

Exclamations of praise can be addressed directly to God...

I praise You	I bless You	I worship You
I adore You	I magnify	I honour You
I love You	I seek You	I exalt You
I extol You	I thirst for You	I long for You
I hunger for You	I desire You	I surrender to You
I acclaim You	I trust in You	I glory in You

The following scriptural titles of God/Jesus can be added to the exclamations of praise above...such as:

*I praise You King of kings...I bless you Everlasting Father...
I love you my Rock & my Fortress...etc.)*

Or a direct exclamation can be made such as:

You are the Lord of lords...etc.

King of kings	Most High God
Lord of lords	Holy One of Israel
Great High Priest	Great "I Am"
Lion of Judah	Lord of Hosts
Saviour	Risen Lord
Alpha and Omega	First and the Last
Emmanuel	Wonderful Counsellor
Mighty God	Everlasting Father
Prince of Peace	Good Shepherd
Lamb of God	Word of Life
Light of the world	Living Water
Fountain of Life	True Vine
Beloved of the Father	Redeemer
Bread of Life	Long awaited Messiah
Word made Flesh	Way, the Truth & the Life
Lamb who was slain	Shepherd of our souls

Exclamations of praise can focus on and declare the qualities or attributes of God...such as: "O Lord, my God You are..."

holy	worthy	mighty
glorious	beautiful	merciful
faithful & true	steadfast	awesome
loving	kind	good and gracious
forgiving	slow to anger	tender-hearted
infinite	sovereign	compassionate

Exclamations of praise can declare the attributes or titles of God in relation to us...such as: "Lord You are..."

my Rock	my God and my All	my Refuge
my Strength	my Portion and Cup	my Song
my Father	my Lord and my God	my Fortress
my Salvation	my Righteousness	my Joy
my Treasure	my Master and King	my Glory
my Wisdom	my Hiding Place	my Provider
my Advocate	my heart's Desire	my Defence
my Justification	my Sanctification	my Peace

Praise can be drawn from the Liturgy, Scripture; especially the Psalms, and may also lead into supplication or adoration.

~ Holy, holy, holy Lord, God of hosts, heaven and earth...

~ For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit in the glory...

~ Worthy is the Lamb who was slain, to receive honour, glory...

~ Heaven and earth declare the glory of the Risen Lord...

~ You dwell in unapproachable light, glory, splendour, beauty...

~ O come, let us shout with joy to the Rock who saves us...

~ Let us worship and bow down, and kneel before the Lord our Maker

~ It is good to give thanks to the Lord, to sing praise to Your name...

~ Let God arise; let His enemies be scattered!

~ The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid?

~ Bless the Lord O my soul, let all that is within me bless His holy Name! Bless the Lord O my soul, and never forget all His benefits!

~ O God, You are my God, for You I long, for You my soul is thirsting. My body pines for You like a dry, weary land without water.

~ Have mercy on me, O God, in our kindness. In Your compassion, blot out my offence. O wash me more and more from my guilt and cleanse me from my sin

~ One thing I have asked of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life

PRAYER AND PRAISE

The Catechism of the Catholic Church offers us both authoritative and trustworthy teaching. Here therefore, are a few passages related to prayer in general, as well as the prayer of praise more specifically:

"... when we pray, do we speak from the height of our pride and will, or 'out of the depths' of a humble and contrite heart? He who humbles himself will be exalted; humility is the foundation of prayer. Only when we humbly acknowledge that 'we do not know how to pray as we ought,' are we ready to receive freely the gift of prayer." CCC 2559

"Praise is the form of prayer which recognizes most immediately that God is God. It lauds God for His own sake and gives Him glory quite beyond what He does but simply because He is. Praise embraces the other forms of prayer and carries them toward Him who is its source and goal."

CCC 2639

By praise, the Spirit is joined to our spirits to bear witness that we are children of God!!" CCC 2639

"Vocal prayer is an essential element of the Christian life. Jesus not only prayed aloud the liturgical prayer of the synagogue but, he raised his voice to express his personal prayer, from exultant blessing of the Father to the agony of Gethsemane..." CCC 2701

"The need to involve our senses in interior prayer corresponds to a requirement of our human nature. We are body and spirit, and we experience the need to translate our feelings externally. We must pray with our whole being to give all power possible to our supplication."

CCC 2702

"This need also corresponds to a divine requirement. God seeks worshippers in Spirit and Truth and consequently living prayer that rises from the depths of the soul. He also wants the external expression that associates the body with interior prayer, for it renders Him that perfect homage which is His due." CCC 2704

"Yes, dear brothers and sisters, our Christian communities must become genuine 'schools' of prayer, where the meeting with Christ is expressed not just in imploring help but also in thanksgiving, praise, adoration, contemplation, listening and ardent devotion, until the heart truly 'falls in love'."

Pope St John Paul II (Novo Millennio Ineunte)

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ESTABLISHING V.I.P. PRAYER

VOCAL IMPROVISED PRAISE

COME LET US SING TO THE LORD
AND SHOUT WITH JOY TO THE ROCK WHO SAVES US.
LET US APPROACH HIM WITH PRAISE AND THANKSGIVING
AND SING JOYFUL SONGS TO THE LORD.

PSALM 95:1-2

THANK GOD! GIVE HIM THE PRAISE AND THE GLORY!
BEFORE ALL THE LIVING, ACKNOWLEDGE THE MANY GOOD THINGS
HE HAS DONE FOR YOU, BY BLESSING AND EXTOLLING HIS NAME IN
SONG. BEFORE ALL MEN, HONOUR AND PROCLAIM GOD'S DEEDS,
AND DO NOT BE SLACK IN PRAISING HIM!

TOBIT 12:6

