

BIBLE STUDY LESSON

“LEARNING HOW TO BLESS THE LORD AT ALL TIMES”

(“LEARNING HOW TO LIVE IN THE PRAISE ZONE”)

SCRIPTURE TEXTS: “PSALM 34: 1-10” AND “1st THESSALONIANS 5: 16-18”

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INTRODUCTION:

Our text verses are easy to read, but hard to live! Why? Life Is a Struggle. Every day as believers in Jesus Christ, we contend with our fleshly selves, a Godless Culture, and Satan's Attacks. If we are going to live in The Praise Zone, then we had better be ready to praise God in the tough times.

All of us have moments when we feel discouraged by life's circumstances. Our loved ones may try to lighten our load or lift our spirits, but unfortunately, their efforts can fall short. We wonder if we will ever emerge from today's trying situation with our joy intact.

Praising God in the hard times doesn't minimize or deny heaviness of heart. Instead, it redirects our focus on who God is. He never changes. He promised never to leave or abandon his children, so we can count on his presence, even when our emotions can't confirm it. He is near to the brokenhearted ([Psalm 34:18](#)).

Therefore, It is possible to praise the Lord “at all times” ... in hardship. In one sense, it's a choice, not a feeling. It becomes a kind of personal battle cry. Even when our run has slowed to a crawl and our shout has died down to a whimper ... we can wait on our Heavenly Father with fierce expectation. He is faithful and true. If we can't praise Him for our circumstances, we can praise him in spite of them.

Our Lesson This Evening will remind us 'As Followers Of Christ', that The Lord Our God 'Desires and Expects' To Be A Thankful and Grateful People In All Times, In All Circumstances or Situations In Life. In fact, this is one of the main 'Keys in “Learning How To Bless The Lord At All Times.”

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ILLUS: A man from the city bought a farm and saw a beautiful horse on another guy's farm. He bargained with the farmer, an old deacon, and the farmer finally sold him the horse.

The city man jumped on the horse and said, "Giddy up!" The horse didn't budge. The old deacon explained, "He'll only go forward if you say, 'Praise the Lord.' To stop him, you have to say, 'Amen.'"

Keeping this in mind, the new owner yelled, "Praise the Lord!" whereupon the horse took off with great speed. Soon horse and rider were headed for a cliff. He went through a dozen phrases before he finally remembered to say "Amen!"

The horse came to a screeching halt right at the edge of the cliff. Relieved, the rider wiped the sweat off his forehead and exclaimed, "Praise the Lord!"

OPENING TEXT

I will bless the Lord at all times: his praise shall continually be in my mouth. ² My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. ³ O magnify the Lord with me, and let us exalt his name together. ⁴ I sought the Lord, and he heard me, and delivered me from all my fears. ⁵ They looked unto him, and were lightened: and their faces were not ashamed. ⁶ This poor man cried, and the Lord heard him, and saved him out of all his troubles. ⁷ The angel of the Lord encampeth round about them that fear him, and delivereth them. ⁸ O taste and see that the Lord is good: blessed is the man that trusteth in him. ⁹ O fear the Lord, ye his saints: for there is no want to them that fear him. ¹⁰ The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing. Amen.

I. WHAT DOES IT MEAN TO BLESS GOD?

In the Scripture when God "Blesses" men they are thereby helped and strengthened and made better off than they were before, but when men "Bless" God he is not helped or strengthened or made better off. Man's Blessing God is an "Expression of Praising and Thankfulness".

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When the Old Testament speaks of Blessing God, it does not **“Designate a Process That Aims at The Increase of God’s Strength”**. It is an **“Exclamation of Gratitude and Admiration”**.

IF God is the Original and Unlimited **“Blesser”** ... Then He must be above all others in a **“Blessed”** State. **The Fullness and Source of All Blessing. IF** this is so, then a most natural burst of praise would be **“You Are Blessed!”** That this recognition and joyful exclamation of God’s blessedness should then be described as **“Blessing God”** is not unusual.

Other analogies would be our expressions like: **“I Will Magnify The Lord”** or **“Let Us Exalt His Name Together.”** **Both of these expressions properly recognize and give joyful expression to God’s Magnificence and His Exalted Status. They do not mean that we make God larger or higher. So, To Bless God means to recognize his great richness, strength, and gracious bounty and to express our gratitude and delight in seeing and experiencing it.**

A. Biblical Support

Here are some texts that have led me to these conclusions:

1. **“And you shall eat and be full, and you shall bless the Lord your God for the good land he has given you.”** ([Deuteronomy 8:10](#))

Here ‘Bless’ is virtually identical to ‘Thank’ or ‘Gratefully’ recognize as the giver of blessing.

2. **“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!”** ([Psalm 100:4](#))

Therefore, David blessed the Lord in the presence of all the assembly.

