

# Highlights on Prayer of Praise for ESG Leaders

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## A. Difference between prayer of thanksgiving or gratitude and prayer of praise.

- Praying to God in praise is simply loving God for who He is rather than what He does for us. The desire to praise God for his virtues, His character, His attributes, and our love for Him rather than expressing thanks and gratitude for the benefits He has bestowed on us. Prayer of thanksgiving focuses on the benefits we've received, and prayer of praise focuses completely on God's character and attributes. Thanksgiving can bring us close to God and prayers of praise can draw us even closer.
- A prayer format called A.C.T.S. starts with Adoration, then moves to Confession, next offers Thanksgiving and finally Supplication or praying for the needs of ourselves and others. Beginning with Adoration/Prayer of Praise places ourselves in proper relation to God by honoring Him and showing that we love God for who He is.

## B. Why is prayer of praise so important?

- It what we are created to do. Worshiping God is our very purpose. Praising God is truly what we were designed to do. Understanding this helps us to understand our own identity and our relationship to God along with our purpose. It puts us in proper perspective in our relation to God. If we follow God's design for us, we become better equipped to become the saints He wants us to be and allows us to live more fulfilling lives. It helps us to understand that we are not God and how God has loved us into existence.
- God tells us to offer prayer of Praise in the Bible. "Let everything that has breath give praise to the LORD! Hallelujah!" *Psalms 150:6*

## C. Examples of Prayer of Praise

- Glory Be prayer
- Gloria – sung at Mass
- Holy Holy – sung at Mass
- The first part of the Our Father – "Our Father, who art in Heaven, hallowed be thy name."
- 1 Samuel Chapter 2 – Hannahs prayer
- Many of the Psalms
- Divine Praises – often used during at Benediction (Closing Prayer) in Adoration
- Magnificat

## D. Tips moving forward

1. **Start with Yourself by paying attention to including this in your personal prayer time:** Consider starting your day by acknowledging who God is and who you are in relation to Him. Setting aside time just for praise is a way to stretch in developing words to express what may often remain silent on our hearts.
  - i. Bible verses in Psalms is a great place to start
  - ii. Praise God with His many titles. King of Kings, Redeemer, Holy One, Mighty One, Savior of the World, Divine Mercy, Holy Father, etc.
  - iii. Praise God for creation or nature around you

- iv. Praise Him in the trinity.
  - ❖ It may be helpful to focus on simply praying in praise first to God the Father, then Jesus and then the Holy Spirit. A simple example is to praise God as a loving Father, Jesus as a friend and confidant, and the Holy Spirit as the Breath of Love. Raising an Alleluia for being able to sit in the gaze of God and share your awe of God the Fathers in all His holiness, to hold Jesus' hand and to look deeply into His eyes to see the great depth of understanding and love and to shout Hosanna to the Holy Spirit in joy for remaining in you.
- v. Praise Him for the Church and His Holy Mother
- vi. Praise Him for the mighty saints and angels and apostles.
- vii. Praise God for what He has done for His people over time
- viii. Praise Him in times of pain and suffering - Prayer of praise is a bit more difficult when things are not going as well. Praying in both praise and gratitude during difficult times can really cause us to stretch outside of ourselves and transform our hearts.
- ix. Pay attention to the words in Mass that offer praise. Saying these words with affirmation and heartfelt adoration can bring a new dimension to the Mass and draw us into a richer relationship with God.

**2. Consider incorporating Prayers of Praise into your groups:**

- Change an existing prayer to one from Psalms.
- Explain Prayer of Praise to the group prior and have each person share their favorite title for God while in prayer during the meeting.
- Substitute a prayer with a song of praise in a section of your meeting (Songs should lyrically simply praise God as being God.)
- Print out the Gloria Prayer said at Mass and read it slowly together rather than singing it.
- Concluding with a simple "Glory Be"
- Offer free time for the group to either silently or verbally share prayers of praise.