

*Praise him from  
sunrise to  
sunset.  
psalm-113-3*



**BRENDAN MC CROSSAN**

- **Praise him from  
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## Chapter –1

**Psalm-113-3-I will praise you from sunrise to sunset.**

Before I write anything in this little booklet .I want to dedicate this to Jesus my lord the Holy Spirit and God my father.

I want to give praise and thanks to my Lord and my God for all the tender care he has given me since I came to him almost 30 years ago. I have gone through some of the most horrific times when death would have been a reprieve and all the time I praised him even when I did not feel like it in fact most times I did not feel like praising. But God delivered me from all my troubles and was with me through them all, even though it did not feel like it. But I knew from his word that he was with me and my family through the most horrendous times and also through the most glorious times.

He also turned those horrific times to good now years later.

Praise is a decision to glorify God, not a feeling or emotion. It can also on occasions come from an emotion or feeling as praise wells up inside you on being told good news.

I could tell you stories on stories of how many miracles I have seen simply through praise, but what is the point in that?

My wonderful stories are not what you need to hear right now!. You are in desperation the bills are getting higher, or someone you love is seriously ill. Or you need a job or something else. There is only one answer to all your needs! God! He is the answer that you need to all your problems. And you need him here with you right in the middle of your greatest need and you need him yesterday not tomorrow or some day next week.

How can I bring God right into my problems right now?

Answer.

Praise! Is the way to bring God right into your problems.

Let me put something to you simply. Is all the crying you are doing bringing an answer nearer? No!

Is cursing, swearing or having tantrums bringing Jesus closer to you? No!

Will pleading or promising to do something or change something about yourself bring an answer for your needs. No!

Will praises bring God into your problems? Yes!

Praise brings the answer you need.

**Scripture says. • He {God} will supply all your needs through Jesus Christ. • -Philippians -4-19**

Marvelous! That is just what I need to hear. I done all that and tried all that I believed and still nothing. Huh!

Ah! But you see there is a little secret in getting things from God apart from believing. You have to do something to get that believing working, and praise is the secret. Praise motivates God to act. Check the bible from start to finish and you will see that the people who won victories, won battles, had children, had every need met were all doing the same thing.

They were praising, praising, praising, Especially when everything looked like it would take a miracle to get them out of the mess they were in.

And your miracle is just as important to God as theirs in the bible were.

Aye but you do not understand, I've tried praise. I've lifted the old hands up now and again and sung the odd song. I have praised God and it did not work. Rubbish! You did not praise God you compromised with your self, half acting praise out. Giving God half measure or even less. You see if you did praise God sincerely you would not be needing a miracle right now you had be receiving one. And would have received one back then if you praised instead of half praising.

I have realised that the only way to get God's attention, was to get seriously bogged down with praise. Singing my heart out maybe crying and sniffing between praise and thanksgiving.

The sadness of the situation I found myself in did not stop me from praising God. Even defeat did not stop me praising. Even when I was almost wiped out with despair it did not stop me from praising God. I praised when I felt like it and I praised when I did not. Sometimes I must admit, grudgingly, between bad language and tears and pain. Still I praised because it was

In my nature. As a child of God I received the baptism of the Holy Spirit after I received Jesus as lord and savior of my life. And since then I knew Jesus was within me and so also the Holy Spirit helping me to overcome any situation with praise. Praise was, and is a part of my nature now that I am born again. We were given a new nature at rebirth, his very own nature. His own nature. And what was his nature like, he had a praising nature, he praised the Father God.

The Holy Spirit in me desires to bring praise to the Father and I let him praise through me and also with me its a part of my and your nature, we have a praising nature, now, we have Jesus inside us and the Holy Spirit inside us. We have been born again into him into his nature and he was not a crier or complainer or moaner he praised the Father. Sometimes like at Calvary he praised by saying if there is any other way to change this lets do it Father I do not like this suffering bit. We do not like suffering anymore than he did so we must release that praising spirit within us even when it hurts.

Praise will win through. Crying about it will cause defeat.

Praise brings victory. Moaning that poor you have been hard done by will cause defeat.

Praise is a choice that you have to make . Oh here's a problem what will I do? I• ll get angry scream and shout try everything in this world, even cheating to bring results. But it rarely brings good results.

Or will you choose to accept that there is a problem, now how should I respond to this problem? And the choice is  
Praise.

Praise. For best results try praise.

**Psalm –82-11- May every fibre of my being unite in reverence to your name. -With all my heart I will praise you. I will give glory to your name forever**

Look at this scripture. What is it saying? Its saying I will praise you with my heart not my feelings and emotions. I will give glory to your name forever.

