

EVERYDAY

personal
application for
walking in
greater peace

Praise

Companion
Journal

JULIE SUNNE

Hello! I'm so glad you have a copy of this little booklet. I created this journal to complement my devotional, *Everyday Praise: Walking in Greater Peace*. If you don't have a copy of that book, you [can find it here](#).*

Although you can use this journal on your device, I'd suggest you print it out. As you journey through *Everyday Praise* write down your thoughts, prayers, and reflections! It'll remind you of where you started and give you a glimpse to where God is taking you.

I'd love to encourage you along the way. Chose your favorite way to connect with me from the links below.

May God richly bless you as you move toward living a life of praise.

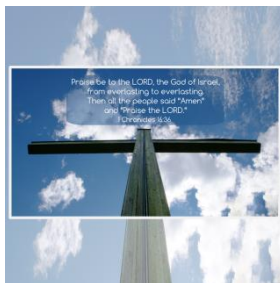
By His grace,
Julie Sunne

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*affiliate link

Then We Say, "Amen and Praise the Lord!"

Praise settles souls and ushers in lasting peace..



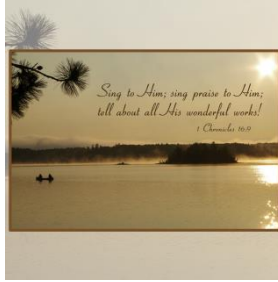
What elements of praise do you incorporate every day? Song? Prayer? List up to 10 hymns and prayers you can remember (look some up if you need to). Commit to memorizing at least one over the next week.

Praise be to the LORD, the God of Israel, from everlasting to everlasting. Then all the people said "Amen" and "Praise the LORD."

1 Chronicles 16:36 NIV

What It Means to Live as a Song of Worship

Song, as a form of worship, realigns our hearts and minds with God's.

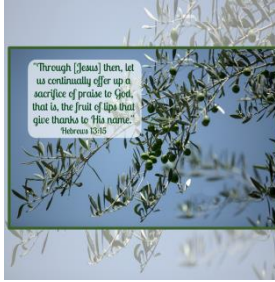


What hymn or Christian song has meant the most to you? Why were you so moved by it? Tap into the power of song by setting up a playlist of worship music on one of your digital devices or purchasing a new CD; make listening a daily practice.

"Sing to Him; sing praise to Him; tell about all His wonderful works!"
1 Chronicles 16:9 HCSB

When Praising God Is Difficult

Praise is the sweetener for our hearts.



What difficult circumstances are you currently facing? Do you feel like praising God or not? How can praising God when you don't feel like it change your heart?

“Through [Jesus] then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.”

Hebrews 13:15 NASB

Ascribe to the Lord...the Ultimate Offering

The greatest offering is a heart sold out to God.



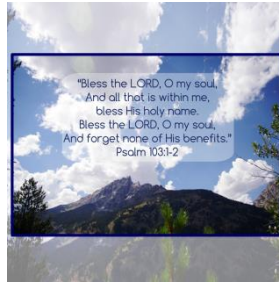
Do you worry you don't have anything of value to offer God? Don't focus on what you have to give to God. Instead, ask Him to help you live a life devoted to Him, sold out in every way. That's the greatest offering. Record your prayer in your journal, or use the prepared one in the book.

“Ascribe to the LORD the glory due his name; bring an offering and come before him. Worship the LORD in the splendor of his holiness.”

1 Chronicles 16:29 NIV

Why You Must Remember

Live anxiously, informed by circumstances, or live expectantly, informed by God’s faithfulness.

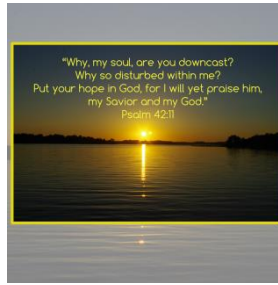


How do you convince your heart to keep on praising God in unwanted circumstances? Have you adopted the practice of remembering God’s faithfulness? Start journaling prayer requests, and then include the answers to those prayers as part of a faithfulness report to reflect back on.

“Bless the LORD, O my soul, And all that is within me, bless His holy name. Bless the LORD, O my soul, And forget none of His benefits.”
 Psalm 103:1-2 NASB

Where to Find the Security You Long For

God's sovereign will is not always what we would choose, but it doesn't change the truth of His love for us.



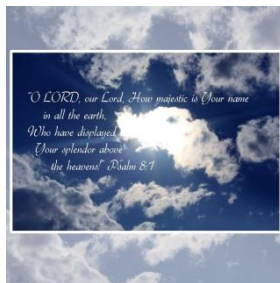
Looking back on a difficult time in your life, which of the five principles I mention in the devotion did that challenge finally reveal? Which truth have you most struggled to believe? Jot down these principles. Next time things get stormy, let His truth encourage you.

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Psalm 42:11 NIV

How Majestic Is Your Name!

Our life journeys showcase a masterpiece of design; the twists and turns adding to its beauty.



Where have you seen the most spectacular display of the heavens? How did that experience put your life in perspective? How does such splendor showcase God's design or care for His entire creation, including each of our lives?

“O LORD, our Lord, How majestic is Your name in all the earth, Who have displayed Your splendor above the heavens!”

Psalm 8:1 NASB

Bless His Glorious Name!

Peace and joy can always be found in God's poured-out blessings—grace notes that season our days.

