is clean, enduring for ever: Thy judgments are true and righteous altogether.

More to be desired are they than gold, yea, than much fine gold: Sweeter also than honey and the honeycomb.

Moreover by them are Thy servants warned: and in keeping of them there is great reward.

We will rejoice in Thy Salvation, and in Thy Name we will set up our banners:

We will joy in Thy strength, O Lord; and in Thy Salvation how greatly

shall we rejoice!

For Thou hast given us our heart's desire, and hast not withholden the request of our lips.

Be Thou exalted, O Lord, in Thine Own strength: So will we sing and praise Thy power.

Blessed be Thy Name, O Lord, because Thou hast heard the voice of our supplications.

Thou art our strength and our shield; we trusted in Thee, and we are helped: Therefore our hearts greatly rejoice; and with our songs will we praise Thee.

We will extol Thee, O Lord; for Thou hast lifted us up, and hast not made our foes to rejoice over us.

O Lord our God, we will give thanks unto Thee for ever.

For Thy Word is right; and all Thy works are done in Truth.

We will bless Thee, Lord, at all times: Thy praise shall continually be in our mouths.

Our souls shall make their boast in Thee, Lord: The humble shall hear thereof, and be glad.

Our tongues shall speak of Thy righteousness and of Thy praise all the day long.

Many, O God, are Thy wonderful works that Thou hast done, and Thy thoughts which are to us-ward.

Thou wilt command Thy lovingkindness in the day time, & in the night Thy songs shall be with us, & our prayers unto Thee, our God.

We will praise Thee, the health of our countenance, and our God.

In Thee we will boast all the day long, and praise Thy Name for ever.

Thy throne, O God, is for ever and ever: The sceptre of Thy Kingdom is a right sceptre.

Thou lovest righteousness, and hatest wickedness:

Be exalted among the heathen, be exalted in the Earth.

We sing praises unto Thee, O God, we sing praises unto Thee, O King.

Thou, O Lord, art greatly exalted.

Thy right hand is full of righteousness.

Our tongues shall sing aloud of Thy righteousness.

Open Thou our lips; and our mouths shall shew forth Thy praise.

We will praise Thee for ever, because Thou hast done it: And we will wait on Thy Name; for it is good before Thy saints.

We will praise Thy Name, O Lord; for it is good.

For Thou hast delivered us out of all trouble: And our eyes have seen Thy desire upon our enemies.

We will call upon Thee; and Thou shalt save us.

Evening, and morning, and at noon, will we pray, and cry aloud: And Thou shalt hear our voices.

In Thee will we praise Thy Word.

In Thee have we put our trust: We will not be afraid what Man can do unto us.

We will render praises unto Thee.

Be Thou exalted, O God, above the heavens; let Thy glory be above all the Earth.

We will praise Thee among the people: We will sing unto Thee among the nations.

Be Thou exalted above the heavens: Let Thy glory be above all the Earth.

We will sing of Thy power; yea, we will sing aloud of Thy mercy in the morning: For Thou hast been our defence and refuge in the day of our trouble.

Unto Thee, O Lord our strength, will we sing: For Thou art our defence, and the God of our mercy.

Because Thy lovingkindness is better than life, our lips will praise Thee.

Thus will we bless Thee as long as we live: We will lift up our hands in Thy Name.

We declare Thy works, O God.

We shall be glad in Thee, O God, & shall trust in Thee.

We sing forth Thy honour, O Lord.

We worship Thee, and shall sing unto Thee, we bless Thy Name, O God.

Blessed art Thou, Who hast not turned away our prayers, nor Thy mercy from us.

Be Thou merciful unto us, and bless us; and cause Thy face to shine upon us.

Thou shalt bless us; and all the ends of the Earth shall fear Thee.

Blessed art Thou, O Lord, Who daily loadeth us with benefits, even the God of our Salvation.

Thou Who art our God art the God of Salvation.

We bless Thee, O God, in the congregations, even Thy Name, O Lord, from the fountain of Israel.

We ascribe strength unto Thee, O God: Thy excellency is over Thy people, and Thy strength is in the clouds.

O God, Thou art terrible out of Thy holy places: Thou, the God of Israel art Thou Who giveth strength and power unto Thy people.

Let the Heaven and Earth praise Thee, the seas, and every thing that moveth therein.

But we will hope continually, and will yet praise Thee more and more.

Our mouths shall shew forth Thy righteousness and Thy Salvation all the day; for we know not the numbers thereof.

We will go in Thy strength, Lord God: We will make mention of Thy righteousness, even of Thine only.

O God, Thou hast taught us from our youth: And hitherto have we declared Thy wondrous works.

Now also when we are old and greyheaded, O God, forsake us not; until we have shewed Thy strength unto this generation, and Thy power to every one that is to come.

Thy righteousness also, O God, is very high, Who hast done great things: O God, Who is like unto Thee!

Thou shalt increase our greatness, and comfort us on every side.

We will also praise Thee with the psaltery, even Thy Truth, O God: Unto Thee will we sing with the harp, O Thou Holy One of Israel.

Our lips shall greatly rejoice when we sing unto Thee; and our souls, which Thou hast redeemed.

Our tongues also shall talk of Thy righteousness all the day long: For they are confounded, for they are brought unto shame, that seek our hurt.

Blessed be Thy glorious Name for ever: Let the whole Earth be filled with Thy glory; Amen, and Amen.

We have put our trust in Thee, that we may declare all Thy works.

Thou art our King of old, working Salvation in the midst of the Earth.

The day is Thine, the night also is Thine: Thou hast prepared the light and the sun.

Thou hast set all the borders of the Earth: Thou hast made summer and winter.

Unto Thee, O God, do we give thanks, unto Thee do we give thanks:

For that Thy Name is near Thy wondrous works declare.

We will remember Thy works, O Lord, most High: Surely we will remember Thy wonders of old.

We will meditate also of all Thy work, and talk of Thy doings.

Thy way, O God, is in the sanctuary: Who is so great a God as our God?

Thou art the God that doest wonders: Thou hast declared Thy strength among the people.

Thou hast with Thine arm redeemed Thy people.

We Thy people and sheep of Thy pasture will give Thee thanks for ever: We will show forth Thy praise to all generations.

We will sing aloud unto Thee our strength: And make a joyful noise unto Thee.

Thou art the most High over all the Earth.

Righteousness shall go before Thee; and shall set us in the way of Thy steps.

All nations whom Thou hast made shall come and worship before Thee, O Lord; and shall glorify Thy Name.

For Thou art great, and doest wondrous things: Thou art God alone.

We will praise Thee, O Lord our God, with all our hearts: And we will glorify Thy Name for evermore.

For great is Thy mercy toward us: Thou hast delivered our souls from the lowest hell.

Thou, O Lord, art a God full of compassion, and gracious, long suffering, and plenteous in mercy and Truth.

We will sing of Thy mercies, O Lord, for ever: With our mouths will we make known Thy faithfulness to all generations.

Thy faithfulness shalt Thou establish in the very heavens.

And the heavens shall praise Thy wonders, O Lord: Thy faithfulness also in the congregation of the saints.

For who in the Heaven can be compared unto Thee? Who among the sons of the mighty can be likened unto Thee?

Thou art greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about Thee.

O Lord God of hosts, who is a strong Lord like unto Thee? or to Thy faithfulness round about Thee?

The heavens are Thine, the Earth also is Thine: As for the World and

the fullness thereof, Thou hast founded them.

Thou hast a mighty arm: Strong is Thy hand, and high is Thy right hand.

Justice and judgment are the habitation of Thy throne: Mercy and Truth shall go before Thy face.

In Thy Name shall we rejoice all the day: And in Thy righteousness shall we be exalted.

For Thou art the glory of our strength: And in Thy favour we shall be triumphant.

For Thou art our defence; and Thou art our King.

Blessed be Thou for evermore. Amen, and Amen.

Lord, Thou hast been our dwelling place in all generations.

It is a good thing to give thanks unto Thee, O Lord, and to sing praises unto Thy Name, O most High:

To shew forth Thy lovingkindness in the morning, and Thy faithfulness every night,

Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound.

For Thou, Lord, hast made us glad through Thy work: We will triumph in the works of Thy hands.

O Lord, how great are Thy works! and Thy thoughts are very deep.

Thou, Lord, art most High for evermore.

For, lo, Thine enemies, O Lord, for, lo, Thine enemies shall perish; all the workers of iniquity shall be scattered.

Thou, Lord, reignest; Thou art clothed with majesty; Thou art clothed with strength, wherewith Thou hast clothed Thyself: The World also is stablished, that it cannot be moved.

Thy throne is established of old: Thou art from everlasting.

Thou on high art mightier than the noise of many waters, yea, than the mighty waves of the sea.

Thy testimonies are very sure: Holiness becometh Thine house, O Lord, for ever.

We will sing unto Thee, O Lord: We will make a joyful noise to Thee, the rock of our Salvation.

We will come before Thy presence with thanksgiving, and make a joyful noise unto Thee with psalms.

For Thou art a great God, and a great King above all gods.

In Thy hand are the deep places of the Earth: The strength of the hills is Thine also.

The sea is Thine, and Thou hast made it: And Thy hands have formed the dry land.

We will worship before Thee and bow down: We kneel before Thee, O Lord, our Maker.

For Thou art our God; and we are the people of Thy pasture, and the sheep of Thy hand.

We will sing unto Thee a new song: We will sing unto Thee.

We will sing unto Thee, and shew forth Thy Name, we will show forth Thy Salvation from day to day.

We will declare Thy glory among the heathen, Thy wonders among all people.

For Thou art great, and greatly to be praised: Thou art to be feared above all gods.

For all the gods of the nations are idols: But Thou hast made the heavens.

Honour and majesty are before Thee: Strength and beauty are in Thy sanctuary.

We will give unto Thee, O Lord, we will give unto Thee glory and strength.

We will give unto Thee, Lord, the glory due unto Thy Name: We will bring an offering, and come into Thy courts.

We will worship Thee in the beauty of holiness: We will fear before Thee continually.

We will say among the heathen that Thou reignest: The World also shall be established that it shall not be moved: Thou shalt judge the people righteously.

Let the heavens rejoice, and let the Earth be glad; let the sea roar, and the fullness thereof.

Let the field be joyful, and all that is therein: Then shall all the trees of the wood rejoice.