Lets look at what his feelings were at this time. By the look of this scripture it would seem like he is enjoying everything going well for him. But lets see shall we?

**Psalm –86-1—Bend down and hear my prayer O Lord for I am deep in trouble.**

He was deep in trouble! What do you do when your deep in trouble? Do you praise God with all of your heart, or do you something else?

He had set his mind to praise anyway no matter what the outcome of his problems. He cried out to God, not to everyone around him like we usually do. He was joining every fibre of his being, he was bringing every feeling and emotion into control and commanding it to praise the lord.

The mind makes decisions either for or against in every single instance in your life.

The heart is associated with feelings but that is not true. The mind is where the feelings rest.

The mind must be brought under control because it will just

Run away with itself if left to its own devices.

But this man in deep trouble made the decision to Praise God anyway, no matter what his circumstances told him. He cried out to God just like were supposed to do.

He didn't cry in Gods face about his problems he cried to him, there• s a big difference between crying out to God and crying at God. Crying at God is like saying, why me lord, what did I ever do to deserve this?

Crying to God is like Lord I need help in this problem, and crying from your heart from all that is within you.

IM sure you know the difference between Crying to and crying at.

Will crying and moaning and complaining bring your troubles to an end? **No!** No matter how many tears you shed in complaining, nothing will bring about change. Has all the crying and complaining ever changed anything for you before?

Does crying and complaining waste good energy? Yes! It drains you out making you feel tired and depressed.

What on the other hand does praising do? It lifts your heart up. It• s hard to keep feeling depressed if your focused on God and singing praise or saying praises. When you focus on God by praise, you no longer focus on your problem• s, or on you. Hence no belly button gazing, with lowered head. But head upraised praising God in the heavens.

Decisions, decisions, decisions! A man emailed me one time about a problem he had. He needed to make a decision.



He said he wanted to hear from God what decision God wanted him to do and he asked me to pray that God will tell me what he should do.

I told him I can't do that as it contradicts God's word.

**James –1-5– If you want to know what God wants you to do, ask him, and he will gladly tell you. Etc.**

**1-7– and every decision you then make etc.**

God's word says If **you** want to know what God wants **you** to do, **ask him!**

He says **you** want to know, not someone else ask him on your behalf!

He clearly states **You** Yourself, not someone else asking on your behalf. Others can pray for you, but can't ask for you. You have to do that for yourself.

**Ask him** not someone you think may have a little bit of influence with God. Or someone whom you think is holier than you or is in touch with God better than you, because that's not true we all have equal standing with God, some understand that better than others. But **You** have to ask and ask **Him.**

Then **You** have to make a **decision** to do something after asking. Every **decision** **you** then make.

There is no way around that it states quite clearly that it is **you** who **asks** and **he replies** and **you** make a decision after that.

And the way to know you made a right decision is by the peace which comes after making **your** decision, if no peace don't do anything go the other way. Decisions are usually two

Fold, either I do or I don't. Go this way or go that way. But always peace comes with the decision you make after prayer IF it is the right decision. Wrong decision no peace.

No matter what I told this man he wanted me to make his decisions for him and I told him he would still have to make a decision even if I told him what to do. He would still have to choose to do what I say or reject what I say. He told me to ask God and if God gave him the decision he would then decide if he would follow that decision. So you see he had still to make a decision no matter what. He said, even if God came and told him the right decision to make he would still have to decide whether to go with that decision.

Aren't we all just like this man?

Life is full of decisions. Deciding to get out of bed or deciding to lay in it. Deciding to go to work or stay at home. Deciding to leave your wife or husband or stay. Deciding to eat or not to eat. Deciding to go to bed or to stay up. Everything we do is a decision. Think long and hard about this and you'll see that it is true. I'll pray, No I won't. I'll sing, No! I'll cry instead. I'll praise, no I won't.

Everything is decisions we make subconsciously, from the moment you awake till the moment you go to sleep all day is decision, after decision, after decision.

Why not make a decision to praise its better than crying and moaning, it lifts you up crying brings you down.

It brings you into the presence of God! It what? Brings you into the presence of God who is sitting listening to you praise

Him. What better way to get his attention, praise him. Scripture says.

**Psalm-100-4—Enter his gates with thanksgiving and his courts with praise. Give thanks to him and praise his name.**

The gates are the outer walls of the kingdom of heaven the courts is where God himself sits on his throne.

You see praise and thanksgiving brings you into his presence.