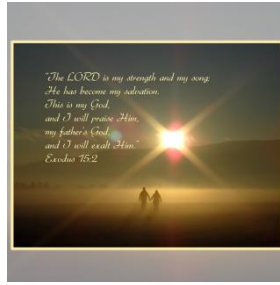


Do you let your eyes focus on the drab and lifeless when circumstances get hard? Start a running list of things (big and little) for which you are grateful. Recording three grace notes a day is a great practice to develop.

"Arise, bless the LORD your God forever and ever! O may Your glorious name be blessed and exalted above all blessing and praise!"
Nehemiah 9:5b NASB

The Lord Is My Strength

Moments of our greatest weakness are opportunities for tapping into our greatest Strength.



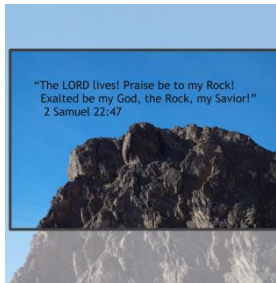
In what area(s) of your life do you hesitate to acknowledge your weakness so you can lean into the Lord's strength? Why do you think you hold on so tightly to your perceived strength? Admit your weakness to the Lord, cloaking yourself with His strength.

“The LORD is my strength and my song; He has become my salvation. This is my God, and I will praise Him, my father’s God, and I will exalt Him.”

Exodus 15:2 HCSB

The Lord Lives! My God, the Rock, My Savior!

Because the Lord lives, we have the promise of life.



What tempts your heart to give into fear? What makes you lose sight of the fact that Jesus defeated death and with it any fear of what the future may hold? Write down the words from Luke 24:6, “He is not here, but He has risen.” Reflect on them, and believe the promise of life!

“The LORD lives! Praise be to my Rock! Exalted be my God, the Rock, my Savior!”

2 Samuel 22:47 NIV

Proclaim His Name!

*Praise pours forth when we draw near to the Lord and experience
His fullness.*



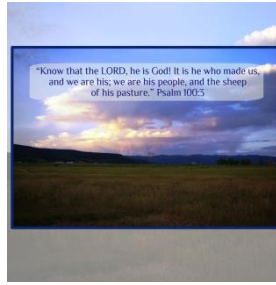
Do you make it a daily practice to fill up with the fullness of the Lord? Take a few minutes to reflect on the goodness of God. As you do, let the stirrings of your soul pour forth in prayer, poem, or song of praise, a beautiful expression of worship.

*"I will proclaim the name of the LORD. Oh, praise the greatness of
our God!"*

Deuteronomy 32:3 HCSB

You Belong!

God knows everything about you and still welcomes you as His beloved child, His precious lamb.



Why do you doubt the Good Shepherd's love for you? Dig deep, and then replace the reason you discover with scriptural truth that you are His beloved child: the above verse is a great one to begin with.

"Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture."

Psalm 100:3 ESV

Open Your Eyes and See God's Glory

God's glory fills the earth, beautifying everything and infusing it all with meaning and purpose.



What in your life obscures your view of the great glory of God? What blinds you to His great beauty, creativity, and majesty? Write down one thing you can change in your days to better notice His spectacular and miraculous nature.

“Blessed be his glorious name forever; may the whole earth be filled with his glory! Amen and Amen!

Psalm 72:19 ESV

An Endless Well of Comfort

God holds the answer to the deepest hurts of this life as well as the ongoing aches that are a part of every day.



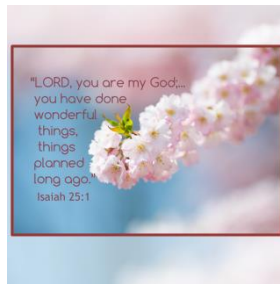
With what are you struggling today? Where have you sought comfort? What's preventing you from going to God for relief? Stop whatever you're doing right now and turn to the Lord, offering Him your pain.

"Praise the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort."

2 Corinthians 1:3 HCSB

He Has Done Marvelous Things

God has a plan for your life, and He knows the details of its beginning, its middle, and its ending.



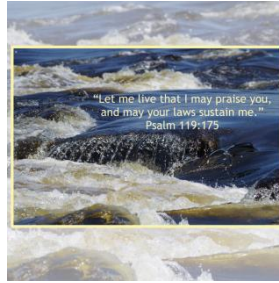
Can you see God's hand in the past and current events of your life? Identify a few obvious times and a couple less obvious ones. Develop a scrapbook of God's work in and through your life by creating a timeline of the pivotal points in your life and how it has all unfolded.

"LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago."

Isaiah 25:1 NIV

Let Me Live...

God's Word rings with the freedom you long for.



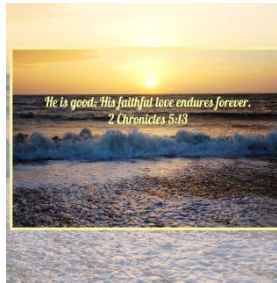
Are you regularly tapping into those words of life found in God's Holy Scriptures? Make it a priority to be filled up so you can pour out. Identify the best time of day for you to spend in the Word, and block it off every day on your calendar so it won't get filled by something else.

“Let me live that I may praise you, and may your laws sustain me.”

Psalm 119:175 NIV

With God's Love You Always End on the Right Petal

God's love for you is forever, whether you feel it today or not!



Do you truly believe God loves you? Where else are you chasing love? Have you found what you're looking for there? Reread the Gospels to revisit the story of His love for you and then identify one person to whom you can pass on this beautiful truth.

*“...They raised their voices, accompanied by trumpets, cymbals, and musical instruments, in praise to the LORD:
For He is good; His faithful love endures forever.”
2 Chronicles 5:13 HCSB*