Before thee, Lord: For Thou comest, Thou comest to judge the Earth: Thou shalt judge the World with righteousness, and the people with Thy Truth.

Thou, Lord, reignest; let the Earth rejoice; let the multitude of isles be glad.

The heavens declare Thy righteousness, and all the people see Thy

glory.

Thou, Lord, art high above all the Earth: Thou art exalted far above all gods.

We will rejoice in Thee, and will give thanks at the remembrance of Thy holiness.

We sing unto Thee a new song; for Thou hast done marvellous things: Thy right hand, and Thy holy arm, hast gotten Thee the victory.

Thou hast made known Thy Salvation: Thy righteousness hast Thou openly shewed in the sight of the heathen.

Thou reignest; let the people tremble: Thou sittest between the cherubims; let the Earth be moved.

Thou art great; and Thou art high above all the people.

Let them praise Thy great and terrible Name; for it is holy.

The king's strength also loveth judgment; Thou dost establish equity, Thou executest judgment and righteousness.

We exalt Thee, O God, and worship at Thy footstool; for Thou art holy.

We exalt Thee, O God, and worship at Thy holy hill; for Thou, the Lord our God, art holy.

Make a joyful noise unto the Lord, all ye lands.

We will serve Thee with gladness: We will come before Thy presence with singing.

Thou, O Lord, art God, and it is Thou that hast made us, and not we ourselves; we are Thy people, and the sheep of Thy pasture.

We will enter into Thy gates with thanksgiving, and into Thy courts with praise: We will be thankful unto Thee, and bless Thy Name.

For Thou art good; & Thy mercy is everlasting; and Thy Truth endureth to all generations.

We will sing of mercy and judgment: Unto Thee, O Lord, will we sing.

Bless the Lord, O my soul; we will not forget all Thy benefits, O Lord!

Thou executest righteousness and judgment for all that are oppressed.

Bless the Lord, ye His Angels, that excel in strength, that do His commandments, hearkening unto the voice of His Word.

Bless ye the Lord, all ye His hosts; ye ministers of His, that do His pleasure.

Bless the Lord, all His works in all places of His dominion: Bless the

Lord, O my soul.

Bless the Lord, O my soul. O Lord our God, Thou art very great; Thou art clothed with honour and majesty.

O Lord, how manifold are Thy works! In wisdom hast Thou made them all: The Earth is full of Thy riches.

Thy glory, O Lord, shall endure for ever: Thou shalt rejoice in Thy works.

We will sing unto Thee as long as we live: We will sing praise to Thee, our God, as long as we live.

Our meditations of Thee shall be sweet: We will be glad in Thee, O Lord.

We will glory in Thy holy Name.

We will praise Thee, O God. We will give thanks unto Thee; for Thou art good: For Thy mercy endureth for ever.

Who can utter Thy mighty acts, O Lord? Who can shew forth all Thy praise?

We will give thanks unto Thee, O Lord, for Thou art good: & Thy mercy endureth for ever.

We, Thy redeemed, will say so, for Thou hast redeemed us from the hand of the Enemy;

And hast gathered us out of the lands, from the east, and from the west, from the north, and from the south.

Oh that men would praise Thee, for Thy goodness, and for Thy wonderful works to the children of men!

Thou satisfiest the longing soul, and fillest the hungry soul with goodness.

For Thou hast broken the gates of brass, and cut the bars of iron in sunder.

Let us sacrifice the sacrifices of thanksgiving, and declare Thy works with rejoicing.

Let us exalt Thee also in the congregation of the people, and praise Thee in the assembly of the elders.

O God, our hearts are fixed; we will sing and give praise, even with our glory.

Awake, psaltery and harp: We ourselves will awake early.

We will praise Thee, O Lord, among the people: And we will sing praises unto Thee among the nations.

For Thy mercy is great above the heavens: And Thy Truth reacheth unto the clouds.

Be Thou exalted, O God, above the heavens: And Thy glory above all the Earth;

That Thy beloved ones may be delivered: Save with Thy right hand, and answer us.

We will greatly praise Thee, O Lord, with our mouths; yea, we will praise Thee among the multitude.

For Thou shalt stand at the right hand of the poor, to save him from those that condemn his soul.

Praise ye the Lord. We will praise Thee with our whole hearts, in the assembly of the upright, and in the congregation.

Thy works, O Lord, are great, sought out of all them that have pleasure therein.

Thy work is honourable and glorious: And Thy righteousness endureth for ever.

Thou hast made Thy wonderful works to be remembered: Thou art gracious and full of compassion.

Thou hast given meat unto them that fear Thee: Thou wilt ever be mindful of Thy covenant.

Thou hast shewed Thy people the power of Thy works, that Thou mightest give us the heritage of the heathen.

The works of Thy hands are verity and judgment; all Thy commandments are sure.

They stand fast for ever and ever, and are done in Truth and uprightness.

Thou hast sent redemption unto Thy people: Thou hast commanded Thy covenant for ever: Holy and reverend is Thy Name.

The fear of Thee, O Lord, is the beginning of wisdom: A good understanding have all they that do Thy commandments: Thy praise endureth for ever.

We praise Thee, O Lord. We, Thy servants, praise Thee. We praise Thy Name.

We bless Thy Name, O Lord, from this time forth and for evermore. From the rising of the sun unto the going down of the same Thy Name, O Lord, is to be praised.

Thou art high above all nations, and Thy glory above the heavens. Who is like Thee, O Lord our God, Who dwelleth on high,

Who humbleth Thyself to behold the things that are in Heaven, and in the Earth!

Thou raisest up the poor out of the dust, and liftest the needy out of the dunghill;

That Thou mayest set him with princes, even with the princes of Thy people.

Thou makest the barren woman to keep house, and to be a joyful mother of children. We praise Thee, our God.

We love Thee, O Lord, because Thou hast heard our voice and our supplications.

Because Thou hast inclined Thine ear unto us, therefore will we call upon Thee as long as we live.

For Thou hast delivered our souls from death, our eyes from tears, and our feet from falling.

Thou hast loosed our bonds.

We will offer to Thee the sacrifice of thanksgiving, and will call upon Thee.

For Thy merciful kindness is great toward us: And Thy Truth endureth for ever. We will praise Thee, O Lord.

Thou art our strength and our song, and art become our Salvation.

Thy right hand is exalted: Thy right hand doeth valiantly.

We will praise Thee: For Thou hast heard us, and art become our Salvation.

Thou art the Lord, which hath shown us light:

Thou art our God, and we will praise Thee: Thou art our God, we will exalt Thee.

Thy testimonies have we taken as an heritage for ever: For they are the rejoicing of our hearts.

We love Thy commandments above gold; yea, above fine gold.

We esteem all Thy precepts concerning all things to be right; and we hate every false way.

Thy testimonies are wonderful: Therefore do our souls keep them.

The entrance of Thy Words giveth light; it giveth understanding unto the simple.

Righteous art Thou, O Lord, and upright are Thy judgments.

Thy testimonies are righteous and very faithful.

Thy Words are very pure: Therefore Thy servants love them.

Consider how we love Thy precepts: Quicken us, O Lord, according to Thy lovingkindness.

Thy Word is true from the beginning: And every one of Thy righteous judgments endureth for ever.

We rejoice at Thy Word, as those who find great spoil.

We love Thy testimonies exceedingly.

Thy law is our delight.

Our help cometh from the Lord, which made Heaven and Earth.

Thou hast done great things for us; whereof we are glad.

We will go into Thy tabernacles: We will worship at Thy footstool.

Behold, bless ye the Lord, all ye servants of the Lord, which by night stand in the house of the Lord.

Lift up your hands in the sanctuary, and bless the Lord.

Thou, O Lord, Who hast made Heaven and Earth, bless us out of Zion.

Praise ye the Lord. Praise ye the Name of the Lord; praise him, O ye servants of the Lord.

Ye that stand in the house of the Lord, in the courts of the house of our God.

We praise Thee, O God, for Thou art good: We sing praises unto Thy Name; for it is pleasant.

For Thou hast chosen us unto Thyself, and Thy people for Thy peculiar treasure.

For we know that Thou art great, and that Thou, O God, art above all gods.

Whatsoever pleased Thee, that Thou didst in Heaven, and in Earth, in the seas, and all deep places.

Thy Name, O Lord, endureth for ever; and Thy memorial, O Lord, throughout all generations.

We give thanks, O Lord, unto Thee; for Thou art good: For Thy mercy endureth for ever.

We give thanks unto Thee, Thou God of gods: For Thy mercy endureth for ever.

We give thanks to Thee, Thou Lord of lords: For Thy mercy endureth for ever.

To Thou Who alone doest great wonders: For Thy mercy endureth for ever.

To Thou Who by wisdom made the heavens: For Thy mercy endureth

for ever.

We will praise Thee with our whole heart: Before the gods will we sing praise unto Thee.

We will worship toward Thy holy temple, and praise Thy Name for Thy lovingkindness and for Thy Truth: For Thou hast magnified Thy Word above all Thy Name.

In the day when we cried Thou hast answered us, and hast strengthened us with strength in our soul.

All the kings of the Earth shall praise Thee, O Lord, when they hear the Words of Thy mouth.

Yea, they shall sing in Thy ways, O Lord: For great is Thy glory.

Though Thou art high, yet hast Thou respect unto the lowly: But the proud Thou knowest afar off.

We will praise Thee; for we are fearfully and wonderfully made: Marvellous are Thy works; and that our souls know right well.

How precious also are Thy thoughts unto us, O God! how great is the sum of them!

If we should count them, they are more in number than the sand: When we awake, we are still with Thee.

We will extol Thee, our God, O king; and we will bless Thy Name for ever and ever.

Every day will we bless Thee; and we will praise Thy Name for ever and ever.

Great art Thou, and greatly to be praised; and Thy greatness is unsearchable.

One generation shall praise Thy works to another, and shall declare Thy mighty acts.

We will speak of the glorious honour of Thy majesty, and of Thy wondrous works.

And men shall speak of the might of Thy terrible acts: And we will declare Thy greatness.

They shall abundantly utter the memory of Thy great goodness, and shall sing of Thy righteousness.

. Thou art gracious, and full of compassion; slow to anger, and of great mercy.

Thou art good to all: And Thy tender mercies are over all Thy works.

All Thy works shall praise Thee, O Lord; and Thy saints shall bless

Thee.