In his presence lies total peace and God has a listening ear to those who praise him. After praising him ask for your need then go back out of his courts with praise and back out of his gates with thanksgiving. Back to your everyday life knowing he heard you and will answer.

Your praising him that he heard you, and you leave with thanksgiving waiting until your answer comes. And you keep praising until the answer comes and then you thank and praise for that answer, thus keeping your self in a total state of being in and out of God• s presence. If only we could grasp the true meaning of this, how happy we would be.

While praising your in his presence, in his courts. When you stop praising you move out of the inner courts and his personal presence, not out of God• s sight.

We all need to choose, either praise or complaining. Complaining wont get you into the inner chamber where God is Praise will.

## Ways that you can praise God.

Psalm-47-1 Come everyone and **clap for joy. Shout triumphant praises** to the lord.

Clapping is praise. We clap a singer don't we to show appreciation of his singing. God deserves our clapping even more so.

**Psalm-100-1 Shout with joy before the lord. Come before him singing with joy.**

**Shout out praises.** Don't whisper them under your breath except when you are in company or certain places. Its not everywhere you should shout. If you were in court you• d get thrown in jail for contempt. You could shout when driving in your car or in the privacy of your own home or prayer meeting. Defiantly not in church unless they do that there. We have no problems shouting at a football match or in a bar watching a match. So we should have no problems shouting when were in privacy with God.

**Psalm-68-3-Sing praises.** Singing, we all sing don't we? Well you don't have to sing to God a holy song, you can sing any kind of song from country and western to pop, blues, jazz. I wouldn't recommend the modern day pop songs most are just pure filth. But you can sing any song to God as long as its clean and wholesome. You don't have to sing the old gospel stuff, any song from the heart to God is acceptable to him. As long as its from your heart.

**Psalm –134-2 Lift up your hands in holiness and bless the lord.**

Lift up your hands to him. Lifting up your hands is a sign of surrender to him. When someone sticks a gun in your back you have no problems lifting your hands do you. Voluntary lifting your hands is even better as they show God you surrender to him and also they show God your lifting him up in adoration.

**Psalm –103-1– I will bless the holy name of God with all my heart.**

Did you know you can actually bless God? What an amazing gift from God, the ability and grace to bless him. You would think it could only be god that could bless people. But we bless people especially when they sneeze we say, • God bless you. • Well we do in Ireland.

Again did you notice the with all my heart bit again. These psalm writers knew it was no use giving God half measures they gave him praise with all their heart. Lets learn from them how to praise.

IM going to quote scripture showing praise to God and if you weren• t used with praise then you can use the words they use. You wont be copying but using Gods own words to glorify him. We say Praise the lord. Everyone who loves the lord says praise the lord. So you wont be on your own quoting praise from scripture but will be doubly blessed. Praising with Gods

Own words.

## Chapter 2.

**Scripture that praise and glorify God.**

**Psalm –72– Blessed be Yahweh God, the God of Israel, who only does wonderful things. Blessed be his wonderful name forever. Let the whole earth be filled with his glory**

**Psalm-75-1- How we thank you lord, your mighty miracles give proof that you care.**

**Psalm -86-12– With all my heart I will praise you. I will give glory to your name forever.**

**Psalm-89 –1– Forever and ever I will sing about the tender kindness of the lord.**

**Psalm –113-3– Praise him from sunrise to sunset.**

**Psalm –71 –8– All day long I• ll praise you and honour you oh God, for all you have done for me.**

**Psalm—70-4 –What a wonderful God he is.**

**Psalm-47 –1– Come everyone and clap for joy, shout triumphant praises to the lord. For the lord, the God above all God• s is awesome beyond words. He is the great king of all the earth.**

**Psalm –35-9– But I will rejoice in the lord, he shall rescue me, from the bottom of my heart praises rise to him. Where is his equal in all the earth and heaven.**

**Psalm - 100-1-Shout with joy before the lord, come before him singing with joy.**

**Psalm-68-3– Sing praises to the lord. Raise your voice in song to him, who rides upon clouds, Yahweh is his name, oh rejoice in his name oh rejoice in his presence.**

**Psalm –29 –1 - Praise the lord you angels of his, praise his glory and his strength, praise him for his majestic glory, the glory of his name, come before him clothed in sacred garments.**

**Psalm –27 –1 –The lord is my light and my salvation whom shall I fear?**

**Philippians-4-20– Now unto God our father, be glory for ever and ever..**

**Psalm –134-2 –Lift up your hands in holiness and bless the lord.**

**Psalm-63 –3 How I praise you, I will bless you as long as I live, lifting up my hands to you in prayer, at last I will be fully satisfied, I will praise you with great joy.**

