

5 Powerful Names of God to Bring Life to Your Personal Praise

Psalm 144 is one of my favorites to use in my personal time of worship. It's loaded with good stuff! As I've been studying this psalm, I've been delighted to see how the psalmist makes his praise so personal. I want to echo that in my own time with God.

In your time of praising God every day, here are some phrases to use that will bring life to your worship. You'll notice that each of these phrases begin with the word "My." That's not because the psalmist is being self-centered. It's because he wants to bring God close. I believe he is showing us a pattern we can follow in our own time with God.

My Rock (Ps. 144:1, NIV). The psalmist begins by writing, "Praise be to the Lord my Rock." We are often tempted to feel that God is distant—sort of untouchable. The psalmist shows us a secret to experiencing deeper intimacy with God. When I think of rocks, I think of the beauty of the huge boulders in the Garden of the Gods in Colorado Springs. In case you've never been there, the boulders are a reddish color, and they tower into the sky, creating a magnificent scene of beauty. People come from all over the world to hike and drive through the Garden of the Gods. In their majesty, these boulders remind me that God is my Rock. He is the magnificent one who is strong and mighty, the one to whom I can cling.

My Loving God (Ps. 144:2). When life treats you unfairly, the enemy tried to convince you that God doesn't love you. Here's the thing: Satan is a liar. God is good and He is loving. His heart beats for you. He longs for you. He delights in you. He takes joy in you. His every thought about you is loving. When

you praise Him saying, “I praise You that You are my loving God,” the Holy Spirit strengthens your faith and confidence in His love.

My Fortress (Ps. 144:2). A fortress was a military stronghold that protected whoever was inside. It was well equipped to handle attacks from the enemy. God is your fortress. The enemy doesn’t stand a chance against our God. He has already won the victory on your behalf. So praise Him that He is your fortress!

My Deliverer (Ps. 144:2). As your deliverer, God delivers you from evil. He delivers you from sin and shame, from fear and anxiety, and from loneliness and being unloved. Think back on your life. What has God delivered you from specifically? Then praise God for being your deliverer.

My Shield (Ps. 144:2). This reminds me of the armor of God mentioned in Ephesians 6:16. The apostle Paul reminds us to take up the shield of faith. It’s not our faith that shields our minds—it’s *His* faithfulness that guards and keeps us. As you praise Him for being your shield, remind yourself of all the times He’s been faithful.

Friend, I wholeheartedly believe that praising God has the power to strengthen our faith and increase our experience of His presence. Try using these five word pictures in your praise time this week. Circle each of them in your Bible and return to them often. {eoa}

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