They shall speak of the glory of Thy Kingdom, and talk of Thy power;
To make known to the sons of men Thy mighty acts, and the glorious
majesty of Thy Kingdom.

Thy Kingdom is an everlasting Kingdom, and Thy Dominion endureth
throughout all generations.

Thou upholdest all that fall, and raisest up all those that be bowed
down.

. The eyes of all wait upon Thee; and Thou givest them their meat in
due season.

Thou openest Thine hand, and satisfiest the desire of every living
thing.

Thou art righteous in all Thy ways, and holy in all Thy works.

Thou art nigh unto all them that call upon Thee, to all that call upon
Thee in truth.

Thou wilt fulfil the desire of them that fear Thee: Thou also wilt hear
their cry, and will save them.

Thou preservest all them that love Thee: But all the wicked Thou wilt
destroy.

Our mouths shall speak of Thy praise, O Lord: And all flesh shall bless
Thy holy Name for ever and ever.

We praise, O Lord. With our souls do we praise Thee.

While we live will we praise Thee, O God: We will sing praises unto
Thee while we have any being.

We will praise Thee, O God: For it is good to sing praises unto Thee, O
God; for it is pleasant; and praise is comely.

Thou dost build up Jerusalem: Thou gatherest together the outcasts of
Israel.

Great art Thou, O Lord, and of great power: Thy understanding is
infinite.

Thou hast strengthened the bars of our gates; Thou hast blessed our
children within us.

Praise ye the Lord. Praise ye the Lord from the heavens: Praise Him in
the heights.

Praise ye Him, all His Angels: praise ye Him, all His hosts.

Praise ye Him, sun and moon: praise Him, all ye stars of light.

Praise Him, ye heavens of heavens, and ye waters that be above the
heavens.

Let them praise the Name of the Lord: for He commanded, & they were created.

We will praise the Name of the Lord: For Thy Name alone is excellent; Thy glory is above the Earth and Heaven.

Thou also exalteth the horn of Thy people, the praise of all Thy saints; even of the children of Israel, a people near unto Thee. Praise ye the Lord.

We will praise Thee, O Lord. We will sing unto Thee a new song, and Thy praise in the congregation of saints.

We will rejoice in the Lord that made us: & we will be joyful in Thee, our King.

We will praise Thee in the dance: We will sing praises unto Thee with the timbrel and harp.

For Thou dost take pleasure in Thy people: Thou wilt beautify the meek with Salvation.

Let us be joyful in glory: We will sing aloud on our bed.

The high praises of Thee, O God, will be in our mouth, and a two-edged sword in our hand;

To execute vengeance upon the heathen, and punishments upon the people;

To bind their kings with chains, and their nobles with fetters of iron;

To execute upon them the judgment written: This honour have we Thy saints. Praise ye the Lord.

We praise Thee, O God. We praise Thee in Thy sanctuary: We praise Thee in the firmament of Thy power.

We praise Thee for Thy mighty acts: We praise Thee according to Thy excellent greatness.

We praise Thee with the sound of the trumpet: We praise Thee with the psaltery and harp.

We praise Thee with the timbrel and dance: We praise Thee with stringed instruments and organs.

We praise Thee upon the loud cymbals: We praise Thee upon the high sounding cymbals.

Let every thing that hath breath praise Thee, O Lord. Praise ye the Lord!

. We praise Thee, O God. We glorify Thee, we magnify Thy Name. We honour Thee & we love Thee. We bow before Thee & with our whole hearts do we praise Thee & give Thee thanks.--In Jesus' name, amen.



EXTREME

Praise

Extreme Praise

By Maria ML 3641 2/07 - Condo

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(Jesus:) Let it be the era of extreme praise for the Family! It is extreme in the world's eyes, but not in Mine. It is the way of the revolutionary, the extreme follower of Me and My ways, and of those who are willing to go to any length to love Me and praise Me and win others to My service. I love you, My heavenly extremists!

Take praise to the next level!

9. (Jesus, speaking to Mama:) You are improving in the realm of praise. You're a praiseful person. You're not only a positive, happy, joyful, and not negative person, but you go beyond that to where you actively wield the undefeatable weapon of praise. You have put some significant time and effort into learning to use the weapon of praise. You are not casual in the use of this weapon, but you really do try to use it more and use it effectively. You strive to learn about the use of this weapon, and you are making a lot of progress.

10. However, you still need to continue to apply yourself to learning to use the weapon of praise more. It simply takes a while to really grasp the power of this weapon, and it takes quite a long time for praise to become the habit in your life that I want, to the degree and with the intensity that I desire. You have done well, and you are learning to praise differently and offensively, but there is more that I want you to learn.

11. So you are well on your way to mastering this art. But the

angle that needs more attention and learning is that of using the weapon of praise more aggressively, learning to fight with it to defeat the Enemy when the Enemy is still in the stronger position. This is where you will gain much spiritual strength, for this aggressive use of the weapon of praise will speed you and others along to victory. No one has "come up to the average" of what the weapon of praise can do. None have fully tapped into that power.

12. You're starting to feel it a bit. You're starting to get the hang of it, and are approaching the point where you finally understand what can be done with aggressive praise, the kind of praise that turns the Enemy back when he is advancing, when he has the advantage, when he is strongly manifested. But take, for example, the situation with [the two young men who were being harassed by a gang]. How much have you used the aggressive weapon of praise on their behalf and [their parents']? I know you've prayed, you've called on spirit helpers, you've bound the power of the demons who are attacking, but how much have you picked up that aggressive weapon of praise and wildly whacked the Enemy? Has that been your weapon of choice? No.

13. Have you truly thanked Me for allowing things to reach such a bad state, so that I can work in the lives of My children? Have you thanked Me for those things, and then taken it a step further and been happy that you have the blessing of hearing the bad news, because you are thrilled about the results you know I'll bring about, the many Romans 8:28s that you'll see, and the good that will come of it?

14. Can you take what may seem to be a truly tragic, hopeless, desperate situation and allow it to kindle your faith in My power so much that you burst into praise, and you swing the weapon of praise boldly, thrilling to the battle, knowing that I will overcome, that I am greater, that I am in control, and that one way or another, I will bring ultimate victory?--Not to mention countless other benefits along the way?

15. Can you look at a terrible situation that is enough to upset your spirit and grieve your mother's heart, and yet rise above that, and instead race into battle with the weapon of praise?--Happily entering the fight, thankful that you have the privilege of taking on such an ugly mess with your undefeatable weapon, and with total peace in your heart that I am in control and that I allowed this for the good of all? And I don't mean just for the overall good somehow, or the good of those

involved, but for your personal good too--because I have things to show you, victories to bring through your prayers and praises, and spiritual fortitude for you to gain through your aggressive fighting.

16. This is one of the most powerful forms of praise: Praising right from the start, praising even though you haven't seen a hint of victory yet, praising even in spite of apparent defeat. When you have taken on that attitude, you will have only just begun scratching the surface of using the weapon of praise as the offensive weapon that I've designed it to be.

17. This aspect of praise is a tricky one to master, because it goes contrary to your natural mind. You feel that you're betraying even your sense of justice, honor, or compassion when you revel in the challenge and defy the Enemy's attacks by glorying in the battle like this. But when you feel that eagerness to fight, that thrill at seeing bad situations because you know that's the battleground where I am going to bring victory out of defeat, **then** you're starting to get there with the weapon of praise.

18. You, and all the children of David, have a long way to go with this weapon, and that's partly because it's so unnatural and even seemingly heartless to look at problems in a positive way, with gratefulness and praise.

19. You subconsciously pull back from saying such extreme praises in the face of problems, especially problems that hurt people, or where people are suffering or there is pain and injustice. You feel you must instead show sympathy, compassion, and understanding for the poor and downtrodden. But when you do that alone, you lose sight of the battle, and you aren't fighting. You're commenting or observing or analyzing, but not fighting. You're not truly fighting with praise until you glorify Me in spite of the pain, suffering, tears, sadness, injustice and anything else.

20. When you fight with the weapon of praise, the details of the situation become almost irrelevant, except that you are thankful that the situation, no matter how bad or ugly, has paved the way to the fighting ring for you, and has exposed the Enemy so that you can attack him and let Me win the victory. You're so thankful for My goodness, My mercy, My love, My wisdom, My care, My ability to use absolutely everything for good, that you overflow with praise to Me, because you are honored with the opportunity

and have the blessing of seeing Me move and act.

21. You love the fight, and therefore you love whatever situation brought you to that point. You are grateful and you praise Me for the fight, for the chance to engage your Enemy. And the "worse" the problem or situation, the happier you are for the opportunity, because you know you can only see your Enemy more clearly and know his weapons, and fight well.

22. That is how I wish for you to use the weapon of praise, My love. That is aggressive fighting. It's not just in what you say; it's not in the wording of your praises, although that is part of it. It's an **attitude**. It's about whether you run to the battle and fly into the Enemy's attacks and thank Me for every blow you're able to send his way.

23. This doesn't mean you're ignoring the seriousness of a situation; it means you're doing something about it. You're looking past what's in front of your eyes and you're seeing behind the scenes. You're acknowledging the spirit and the spiritual warfare and working with Me to overcome and bring My power into the situation. You're choosing to rise above. Fighting for a victory by choosing to praise is actually **doing** something to help the bad situation. When you only sympathize and feel bad and show concern, you're essentially a bystander in the spiritual warfare.

24. You know it will take time to reach that level of skill in wielding the weapon of praise as well as your attitude toward using praise. It's human nature to pull away from ugly things, to want to hide your face. It's human nature to not want to be uncomfortable. And certainly it's human nature to feel that sympathy is the only appropriate response to pain and hurt. Learning to go beyond your natural reactions and use praise in those situations is advanced soldiering and takes My supernatural anointing and power. But I can give it to you, and I will.

25. As a start, you could get some "scripts" from Me about how you can react to mock situations. Read those things aloud, and hear yourself say praises about bad, sad, ugly, mean, disgusting situations that make you cringe or cry, because it goes so against your grain and character and nature. Say those things. Practice. You'll get used to it, and then it will become natural--just like saying graphic love words to Me was unnatural to you at first, but now it feels very natural and beautiful. The

same will come to pass with your aggressive Enemy-killing supernatural praises.