**Psalm - 25-1- Oh lord, I will honour and praise your name for you are my God.**

**Psalm– 63-7– How I rejoice throughout the night, beneath the protecting shadow of your wings, I follow close behind you, protected by your strong right arm.**

**Psalm—26-8– Lord I love your home this shrine where your dazzling presence lives.**

**Psalm –103– 1- I bless the holy name of God with all my heart.**

**Psalm-104-33-I will sing to you lord as long as I live, I will Praise God to my last breath.**

**Psalm -48-10-Oh God you are praised everywhere, for the salvation you have scattered throughout the world.**

**Psalm-48-1-How great is the lord how much we should praise him; He lives in Mount Zion in Jerusalem, what a glorious sight.**

**Psalm-106-1- Hallelujah! Thank you lord how good you are, your love for us continues on forever, who can list the glorious miracles of God, who can even praise him half enough.**

**Psalm– 86-10– For you are great and do great miracles, you alone are God.**

**Psalm– 86-11– May every fibre of my being unite in praise and reverence to your name.**



**Psalm-57-11-Yes be exulted O God above the earth, may your glory shine throughout the earth**

**Psalm– 138-1– Lord with all my heart I thank you, I will sing your praises before the armies of heaven.**

**Psalm-144-1– Bless the lord, who is my unmovable rock.**

**Psalm –108-1- O God my heart is ready to praise you.**

**Psalm– 93-1– Yahweh is king, he is robed in majesty and strength.**

**Psalm –68-1 –What a glorious lord, he who daily bears our burdens., also gives us our salvation.**

**Revelations– 7-12-Amen they said, blessings and glory, and thanksgiving and honour and power, be to our God forever.**

**Daniel -3 –26-Blessed are you, oh God of our fathers, and your name is worthy to be praised and is glorious forever.**

**Revelations– 15-3-Great and marvellous are your doings, lord God almighty, just and true are your ways, oh king of ages, who shall not fear O God and glorify your name.**

**Revelations –15-4– For you alone are holy, all nations shall come before you, for your righteous deeds have been disclosed.**

**Daniel-3-5– Blessed are you in the holy temple of glory, and greatly to be praised, exceedingly glorious forever.**

**Daniel –3– 26- Blessed are you o lord, the God of our fathers and your name is glorious forever.**

**Revelations –4-11-Oh lord you are worthy to receive the glory and the honour and the power, for you have created all things.**

**Revelations –4-8 Holy, holy, holy, lord God almighty, the one who was and is and is to come.**

**Wisdom –12-1– O how good and sweet is your spirit O lord in all things.**

**Exodus –15-1-I will sing to you O lord for you have triumphed gloriously.**

**Psalms –77-13. God ,your ways are holy, where is there any other God as mighty as you, you are a god of miracles and wonders. You still demonstrate your awesome power.**

**Revelations –5 –13-The blessings the honour and the glory and the power belong to the one sitting on the throne and to the lamb, forever.**

**Exodus –54-11-Who is glorious like him? Who is awesome in splendour? A wonder working God.**

**Exodus –51-1-I shall give thanks to you o king, I shall praise you o God my saviour.**

**Exodus –15-6– Your right hand is glorious in power.**

**Luke– 1– 46– My soul doth magnify the lord and my spirit rejoices in God my saviour.**

**Revelations-5-9– You are worthy to take the scroll and break its seal and open it. For you were slain and your blood has brought people from everywhere, from every nation as gifts to God.**

**Philippians– 4 –20– Now unto God our father, be glory for ever and ever.**

**Glory to God in the highest may you be glorified forever in this little booklet, by the praises therein. Amen.**

Those are only some scriptures that give God glory and honour and praise, there are many, many more.

God's people won victories and overcome trauma death and famine, because they praised him with all their heart.

At other times God's people turned away and searched for a better way to get by without God but failed by death starvation and slavery.

We too search at times for another way searching for answers apart from God and the end results are not always good.

Like I have said in this booklet previously, you have two choices to make in life will I praise or will I not praise?

There is no way around this, you can't bend it or shape it or contort it when faced with troubles or imminent disasters. You can praise God or you can cry about the disaster.

To choose praise means you have given the problem to the lord and are letting him deal with it, and you can then wait in praise until he decides to act, and usually not in your or my time. But in his, when everything has lined itself up in his perfect will.

Praise lifts the lord up, and when he is lifted up he lifts you up.

Its simple as this, Give praise anyway. What have you to lose?  
**Nothing! So praise anyway.**