EVERYDAY

personal application for walking in greater peace



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 <u>can find it here.*</u>

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.



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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?



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.



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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

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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

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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

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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

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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

Praise His Holy Name!

We were each made to glorify our Maker in a uniquely designed manner.



What form does your praise most frequently take? Is it quiet prayer, loud singing, group worship, written reflection, etc.? This week, pick a new form of praise and incorporate it into your daily worship.

"My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever." Psalm 145:21 NIV

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Taste and See the Lord's Goodness

Lift your eyes off your circumstances and onto God; see His goodness and praise will follow!



Do you struggle with seeing the Lord's goodness when circumstances become messy? What practices can you incorporate in your days to remind yourself of the Lord's goodness and the abundant blessings in your life? Here are a few ideas: counting gifts; reciting Psalms; remembering God's character, including loving and unchanging.

"Taste and see that the LORD is good! Blessed is the man who takes refuge in him!" Psalm 34:8 ESV

Look up! See the Glory of God

The power, beauty, and immeasurable expanse of the heavens give voice to the glory of God.



When was the last time you intentionally rested in the magnificence of the sky? Schedule two dates in the next month to do just that, one during the day to lie on a grassy knoll and watch the sky dance, the other on a moonless night away from yard and street lights to take in the twinkling show of the stars. Record your thoughts as you glorify God in His greatness.

"The heavens declare the glory of God, and the sky proclaims the work of His hands." Psalm 19:1 HCSB

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Why You Never Need to Despair

We can have everlasting hope because God is everlasting.



What allows fear to take root in your heart? What is your default reaction when it strikes? Print out the above Scripture verse on a card you can carry, or memorize it. When you begin to feel fearful, use it to remind you of God's greatness, His goodness, and His faithfulness.

"Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable." Isaiah 40:28 ESV

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Called Out of Darkness into Light

God wraps us in His cloak of righteousness and calls us into the light.



Have you ever doubted your adoption as a beloved child of God? Think of a time you questioned your worthiness to be an heir to the throne. Take a few minutes to search the Scriptures for some "But God" truths of grace and write them in your journal to refer to when doubt sets in.

"But you are a chosen race, a royal priesthood, a holy nation, a people for His possession, so that you may proclaim the praises of the One who called you out of darkness into His marvelous light." 1 Peter 2:9 HCSB

Worthy Is the Lamb

Jesus knew no one would ever be enough, so He became enough for us.



Have you been listening to the lies of the enemy that you are unworthy in God's eyes? Do you struggle to believe you can be forgiven for your missteps and failures? Remind yourself of the Lord's victory over Satan. Jot down the statement above, but insert your name in place of "us." Refer to it often, glorifying and praising Jesus as you do.



Why Being Weak Isn't So Bad

When we lay down the misconceptions of our own abilities, we awake to the possibilities of God.



What stops you from admitting when you feel helpless and weary? Consider what it might mean to let God be enough for you. Record the areas in your life you are trying to control and surrender them to the Lord.

"Praise be to the LORD, for he has heard my cry for mercy. The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." Psalm 28:6-7 NIV

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The Only True Form of Praise

In living a surrendered life of praise, we receive all of God's peace and joy.



Are you surrendering it all or retaining some, even just a bit of glory or power, for yourself? In what areas? Write down those areas and present them to the Lord as a sacrificial offering, like Zacchaeus (Luke 19:1-9) did with his wealth. Ask God to loosen their grip on your life.

"To the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen." Jude 1:25 NIV

Hope Is Found in the Steadfast Nature of God

The earth stands firm from generation to generation, evidence of God's steadfast nature.



What type of situations cause you to feel hopeless? Look around at the workings of earth and the intricacies of man, and write down the evidence you see of God's faithfulness. Let this evidence bring you hope in those times you find yourself giving into despair.

"LORD, Your word is forever; it is firmly fixed in heaven. Your faithfulness is for all generations; You established the earth, and it stands firm." Psalm 119:89-90 HCSB

The Perfect Vantage Point from Which to Worship

Sheltered under the Lord's wings, we stand in a perfect position to give witness to all the wonderful things He has done.



When was a time you sought shelter from the elements of nature? How does that compare to the shelter God provides and the refuge He's offered you through the years?

"But as for me, how good it is to be near God! I have made the Sovereign LORD my shelter, and I will tell everyone about the wonderful things you do." Psalm 73:28 NLT

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When You Struggle To Be Worthy in Their Eyes

Certain assurance of our worth exists in Jesus Christ.



Where/from whom do you tend to seek validation? Write down all the places/people you look to for approval, then cross each one out and write "The Lord is the One" beside each as a reminder of who is the One we should look to for our worth.



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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

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Notice the Provider

Receive untold blessings by noticing the Provider of your life, not just the happenings, people, and things filling it up.



Are you intentional about noticing God in your day? What's one way you can add richness to your daily worship? Add it into each day this week.

"You alone are Yahweh. You created the heavens, the highest heavens with all their host, the earth and all that is on it, the seas and all that is in them. You give life to all of them, and the heavenly host worships You." Nehemiah 9:6 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

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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

A Powerful Way to Witness

God Himself will give you a hymn of praise when you have none.



Where do you look for your song of praise? Do you look to your own strength, or do you invite God to fill your heart with joyful hymns when your circumstances silence you? Identify the times you typically find yourself void of songs of praise and ask God to provide them for you.

"He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD." Psalm 40:3 HCSB

The Wellspring of Praise

Praise in the difficult seasons of life springs forth from a wellspring God supplies deep within us.



In times of deep stress and distress do you focus on the circumstances, or do you turn to God and draw from His wellspring of praise? Psalm 119 is filled with words of delight for God's Word. Spend time this week identifying and recording passages of this beautiful psalm that fills your soul with praise.



"Hallelujah! Praise God in His sanctuary. Praise Him in His mighty heavens. Praise Him for His powerful acts; praise Him for His abundant greatness. Let everything that breathes praise the LORD. Hallelujah!" Psalm 150:1-2,6 HCSB

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