26. The weapon of praise is not a sweet, gentle, loving little Christian toy gun that squirts harmless water bullets at the Enemy. The weapon of praise isn't a warm and fuzzy makes-me-feel-good-all-over powder puff of a tool. You have raw power in your hands with the weapon of praise, but it takes time, effort, study, and a vacuum to learn to use it and to truly access that power. It's an advanced weapon, and only those who really want it will learn to use it to its full extent. Only those who are truly humble enough to learn it and use it will ever come to know even a fraction of its power.

27. I commission you to become a student of the weapon of praise. Become a specialist. There is so much more to be discovered, so much more to be revealed. Ask, and you will not be disappointed, and you will grow tremendously in this art of war.

Tossing the lifeline of praise to those who are drowning

30. (Jesus:) You might naturally think that praising Me in a difficult situation is the opposite of having understanding and compassion. But think about Me and My love for you. Is there anything more perfect? Is there anyone who knows you better, understands you more deeply, or empathizes more completely?

31. But when I speak to you in times of trouble, do I get down in the sorrow with you and talk about how bad it is, how wronged you have been, how miserable the situation is? No, I offer you My hand to climb up and out of the sadness and into My perspective, where all is well, everything has a greater purpose, and where My love can surround you and heal you.

32. Take on My nature, and I will help you to know how to use praise in even the saddest and most personally troubling circumstances as a rescue rope, a blanket of comfort and warmth and encouragement to those who are struggling. If you are taking on My nature, your praises will be full of My heart of love, My understanding, and yet My perspective that I have a plan, I am in control, and thus you can

praise Me with faith that I'm going to take care of you and everything is going to be all right in the end.

33. Sometimes you will be praising through your tears, as your heart is broken for others and you feel their pain. That's okay--it's still praise. Sometimes you will have to desperately ask Me for My love and My perspective so that your praises come across with the right mixture of understanding for the situation, and yet blind faith that looks past the difficulty and faces Me to praise anyway.

34. Of course, it is never My plan for you to come across hard and calloused to the pain. I know many of you fear that too, for you wonder if your praise will come across as if you don't care or don't understand the difficulty. No one wants to come across in a self-righteous way. No one wants to come across in a way that would be hurtful when they're only trying to help. For most of you, your greatest fear about using this method of praise is that it would cause someone to feel unloved or uncared for, because in essence you have to look past the pain and suffering and instead let the light in through praise.

35. So you're going to have to realize, My loves, how powerful using the weapon of praise in these situations is, and how much of a lifesaver it is. When you're rescuing someone who is in serious danger of drowning, for example, you don't worry so much about whether their hair gets pulled or their skin gets scratched as you're hauling them up into the boat. You focus on saving them, and they're thankful. It's somewhat the same in learning to throw out the lifeline of praise to someone who is drowning in sadness or difficulty. You might not be expert at it at first, but should that keep you from learning, from giving someone the opportunity to be rescued? That would be a poor tradeoff indeed.

36. You're going to have to get over your worries about seeming insensitive and realize that praising Me in difficult situations might seem a bit insensitive at first, because it's turning away from the difficulty and facing Me. I can and will help you learn to mix praise with comfort and understanding, as you ask Me to help you take on My nature. But when it comes down to it, there is often a much greater need than mere sympathy, or only making someone feel better. There is often a solution needed, a long-term victory, a breakthrough in the spirit, a healing, a miracle, or what have you. And sympathy on its own isn't going to bring those elements of the miraculous into the situation, or even make people

feel better enough to overcome their sadness.

37. So in that case, which is better: To only give sympathy and make them feel better temporarily, or to throw them a lifeline? The more you make praise a part of your life, the better at it you'll get. Soon you'll be an expert rescuer, an expert who throws out the lifeline graciously and with finesse, and will be able to both adequately comfort **and** rescue the one in need.

38. Here are a few more tips, and then you're just going to have to swallow your pride and do it. And the more you do it, the more you will learn, and the better at it you will become.

a) Claim the keys of humility. Ask Me for humility. Take steps of humility. The more you can get rid of pride in your life, the easier it will be for others to accept help from you, because they will sense that you aren't looking down on them in any way.

b) Ask Me to give you a spirit of sincere praise. If you are praising Me from your heart, this is beautiful and comforting and liberating in the spirit, and contagious in a good way. There are no pretenses or airs.

c) Be willing to sacrifice and lay down your life in order to help the person. If you are willing to do whatever is necessary to help them pull through--praise being one way, but not the only way you're prepared to help--that conveys a tremendous amount of love and reassurance.

39. I can help you to learn how to use praise skillfully and powerfully to help others and change circumstances and situations, My loves. Remember that My love for you is full of understanding and yet full of heavenly perspective. You too can have both as you use this weapon of extreme praise to comfort and encourage others and help them to receive My healing and solutions. *(End of message.)*

The "gratitude attitude"

40. During the time when I was compiling these praise scripts and messages for you, someone gave me a book called "The Gratitude Attitude." It's a motivational book, a compilation of the writings of a number of authors on the power of gratitude. The interesting thing is that most of the authors are not Christian. A couple of them write as if they believe in Jesus, some are Buddhists, some are Jewish, some are Muslim, and many are quite new agey. And yet all of them are writing about the power of praise and gratitude as a powerful spiritual force.

41. I'm not recommending that you read the full book, because parts of it are a little too new agey to be inspiring or spiritually uplifting. But I want to share a few excerpts with you that show that this is a spiritual principle that has been tried and proven true by many people. Similar to the principle of "you reap what you sow," or "give and it shall be given unto you," or that hatred and bitterness will poison your spirit, these spiritual principles hold true for everyone, regardless of whether they believe in Jesus or not. The power of praise and gratefulness is one of those. If the world and those who don't even know our Husband can practice this, how much more so should we, with all the truth we have been blessed with, be examples of living this spiritual truth?

42. Following are a couple of short excerpts from "The Gratitude Attitude":.

Love is the power that heals our lives, and love is the power that will ultimately heal this world. Gratitude comes from love. It is the natural expression of a loving heart. Therefore, whenever we express gratitude, we align ourselves with the power that heals us. Giving thanks and praise spreads healing energy and makes our lives and the world a better place to be and live.

Even in our darkest hours, we can cultivate an attitude of gratitude. No matter what is happening around us, we can choose to respond in a way that will help us learn and grow. When we look at our difficulties as opportunities for growth, then we can be grateful for the lessons we are learning from these difficult experiences. There is always a gift in every experience. Expressing gratitude allows us to find it.

Every morning upon waking up, the first words out of my mouth are

"Thank You." This allows me to feel immediately connected with God and fills my heart with love. I am grateful that I am alive and breathing and have another day to live life fully and richly.

*

Gratitude is our way of saying to all situations, "Welcome! I've been expecting you! Thank you for being here to help me learn and grow." We are always stronger, wiser, and filled more with peaceful power when we face each of life's lessons with this sort of grace.

No matter what the form or physical appearance of situations in your life, see them as teachers lovingly sent to you for your highest and best good. Through these teachers, you learn to trust and lean on God's reliability and love. And the more you lean on God, the more you open the floodgates to your supply of harmony and abundance.

*

Gratitude and trust are closely related. In order to be thankful for everyone and everything in my life, I need to trust that the universe makes sense, that everything my soul has chosen to experience in my lifetime has been for my ultimate highest good. I trust that when it appears I'm failing, I'm only learning. I make a great effort to bless my life as it is, both the so-called triumphs and disasters. A line from Kipling's poem *If* often comes to mind: "If you can meet with triumph and disaster and treat these two impostors just the same."

When I remind myself that I am a student in Earth School, choosing those lessons that enhance my soul's purpose, it's possible to more readily bless every circumstance of my life. Of course, from a more unenlightened segment of myself, I sometimes wonder, "Why did I choose this particular misery?" Yet, gratitude for, and trust in, ultimate justice is the best antidote for the poisonous emotions of self-pity and resentment. I find it impossible to experience gratitude and negative emotions simultaneously.

When my soul arrived in Earth School, it set up some challenging lessons. Many years went by before I learned to see the blessings in these experiences. When I could honestly begin to understand their purpose and to feel gratitude for them, I made an escape from the darkness of a victim's prison into the light of freedom and joy.

Although "illegitimate" was stamped on my birth certificate, I am grateful I now know God has no illegitimate children. I acknowledge God's indwelling presence and embrace my innate worth as I go about completing my legitimate Earth School assignments. Although I was physically and sexually abused as a child, I am grateful that I now know my spirit is indestructible and cannot be harmed by anything done to the Earth Suit. Although I've experienced "failed" relationships, I'm grateful that every relationship presents unique opportunities to practice love and forgiveness, opportunities to learn about myself at deeper levels. I'm grateful that it's possible to learn from relationships after they are over.

My oldest son Richard died when he was nine, and I'm so very grateful that I know that each soul chooses its Earth School experiences, including the manner and time of departure from the Earth plane. In reality, there is no death; the soul is ageless and eternal, and love knows no barriers of time or space. My second son Robert nearly died when he was two and suffered brain damage as a result of the illness. I am grateful that I know that Robert chose this Earth School lesson, and as his mother, that I chose the experience with him. I've felt much pain watching him struggle with life, but he has demanded from me, and thus has taught me, unconditional love. Such a great gift!

Looking back over my life, I can see the beauty that the windstorms have carved. I trust current and future challenges to facilitate additional soul growth. My heart is filled with gratitude for all the people and events in my life because I now understand their higher purpose. My heart overflows with gratitude for the Divine Love that enfolds, guides, protects and sustains us all!

*

As a child, sitting between my parents in church on Sunday mornings, I often heard these words read from Scripture: *"In everything give thanks!"* And my young mind responded with: "Yes, one needs to be grateful for every good thing that happens in one's life." From time to time, through the years of my youth, those words replayed in my consciousness, and I learned to be grateful for many obvious things. I expressed gratitude for gifts received, kindness bestowed, and all the good times and friends I experienced in the course of living.

Expressing gratitude even when things went wrong was much more

difficult to do, but I was also amazed at the outcome of doing so. I discovered that the scripture *"God inhabits the praise of His people"* was to remind us that gratitude releases an energy that could begin turning things around, and when I did so, it imbued me with the strength and ability to surmount whatever was happening in my outer world. Eventually, I would see that what had often appeared as a negative circumstance was really the pivotal point for a new direction that I would take. Often, in retrospect, I could see clearly that it had been a blessing in disguise and had led me into a deeper and more meaningful place.

"In everything give thanks!" Now, I can be equally in awe of, and grateful for, a coastal sunset or the learning process inherent in an illness or a time of confusion. I can be grateful for my unshakable faith in divine order as my child faces a life-threatening illness over which I have no control, and in which I have, as yet, to fully discover all the lessons and meanings it holds. I am grateful for the times of connection with those I love, and I am equally grateful for the times of disagreement and estrangement that mirror for me new lessons to learn and insights to be discerned. I am truly GRATEFUL for discovering the power of gratitude in my life, and I shall always continue to give thanks in EVERYTHING! (*End of excerpts.*)

43. (Jesus:) One way to make your first reactions more praiseful is to break the habit of using sentences or phrases that many people use that do NOT denote praise, such as "Oh dear!" or "What a bummer!" and things like that. When you say things like that, you're inadvertently dropping your weapon of praise.

Total praise = total yieldedness

44. (Mama:) Following is further counsel from the Lord on learning to praise through everything. Since this can be a pretty difficult concept to grasp, we went to the Lord several times with questions, and I asked Him if He could clarify what the goal was. Should we be trying to get to the point where we praise Him for very bad things **specifically**, or is it good enough to just learn to be more praiseful and positive in difficult situations by praising Him for future victories or even unrelated things, as long as we use the weapon of praise in those bad situations?

45. (Jesus:) It takes both kinds of praise to be completely victorious in a situation, as well as to be a testimony to others. Think of the time when I addressed My disciples concerning the recently-deceased Lazarus and I told them that I was glad for their sakes that I wasn't there in time to heal him.

46. But I didn't leave it at that. I went further, mostly for their sakes, and explained that I was glad things were as they were, so that they might believe when they saw the power of God demonstrated (Jn.11:14,15). This is the template for you to follow--to praise Me for the negative or bad situation, yet also proclaim that you're standing on My promises and claiming a victory.

47. Yes, it is hard to praise Me directly for something that's very hard or seemingly bad in your life, or in the life of someone you love. But when you find yourself in a very bad situation and choose to praise Me for it, that act of praise is an act of yieldedness and testifying to Me and others that you know I am in control, that you are My bride and I am your Husband, that you know nothing comes into your life but what is from My hand, and that if I allowed it to happen, then there must be good to be brought from it. This type of yieldedness and praise is powerful.

48. To only praise Me for the upside, or because you hope things are going to change, is good, but not nearly the best. The best is to be able to praise Me for the situation exactly as it is, in conjunction with praising Me for My power to bring victory in any situation. Both are needed. To praise only for how you hope things will change, or how you think I'm going to deliver you, is not full praise. It is not complete yieldedness to Me. Full yieldedness is knowing that no matter what it looks like to you, I have a plan, I have all power, and I will do what is best. Without that full

yieldedness, you're in essence saying that you'll only praise Me if and when things change--and that's not full praise.

49. The highest level of praise is "though He slay me, yet will I trust in Him" (Job 13:15), showing Me that you're thankful for what I've done in your life or the lives of others, even if it seems very hard at the moment, and even if there is no improvement. It acknowledges that whether you can see the end in sight or not, you're thankful for what I've done, fully acknowledging My involvement and that nothing enters the life of one of My children except what I allow.

50. Then I expect you to also stand on My promises and hold Me to My word to bring total victory in the situation, in whatever way I know is best--and this too is great cause to praise Me, even if the victory is nowhere in sight at the moment. You know it's there. You know I will bring it. So after you have shown your yieldedness by thanking Me for allowing the bad situation, you then praise Me for how I'm going to use it for good--even if you don't see how that's possible--because I am all-powerful.

51. It's important, though, to not tie your praises to a specific resolution that you desire. You can praise Me that I'm capable of doing anything, but you shouldn't only praise Me for one particular outcome, as that may not be My will.

52. For example, if someone were in love with someone who didn't feel the same way toward them, it would be My will that they praise Me for that feeling that I put in their heart, even if they found it uncomfortable or it brought them sadness at the time. I would expect them to praise Me for that situation exactly as it was: that they loved, but were not loved in return.

53. And then I would also expect them to praise Me for the victory, for the good that I could use it to bring, but not only what they desire in the situation. I wouldn't want their praise to be, "Thank You for allowing me to have these feelings for so-and-so that aren't returned right now. Thank You for what a hard time this has been, because I know that when You give them feelings for me in return, which I know You can and will someday, getting to be together with them will be that much sweeter and more wonderful." That's tying your praise too specifically to your will, and not necessarily to Mine.

54. If I have shown you clearly and unequivocally that a specific outcome is My will, then by all means, praise Me for how I'm going to take you from where you are now to where I said you are going to be. But if you don't really know what the positive outcome is going to be, it's good to keep your praises a little less focused on the specifics of the answer and more focused on My power to use the situation for your good and bring victory regardless of how I choose to do so.

55. Going back to the situation where you're in love with someone and your feelings are not returned: You can focus on My ability to keep you happy regardless of any circumstances, focus on how the situation is teaching you deep lessons and making you sweeter because you're more broken and humble. You can focus on how you know that these lessons of the spirit are worth the suffering, and that you're thankful I chose to bless you with this time of difficulty, which is maturing you and making you more loving and compassionate. You can focus on how I'll make you happy in the end and bring wonderful things into your life as a result. All of those praises give Me room to work and show Me that although you don't know how something is going to turn out, you know that I have a whole lot of good I will bring out of it, and whatever I choose to do is all right with you.

56. This kind of praise in the face of extreme difficulty, this unrestrained, unrestricted, no-personal-agenda type of praise is the kind that really gets results--and one immediate result is the feeling of power and happiness that will fill your soul even in the darkest, roughest times. When you yield and praise like this, you're always going to benefit, simply through the act of doing it.

Praise and prayer work hand in hand

57. (Jesus:) When you praise in a very difficult situation, what you are telling Me is that you submit to My will and accept My allowing it to happen. In these kinds of situations, praise demonstrates acceptance. Your praise is acceptance. The praises that come out of your mouth are a verbal expression of the faith and trust that is in your heart. The reason that a lot of people find it so difficult to praise Me when something "bad" happens or when something happens to them that they don't like is because they aren't trusting Me and their faith is weak.

58. It's a fairly simple concept. Do you believe that I, the Lord of the universe, truly have the whole world in My hands and that I would not let anything bad happen to you except what is for your good? Do you trust that I can bring good and My plan and a victory out of any bad or negative situation? Do you trust that I often allow difficult circumstances or attacks of the Enemy simply so that I can manifest My power and do miracles to change the situation and show the strength and power of the weapons that I have given you? Do you believe that I often bring tests or trials or difficulties into your life to strengthen you? If you believe these things, then you can praise Me no matter what "bad" thing may happen to you or your loved ones.

59. Say, for instance, you have an accident and you break your leg. Well, no human being in the physical realm is going to feel happy or naturally praiseful about this. You have to go to the doctor to get it set. Having a broken leg is going to affect how you can participate in the Home. It's going to be difficult to take care of your children. It's going to cost money to go to the doctor. You are in pain. There are a number of "bad" things in the situation, and you will naturally be feeling a lot of bad feelings.

60. But when you praise in this type of situation, you transcend the physical plane into the spiritual. Praise shows Me that in spite of how bad it looks and how bad you currently feel, you trust Me. You accept that I have brought this into your life for a reason and you believe that through your praises, you will release My power to bring about My will in the situation. Your acceptance that I have brought this into your life at this time shows faith and trust in Me that I would not allow anything that I cannot use for your good.

61. Praise is the voice of faith. That's an old quote that many of you

memorized years ago. But think about that quote for a minute, because it is really very true and very deep. Praise voices the faith that you have in your heart. When you have faith and you're trusting Me, the natural result is praise. When you have faith in Me and you trust Me, things that happen around you or to you don't bother you so much because you trust that everything is part of My perfect plan. You even believe that I am able to turn mistakes that you or others make into good. You trust that all things will truly work together for good to them that love Me. If you find you have a hard time praising Me, it could be a sign that you need to strengthen your faith.

62. So many things in the life of a disciple boil down to faith--including being able to use the weapon of praise in difficult or negative circumstances. If your faith is weak, take steps to strengthen it. Fill up with more of My Word and then put your faith into action by taking steps to implement and obey what I have told you to do. As you do this, your faith will grow, and you will develop the trust and faith in Me that will enable you to offer praises from your heart even in trying times and through difficult or extremely negative circumstances.

63. But even if you don't find it easy to praise in difficult situations, you can still do it. Let's take the example of the broken leg. Whether or not you feel thankful that you broke your leg doesn't matter. You can still acknowledge Me as the King and God of the universe, and you can put your faith in Me into words. You could praise Me that in spite of how bad you feel, how much your leg hurts, or the potentially negative impact this will have in your life, you trust that I have a plan and that it's a good one, one that you will be very thankful for someday. You can tell Me that you accept that I have brought this into your life and you're going to praise Me for it, even if you don't see the good right now. You can tell Me that you are praising Me in advance for all the good that I will do through this. You can pick up your weapon of praise and tell the Enemy that you refuse to look at the circumstances with your carnal mind, you refuse to accept your natural feelings about the circumstances, but you instead choose to partake of the supernatural. You choose to praise and you choose to trust that I have a bigger, better plan, and through your praises, you are unleashing My power to bring about that plan.

64. This kind of praise is very powerful. It defeats the Enemy. It's "but if not" praise. It releases My miracle-working power to work in whatever way I see fit. When you praise like this, then I am able to go to

work to bring about My will. Through your acceptance, you free Me to work in the situation as I see fit.

65. This is when the magic can happen. This is when I am able to more clearly show you My will. This is when I can do miracles, because you aren't putting Me in a box. You aren't limiting Me. Your praises allow Me to perform whatever miracle I may have in mind. Maybe it's the miracle of a changed heart or attitude or mindset, or extra grace to endure. Maybe it's the miracle of a life changed through your witness in spite of being injured. Your praises give Me room to work My plan and they show that you aren't second-guessing Me or trying to put Me in a box.

66. Your praises say that even though the circumstance or negative situation may change your plan or your mode of operation or bring things into question in your mind, you trust that I am bigger and greater than you are, and you realize that I see further ahead and that I will bring good out of the situation in some way.

67. When you make these types of declarations to Me, you are picking up the weapon of praise. You are accepting My will and you are trusting in My greatness and power to accomplish that will, in spite of everything. This releases My power on your behalf. It also increases our closeness and connection, because you love and trust Me enough to join the ranks of those who throughout history have said, "Though He slay me, yet will I trust Him."

68. The weapon of intercessory prayer works hand in hand with offensive praise in such difficult situations. When you praise Me, accepting that I will bring about good in every bad situation, that doesn't mean you can't pray for the situation. You can and you should. Many times I bring circumstances that are adverse or difficult or negative into the lives of My children because I know that they can be strengthened in their use of the spiritual weapons as they use them to achieve victory.

69. Prayers that are prayed against the backdrop of faith and praise are the most powerful prayers. When you pray with praise and acceptance in your heart, My hand is moved to work on your behalf. You can ask Me for a specific thing if it's on your heart, and you are welcome to. But the bottom line in your prayers should be faith that I can and will do what I have planned. You should be praying for My will, above all. "Thy will be done, on Earth as it is in Heaven."

70. When you pray in faith, I hear and I move. When your prayers and your faith release My power to affect the situation according to My perfect will, that's when the magic happens, that's when miracles come about. That is when your prayers truly change things.

71. So praise and prayer work together perfectly because they are both based on faith. When your praises are based on faith and your prayers are prayed in faith, then faith becomes the victory that overcomes the world (1Jn.5:4).

Let the light in and the darkness will flee

72. (Jesus:) The strongest method of using praise is to actually praise Me for the problem or hardship. That's the method that brings about the biggest miracles. For one, praising Me for a problem or hardship will immediately give you more peace in the midst of the storm. You will be thanking Me for the difficulty, which means you are trusting that I allowed it in your life and trusting Me for the outcome.

73. By praising Me for a problem or hardship, you slam the door shut on the Enemy, who expects this difficulty in your life to be a victory for him. The praise completely shuts him out of his expected victory. Satan looks at problems and hardships in a Christian's life as his opportunity to tear down their faith. He looks at those situations as his opportunities. But when you praise Me for those difficulties, you destroy Satan's opportunity to enter and make use of these things.

74. I'm not just referring to praising Me by faith for a positive outcome, which is also a form of praise. I'm talking about the method of praise when you thank Me for the **problem**. You actually praise Me wholeheartedly, even if by faith, for the problem just as it is at the moment.

75. Once you have truly thanked Me for the difficulty, then you can praise Me for overcoming the problem.

76. But don't stop there; don't hinge your praise on My answer. Hinge your praise only on **Me**. "Nevertheless, Jesus, thank You for allowing such and such, and the lessons You will teach us from it."

77. Then take in a good dose of Word. Read a Psalm on praise,

such as Psalm 103. Or read some key promises on praise or on faith or on overcoming the attacks of the Enemy. This is when the Word will have the greatest access to your heart, so take it in and let the light cleanse your heart of all worries and fears.

78. I will then be able to ride in on that faith and work out the situation fully to your advantage, and make it work out for your good. I promise that. It's just that simple. As you keep your heart flooded with My light, I will win the victory. And you are guaranteed to see the fulfillment of the promise, "All things work together for good to them that love God, unto them who are the called according to His purpose."

79. This method of praise does not come naturally. You are going to have to practice diligently to build this as a positive habit. But it's one of the main secrets to the age of miracles during this time in history, the Endtime. It's a secret to greater unity, greater dependence on Me, greater humility for Me to work through, greater faith, and greater access to My heavenly thought power. Learn to turn every problem or hardship into a full praise, and you will be an overcomer that the Enemy cannot touch or stop.

Phrases of praise when you can't think of where to start

148. (Mama:) Sometimes getting started is the hardest part. Once you start praising, the light starts flooding in, and you can think of more and more things to praise for. But getting started when you feel really rotten, or when something really bad has just happened, is difficult.

149. Here are a few phrases that you can use to get started when you can't think of anything good to praise the Lord for. These are phrases that are universally true, and as you say them and think about them, it will help you to get rolling. As you step out by faith and sincerely ask the Lord for a spirit of thankfulness, gratefulness and praise, more will come. And before you know it, you'll be swept up in a powerful stream of praise that will send the light flooding in, and the darkness will have to flee!

- * Thank You, Jesus, that You know best.
- * Thank You for allowing this to humble me, Jesus.
- * I know nothing and You know everything.
- * Thank You for Your wisdom that is so much greater than mine.
- * Thank You for being in control of this situation.
- * You are my Lover and Husband and I thank You for taking care of me.
- * Thank You for doing what is best for me, even when it seems so contrary to what I might think is best.
- * You do all things well, Jesus.
- * You're wonderful, Jesus.
- * You're beautiful and I praise You for Your greatness, Your power, Your majesty.
- * You can do anything, Jesus, and You allowed this, so I praise and thank You for it!

* Thank You for the power of praise, which defeats the Enemy in any battle. I'm going to use it right now!

* All things work together for good to them that love God and to them who are called according to His purpose. Thank You for being powerful enough to turn even this for my good.

150. (Mama:) Praising the Lord is so refreshing and invigorating, isn't it? Praise is the secret to the victory in anything. We never lose, and only gain, by praising. We love You, sweet Lover and King, and thank You for teaching us more of Your heavenly ways.

Praising with you,

Mama

Art by Tamar

Extreme Praise Vitamins

Part 1: Victory Vitamins

By Maria ML 3759 11/08



1. Empower Me through your praise. If you send a full-throttle, out-of-bounds, with-all-your-heart praise, then I am freed to respond in like manner. However, if your praise is nothing more than a piddling squeak praise, or if it's got the weights of personal agenda and personal conditions attached to it, then there's little that I can do. Determine to praise Me

because you love Me; let that be your only condition. Then I will be empowered to do what you cannot do--to bring on the miracles and deliver showers of blessings in your life, your situation, and that of others.

2. There is magic in praise. Even if you don't feel like praising, even if the Devil is screaming the word "hypocrite" in your ear, praise anyway. It is not hypocrisy to use a magic formula to deliver yourself from the dungeon of despair. Satan's got you in a paper jail that will disintegrate at the first drop of the magic potion of praise. He knows this lockup is a sham, so he is only trying to bluff you out of securing your freedom. Call his bluff. Praise his prison to pieces.

3. You don't think you can praise Me for **this** tough situation? This is just a little too much to ask of you? You need to stop seeing the situation through your own limited vision. Put on My glasses of faith and let the praises loose! The tide will turn and the victory will clearly materialize through the haze of uncertainty.

4. It's not a lie to say words of praise and gratitude even if you don't feel that way. You're letting your spirit helper of praise and thankfulness speak through you and express what your carnal mind isn't able to at that moment. It always pays to praise and thank Me. So don't let the Enemy make you feel that there are times when it wouldn't be right or it wouldn't be true, because that's a lie!

5. Think it not strange that you are being tested beyond what you thought you could take, but rejoice, praise, and be jubilant! This is the very opportunity that I need in order to catapult you into the heavenlies so that you can see things from up here, from **My** perspective.

6. If you think it was spectacular when praise brought down the walls of Jericho, why not try **your** shouts of praise and songs of jubilation on the Enemy as you march forward into his territory! Watch his fear factories and lie-delivery services being put right out of business! Bankrupt him by giving no place to his thoughts. Instead, fill your mind, heart, and mouth with songs of deliverance and let your voice reach into the heavens with melodies of joy!

7. Be strong in battle, defeating the Enemy. Kick him where it hurts by refusing to doubt, refusing to get down, refusing to be discouraged, refusing to accept that bummer that he's handing you. Use your weapon of

praise to drown him out. Pull out those praises, lift them high, and keep them pointed upward until you see the Enemy running in anguish from your unrelenting praise.

8. Why wait to see if things improve before you begin to thank Me? Turn on those praises at the first hint of the Enemy's presence, and you'll turn him around so fast that he won't know what hit him. Get him before he gets you! Don't give him even a fraction of your spiritual victory! Shout out your praises and joy and victory!

9. Turn on the fire hose of praise and blast the Enemy out of sight! Put out his fires of annoyances! Flood him and his imps with such a rush of praise that they will drown in it!

10. The Enemy has absolutely no power over you unless you **give** him that power. So take up your weapon of praise in difficult situations and rob him of any effect that he wants to have on you. He'll have no way to get through to you as you lift the shield of praise and make it so strong through your heartfelt praises that any of his shots at you will simply ricochet back at him.

11. It's a showdown--you against the Enemy of your faith. Your quick draw on the weapon of praise just shot the Enemy right out of the zone! You got him straight through the heart with the firepower of praise! He's a goner, and you're off to celebrate!

12. Reactive or proactive, it's your choice. Why wait to thank Me until you see the good that comes from a situation? Instead, you can start celebrating right from the start! Proactive praising makes life a lot more fun. Try it! You'll love it!

13. When you see that sword of praise lying there at your feet, it looks huge, heavy, and daunting. The spirit of lethargy and the spirit of pride are working hard, working overtime to convince you that it's too difficult, too humiliating, and that you can't afford to pick it up; it's too hard, too heavy. But the magical thing is that as soon as you pick it up, it becomes as light as a feather! You instantly become a professional, swinging it like a practiced, skilled swordsman. That's because the skill to wield this sword accurately and with the power of the spirit has been embedded in the depths of your soul from your creation. You were created and born to be a skilled warrior of praise. It's in your spiritual nature, because praise is **My**

nature, and **you're** a part of **Me**. Maybe it's latent, maybe it hasn't come forth fully yet, but each of you, the children of David, were born and bred to be swordsmen of praise.

So pick up your weapon! Watch it sparkle in your hands. See the blade glisten as you twist it about, throw it up in the air, catch it with skill, and thrust it with might! For you are the honorable warriors not only of David, not only of Maria and of Peter, but of the Lamb Himself, Me, your Husband. You are My mighty brides who have kept your lamps burning, and now it's time to arise and shine brightly, for the glory of the praises of My Spirit have come upon you. It's your day to shine! The day that many have seen from ages past is in your time. Seize the day with the weapon of praise and never let it go! The day is yours! I have given the victory into your hands through praise.

14. It is to **you**, My loves, whom I have revealed this weapon of utmost importance in these Last Days. It was known before and was used to some degree in the past, but it has only been fully revealed and unveiled now. The skill of praise has been embedded in your hearts, and you are the warriors of the End, with the powerful praises from your heart, your mouth, your lips, reaching the hearts and minds of those who see and hear you. You are the carriers of My magical weapon! Yes, it's **you!** The **weapon** is praise, but **you** are the **wielders** of the weapon. In a sense, you **are** the weapon of praise, when you open your lips and your spirit comes before Me in utter praise to Me and My goodness and for all that I do for all of creation.

15. I dwell in the praises of My people, and therefore, as praise comes out of your lips, My Spirit gently settles down upon you, My vessels. When I settle somewhere, all evil vanishes, for no evil can remain in My sight. It flees from My presence as quickly as it can, lest it be evaporated in a microsecond of exposure. Therefore, praise, praise, praise, especially in the darkness, in bad situations; for the quicker you praise and the more you praise, the sooner the victory will come and the larger the victory will be. It's a fact of the spirit, a principle of the spirit.

16. Attitude is what determines the fullness or sweetness of your existence and your testimony. It's what you are. Attitude is an arrow in the spirit world, and an attitude shot with praise and gratitude is directed straight toward the bull's-eye of My presence. So when you decide to take on an attitude about anything, be sure to use the bow of gratitude so that

this attitude can fly with the power of praise. You'll surely hit the mark of My will and not fall short.

17. My desire is to see each one of you connect with Me through the power and gusto of your praises. I am the center of your existence, and you connect with Me through your praiseful, thankful attitude. Praise is the **road** to Me.

18. The parable of the prodigal son was written about any who have strayed from My side. When I see you walking up the road of praise with a thankful heart, I immediately come running to meet you. I wrap My arms around you and throw My cloak about you, and call My servants to prepare a feast. For My daughter, My son, those who were lost, have found their way back into My arms.

19. Sometimes your sword of praise gets knocked out of your hands. That's okay. Every warrior has battles, and every battle has its ups and downs; otherwise, it wouldn't be a fight. But the thing that thrills My soul to its depths is when I see My humble warrior look the Enemy in the eyes, pick up his sword of praise and thrust it into the guts of the Enemy, even if it's with his last ounce of strength.

20. When you, My warriors, use your last reserve of strength in order to deal a deadly blow of praise to anything negative, I Myself come to the tip of the blade of your sword to ensure that it hits the heart of the Enemy where it will do the most possible damage. I am not playing games. I am not sparring. I am engaged in deadly warfare, because My lost children all over the world are calling out to Me for help. As you use your blade of praise against anything dark or bad or negative, I guarantee defeat to the Enemy, victory in the battle, and deliverance from all harm to you who are willing to give unto your last breath.

21. When what comes out of you in any situation is praise, I, the Spirit of Life, will penetrate your spirit and will breathe into you the electric power of My Spirit of Life that will renew your strength. You will mount up on wings like an eagle, the wings of My Spirit, of My life. You will run and not be weary; you will walk and not faint. Praise is energy in the spirit, and this energy is transfused into you when you praise. The blessings of My Spirit are a natural byproduct of praising Me.

22. I am the Spirit of Life, and thankfulness and gratitude are the

means to go deeper into Me. They chase away all fear; they bring remorse to a dead end; they leap over the gorge of worry and they land in the field of peace and calm, where I dwell. They give you smooth sailing, powered by the breath of My Spirit.

23. Your spirit is a vehicle, and what it carries determines your direction as well as your destination. If you carry thankfulness and gratitude in your passenger seats, and if you power your vehicle with the more-than-nuclear energy of praise, you will eventually reach the heights of Heaven, where I dwell. That's the right direction, and the right destination, and more than enough power to get you there. So get on the road to success. Get the right passengers on board. Turn the key of praise, and power up! Be a winner. Keep thankfulness and a positive attitude in your vehicle and power up with praise, and no other thought will be able to road-block you, lest it be smashed to smithereens!

24. You can praise in the spirit together and your spirits will actually merge into one united spirit with Me. Try it! If any two or three or more of you let go of yourselves and grab on to Me, and labor together until you're pumping unitedly in the flow of My Spirit, you can experience that magical moment when you merge in Me and become one with Me and with those who are loving Me. Try it! You'll love it!

25. The pessimist and the optimist see the same thing, but in two very different ways. For the pessimist, it is bad and difficult; yet for the optimist, it is beautiful and good. Praising Me in difficult situations allows you to see things as an optimist, which will totally change your perspective and surroundings for the better.

26. When you choose the extreme praise route, the negative in your life becomes that much more thrilling and exciting. You are no longer bound by the rules and limitations of life, for you are pushing the edge of the envelope by taking that leap and trusting that I will catch you. So you're free to enjoy life to the full, regardless of the current state of your surroundings.

27. When you are pulled and stretched to the limit, the bounce back is that much further and better. Praise will release you and send you soaring higher than ever before.

28. The weapon of praise is like a grappling hook; it gives you the

ability to climb up and out of the pit that the Enemy is trying to keep you in.

29. Extreme praise is a beacon attracting breakthroughs in the spirit, victories, healings, miracles, solutions, and all the blessings that the power of Heaven is ready to send. Turn on the beacon and expect results!

30. Extreme praise demands results, and, as you use it, you **will** see miracles and your faith will be strengthened. As your faith is strengthened, the miracles will increase.

31. Praising Me regardless of your surroundings, and thanking Me specifically for a bad situation, shows Me that you are resting fully on Me and My strength.--Which means that I'm then able to perform miracles and change your situation for the good according to My perfect will and plan.

32. When everything around you seems to be in chaos and it looks like an impossible situation, grab the weapon of extreme praise and allow it to transport you into My realm where there is peace and where anything is possible.

33. Extreme praise is like a sleeping pill. It lets you lie back in My arms and go to sleep, regardless of where you are, or how difficult your situation, or how negative your surroundings, trusting that I will take care of My Own.

34. Your whole being is surrounded by a protective force when you use your weapon of praise. Anything the Enemy tries to throw at you will have no effect when you are in the protective bubble of praise. Even if madness and difficulty are all around you, you can keep a smile on your face--because within this bubble, everything is beautiful!

35. You may have walked right into a trap of the Enemy and taken a beating. The Enemy may seem to be the victor and you're about ready to give up, thinking you've done all that you can. But before you do, pull out the weapon of extreme praise and watch the Enemy go running! He knows that praise equals defeat for him.

36. I've said that if you will ask anything in My Name, I will do it. When you thank Me and praise Me ahead of time for having **done** it, that moves Me to work even more quickly and more powerfully on your behalf!

37. Praise turns the darkness into day, transforms your sunset into a sunrise, turns dark clouds inside out to reveal their silver linings, and

makes winter look and feel like summer. Use the weapon of praise to change your spirit and your surroundings.

38. Praise is one of the lubricants of Heaven. If you've got the friction of problems, or the overheating of stress, or the dryness that causes your spiritual joints to squeak, or you feel like you're becoming unhinged, apply a liberal dose of praise. If you pour on the praise, I'll do My part to take care of the problem.

39. Thank Me for that headache you're suffering, or that ache or pain in your body, trusting in My promise that all things work together for good, because **you** love **Me** and **I** love **you**. Praise has more power than pain and pounding! Praise soothes and overcomes afflictions.

40. Can't sleep? Don't count sheep. Praise is the victory.
Can't think straight? Don't hesitate. Praise is the victory.
Can't work it out? Don't pout. Praise is the victory.
Can't do it? Don't rue it. Praise is the victory.
Praise is **always** the victory, in good times and bad.
So don't be sad. Praise **is** the victory.

41. Your praises to Me in the midst of hardship, battles, trials, and afflictions are like the fragrance of a rose petal when it's crushed in order to make perfume. It's a heavenly scent and fragrance that clings to you, My beautiful bride, and attracts Me to your side, eager to solve your problem. So put on the perfume of praise if you feel like you're being crushed or bruised; that just makes you more beautiful and causes Me to draw closer to you.

42. Praising Me, even through your tears and heartaches, is like a farmer watering a dry and dusty field that's been barren, and then watching the crops start to spring up. So praise, and watch new life grow from barren earth.

Extreme Praise Vitamins

Part 2: Victory Vitamins

By Maria ML 3760 11/08



1. In everything give praise, for this is My will concerning you. As you give thanks in everything, I give everything to you. As you rejoice even in the midst of pain or problems, that joy becomes your strength, your help, your comfort and your solution--all through the power of praise.

2. When you praise, you are receiving the sap of My Spirit into the roots of your being. Then the Enemy can't undermine your spiritual strength. He attacks, hoping to cut you off from Me, but your spiritual strength is protected through praise.

3. When an army marches forward in the midst of battle, ignoring the bombardment from the Enemy, two things bring victory: Number one, the fact that the army doesn't give up and keeps attacking, and number two, the show of fearlessness, which strikes fear into the opposing force.

When you march forth with praise, the Enemy and his demons are struck with fear. They may keep bombarding you with difficulties, but as you continue to march forth with praise, this very action will produce fear in the heart of Satan and his most powerful imps, and they will all eventually turn tail and run, leaving you with ground gained and the victory won.

4. Praising when you are under attack is similar to a monkey climbing the tallest tree when chased by a predator. It puts you fully out of the reach of the Enemy. He may sit at the base and roar; he may even climb partway up the tree. But praise takes you from branch to branch, higher and higher, until your enemy is forced to forgo his pursuit.

5. Praise generates the scent of victory, while fear masks it. The Enemy seeks the scent of fear from you, much like a predator seeks the scent of fear of his prey. Even if you still tremble while you praise, you will be surrounded by the scent of victory; the fear will be masked, throwing the Enemy off your trail.

6. Praise is the oxygen in the oxygen tank that gives you the capacity to climb the highest peaks. You'll never run out of fresh, pure, strengthening oxygen if you tank up with praise, no matter how difficult or how high the climb.

7. To protect your valuables from a potential robber, you devise a hiding place in your home where the robber isn't likely to look.

Praise hides your valuables from the Enemy. Whether your life, your

loved ones, your spiritual walk, your work for Me, your physical or spiritual assets, all of those can be hidden through praise. Even if the Enemy sees where some of your assets are hidden when your guard is down, you can quickly protect them by raising the spiritual barrier of praise.

8. When you wear praise as your outer garments, it makes you attractive to those who see you. And when you also wear praise as your under garments, this makes sure that your outer garments suit you well and fit you perfectly. Praise is comely.

9. The beauty that I've put within you is released through praise. If you wish for others to see My beautiful gift of salvation and love that I've put within your heart, you must release it through praise.

When the Enemy hits you with problems and you praise Me for the attack, you are releasing the beautiful gifts of My Spirit for all to see. By doing so, you turn the Enemy's attacks into marvelous opportunities for others to see My beauty within you and to draw more people to Me.

10. Praise is like the toughest varnish a carpenter puts on the wood. It protects the wood from scratches, spills, and termites. Using praise is the way to glaze your spirit so that no matter what the Enemy throws at you, you can't be marred.

11. If you want to be an extreme disciple, go to the extreme in your praises to Me! There's no limit to what I can do for you with the power that this kind of praise frees Me to perform--outright, downright miracles!

12. When you find yourself in an extremely difficult circumstance, that's the perfect time to use extreme praise to deliver you from that situation. I can't resist such positive, full-of-faith responses to the tests I allow you to face, and those praises change situations through their influence on Me.

13. When you hear your own voice lifted in praise, thanking Me for some less-than-ideal event that is taking place in your life, it gives you more faith than when you **started** praising Me; it builds more faith in you as you thank Me for the challenge it affords you. That very atmosphere of praise creates more faith and uplifts you and those around you.

14. Practicing praise in challenging situations is catching! When others see and hear your positive reactions to some situation which seems negative, it lifts them up too, and creates a domino effect of influencing

others to see the good in a bad situation.

15. The Enemy is always on the prowl, just waiting for his chance to strike you a blow of discouragement and negativity at the first sign of a seemingly troublesome situation. But if you strike first by preempting his blow with positive, faith-building praises to Me, the Enemy will be foiled again!

16. At the first sight of something that portends to present big problems for you, start fighting with extreme praise from the very onset of the problem, even if it goes against your natural mind. This will result in your gaining the spiritual strength and fortitude that it takes to win the victory over the problem. You can even **use** the problem to gain **more** victories.

17. The secret of extreme praise is in thanking Me and expressing positive words to Me in spite of the pain, the hardship, the troubles and the adversities that I allow you to encounter in your life for Me. That's fighting wholeheartedly for the victory! Don't settle for anything less!

18. When you are fighting with the weapon of extreme praise, it's not even the words themselves that matter so much, but it's your attitude that counts; that's what sways My heart, and will actually change the situation for good.

19. When you go so far as to thank and praise Me for allowing you to be in a difficult circumstance or to confront a big obstacle in your service for Me, it's a manifestation to Me of your faith that I am in control of everything in your life, even the bad things, and that you can say in the face of these things, too, "It is well with my soul."

20. Using the weapon of extreme praise means actually praising Me for the problem itself, for the "bad" thing itself, which goes against all that you feel like doing. But when you do that, it shows Me that you trust Me for the outcome according to what I know is best.

21. I see, and I know how your heart hurts and breaks. I hold you ever so close during this time of loss and heartbreak. I know how hard it is to let go of your grief and pain and to actually thank Me for it, to praise Me for allowing this loss and hardship. Your very being tells you to hold on to it and to hide it away and nurse it. But if you will open your hands wide to release this gift of grief, it will fly away on the wings of praise, and I will complete your healing. Open your heart and hands, and let praise fill your

heart--praise for what I have done, praise for what I will do, and praise for how I will heal every heartbreak and grief. I will make all things beautiful once again.

22. If you find yourself in a difficult position, between a rock and a hard place, the most effective weapon you can use to help you blast through the obstacle or rise above it is praise!--Praise that flows from the innermost part of your spirit; praise that trusts Me completely and knows that everything will be okay because you're in My hands. Activating this weapon will bring immediate results.

23. Praise ignites a fire in your spirit that burns hot and bright. This fire doesn't burn or hurt you, but rather empowers you, and it empowers Me to work on your behalf. At the same time, it severely limits the Enemy's capacity and control. It burns him and his imps. The more you praise, the hotter the fire becomes, until it completely incapacitates them and destroys any hold they had.

24. Praise is your lifesaver in a perilous ocean.

Praise is your parachute that gives you a safe landing.

Praise is your set of wings that lifts you above the raging storm.

Praise is your life support.

Praise is your armor that deflects all the fiery darts and blows of the Enemy.

Praise is the key that frees you from bondage.

Praise is what will see you safely through the Great Tribulation, and right up to the end of man's rule on Earth and My return.

25. When you can meet success and failure with the same dignity, then you are spiritually mature. When you can praise Me through happiness and sadness, in plenty and in want, in safety and in danger, in health and in sickness, in joy and in sorrow, in life and in death, then you are a person of great faith, a man or woman highly honored in My courts, because of your great love for Me and trust in Me.

26. Lift your heart to Heaven through your praises, and the glory will flood in, washing away the pain, fear, despair, hurt, sadness,

discouragement, or anything the Enemy is trying to hold you down with. This flood is cleansing for you and destructive to the Enemy. It will leave you clean, refreshed, renewed, and revitalized.

27. Praise emits a positive spiritual energy that is clearly visible in the spirit world, and immediately effects change in the circumstances surrounding you. You don't always see this change in the physical, or at least not instantly, but in the spirit, change for the better is immediately obvious. You can ask Me to open your eyes and ears of the spirit so that you too can feel the immediate difference and partake of the positive force of energy that has enveloped you.

28. The trials and difficulties of life that seem so big now will seem so small when you look back over your life on Earth and see how clearly My hand was upon every aspect of your life. Why struggle so hard in the flesh when **I'm** in control? If you will ride on the wings of praise, you will learn what it truly means to rest in Me and to let Me carry your burdens.

29. If you want to enhance every other spiritual weapon in your arsenal, use praise along with it, and you will truly be giving the Enemy a deadly blow. You maximize your spiritual power every time you use praise.

30. Everything that is true, honest, just, lovely, of good report, heavenly, beautiful, and pure can be obtained by using the weapon of praise.

31. The concepts of attacking in spirit, loving the fight, being spiritually aggressive and taking the battle to the Enemy can sometimes be hard for you to grasp and understand how to put into action. Well, when you choose to praise Me for bad or tough situations, you have instantly applied all of those concepts and put them to work in your life. You are living the Art of War and you are fighting the Enemy with advanced, new-day tactics when you employ extreme praise. The instant you praise Me, even through your tears, for something that has hurt or discouraged you, you have dominated your battlefield and turned the tables on the Enemy. You have employed the freshest, newest, most cutting-edge spiritual battle tactics.

32. When something difficult happens to you, and you turn to Me and say, "Thank You, Jesus, for giving me what I need, not necessarily only what I want," that's extreme praise!

33. Do you want your faith to grow? Employ extreme praise in tough

times. Extreme praise cannot exist without faith, because if you didn't believe that I'm in control of the situation, or that I couldn't bring good from it, then there would be nothing to praise Me for in trying times. So the fact that you use extreme praise means that you have faith, or that you are **working** toward having that faith. Using extreme praise builds both your praise muscles and your faith muscles, making for a powerful spiritual workout.

34. When disaster strikes your life and you feel completely devastated emotionally, you can always praise Me for how I will make everything right in Heaven. I will wipe away your every tear and repay your every sacrifice. In Heaven, life will be perfect; so if all you can do is look ahead to that time and say, "Thank You, Jesus, for how some day You will make this all right again," that is using extreme praise.

35. To meet any situation without praise is to overlook My presence in it. After all, if I am there--and I **am**--surely you could at least praise Me for the fact that whatever it is, I'm going through it with you. When you think about it like that, you can never say that there's nothing to praise for.

36. This situation that is troubling you so and making you so unhappy, I allowed it, and I am planning to turn it into something beautiful. Please praise Me for this blessing in disguise.

37. If you've prayed for bread, but it seems that I keep giving you stones, maybe it's because I'm trying to help you to build an oven, so that you'll soon be able to bake all the bread you need. There's nothing I give you that you can't be thankful for.

38. This is a life of faith, not sight. That's why you're able to praise Me for things you haven't seen yet. With faith, time is irrelevant. You have the assurance that sooner or later I'm going to do everything that I've said I would, and that's worth praising for.

39. The Bible tells of whole cities and regions that I was not able to help or do many miracles for because of their unbelief in My power. Don't make that the story of your life. According to your faith and according to your praise, it will be done unto you. If you believe that I can turn bad to good, and you praise Me for this, then I can. But if you believe that a situation is beyond My help to fix, and because of your lack of faith you can't find anything in it to be praiseful for, you will limit Me through your

unbelief, and that sad attitude will become reality for you.

40. The Devil may have been allowed to bring something negative into your life, but as soon as you praise Me for it, regardless of where it came from, Satan is immediately ushered out of the picture. Your situation is then surrounded only by Me and My good helpers who can aid and assist you in putting everything back together again.

41. In the restaurant of life, you can choose to sit in the "Satan" or "non-Satan" sections. It's how praiseful you are that decides whether the meal of your life will be choked with the sickness-causing fumes of the Enemy, or whether you'll dine in joy and peace, free from any negative influences. The moment you praise, you're instantly ushered to the non-Satan section, and I'm quite sure you'll find the atmosphere there much more to your liking.

42. Gratitude in any situation is a magical spell that holds true spiritual power. When you offer gratitude, and you really mean it, you have invoked My full power to prosper and bless your life. You'd be crazy not to express magic words of gratitude in every situation in which you find yourself.

43. What's happened has happened, and praising Me for it can't possibly make anything worse; in fact, I've promised that it can make things a whole lot better. You've got nothing to lose by praising, so why don't you give it a try?

44. Praise puts a stopper in the mouth of the Enemy and opens wide the floodgates of My possibilities. When you shut off giving any credit to the Devil for his evil deeds or his attempts to discourage--but instead, you turn what he has done into victory praise to Me, and you sing My victory over him--this so traumatizes him that it gives you a significant advantage over him.

45. It takes practice to learn to be an extreme praiser in each tough situation. I understand that there will be times when it's not your first reaction, but as you continue to praise, it will come more naturally and you will get hooked as time progresses! Just as someone experiences his first thrill in an extreme sport and is hooked, so will you be as you continue to push the extreme limits with praise.