3. **And David said “Blessed are you, O Lord, the God of Israel our father, forever and ever.”** ([1st Chronicles 29:10](#)) This is a clear example of what one does when one blesses the Lord: He calls him Blessed! The same thing is seen in comparing [Genesis 24:27](#) and [24:48](#). **“I will bless the Lord at all times; his praise shall continually be in my mouth.”** ([Psalm 34:1](#))

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II. AN INVITATION TO BLESS THE LORD

A. The Analogy of The Psalm

It is said that This Psalm was written at the time when David was in the land of the Philistines, **was staying at the court of the king**, and was under suspicion for His Pro-Israelite Attitude.

David was fleeing from his great enemy, King Saul, and his circumstances seemed to be so desperate that he left his own land **and went to the coastal area of the Philistines** to seek asylum with Achish, the king of Gath. David must have felt extremely desperate, **because Gath had been the home of Goliath**, the Philistine champion whom he had killed years before. **Just before going to Gath he had received Goliath's Sword from Ahimelech**, one of the priests of Nob. **We can suppose that the very sight of the sword must have been an offense to the Philistines.**

Moreover, David seems to have been in danger, because the story says that he was so much afraid of Achish **that he pretended to be a madman in his presence**, making meaningless marks on the gates of the city **and letting salvia run down his beard...** Most commentators believe that this was a sad episode in David's life, since he obviously had failed to trust God to protect him from Saul and was relying on his own cunning instead... **David nevertheless did cry out for help and was delivered...** In 1st Samuel we are told that he escaped from Gath and fled to the cave of Adullam, where the psalm may have been written.

B. The Invitation

This psalm is quoted twice in the New Testament. **Verses 12-16** are quoted by Peter as a promise of God's Blessing for those who live a godly life (**1st Peter 3:10-12**). And **Verse 20** is quoted by John as having been fulfilled at the time of Jesus' crucifixion (**John 19:36**).

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C. An Invitation To Praise God

34:1: The statement “At All Times”, in this context means, even in the most desperate and perilous of times. Compare with [1st Thess. 5:18](#), and [Romans 8:28,37](#). “David’s fortunes were now at the lowest ebb. He had fled from the court of Saul on finding that Saul was determined to put him to death. He had hoped to find a safe refuge with Achish, but had been disappointed. He was on the point of becoming a fugitive and an outlaw, a dweller in dens and caves of the earth ([1st Samuel 22:1](#)). He Had No True Followers. Yet, even in such a situation, David was determined to praise God for His goodness. David was prepared to praise God even when he was in fear of his life. “He may have acted like a fool, but he was not so foolish as to neglect praise of Him who was His only true wisdom. He may have been hiding in a dismal cave, but his psalm tells us that in his heart he was hiding in the Lord”.

34:2: David realizes Who had delivered him. He calls attention to what God has done rather than boastfully pointing to his own works and accomplishments. Personally, David had made a very poor showing in Gath, yet David rejoices in what God has done for him. Here is pure joy in God’s deliverance, however poor our own showing. David had fallen on his face, but still rejoiced that God had delivered him. Do we get so caught up in our failures that we can’t see where God has helped us? “The person who has experienced God’s mercy naturally looks to others to praise God with him. Corporate worship is one of the natural instincts of the new life of Christ in God’s people”.

The humble or the meek hear David’s praise, and they naturally rejoice. Because the humble have experienced many of life’s frustrations, they have been brought low in their own esteem by life’s adversities. They rejoice when great and talented men like David have learned to place their confidence in God, rather than in their own abilities.

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34:3: The Godly Must Share Their Praise With Others. To “Magnify” The Lord is to proclaim His excellencies ([1 Peter 2:10](#); [Psalm 48](#)). “David’s Invitation for us to Worship is no call to be Dry or Boring, but rather To Be Verbal, Through Public, and Personal Praise”.

D. David’s Experience

“If the sequence in verses 2 and 3 was in essence, ‘I have reason to praise Him; join me’, here it is, ‘This was my experience; it can be yours’”.

34:4: To Seek the Lord is not merely to trust in Him, but to fly to Him, and make our requests of Him in our troubles ([1 Peter 5:7](#)). David knows what fear is like. “The ‘fears’ pertain to the horrid experiences in life as well as the dread of the unknown”. David does not credit his ingenuity displayed before the king of Gath as the means of his deliverance. How often do we allow fear to keep us from doing something? ([Revelation 21:8](#)) In this psalm we can find the courage to do the right thing, in spite of our fears.

34:5: Like David, those who trust in God, and seek Him, Radiate Confidence and Joy. Faith in God changes our personal attitude, even in difficult situations. Instead of being ashamed or intimidated, the faithful are confident ([Romans 8:37](#)). Placing our trust in God isn’t some form of mental gymnastics or a vain exercise ([Psalm 22:5](#); [Romans 5:5](#); [9:33](#); [1 John 2:28](#)).

34:6: “This Poor Man”: “Remembering how desperate his plight, and how weak he himself was, he designates himself, ‘Here is a poor man who cried’”.

“So, this is a psalm for poor men — and poor women too. It is a psalm for all who are alone or destitute — This Psalm’s For You... If you have nothing at all or are not even sure that you will live long. It is for people who find themselves at the absolute low point in life, which is where David was. Or find themselves between a rock, which in this case was King Saul, and a hard place, which was King Achish. It is for you when everything seems against you”.

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34:7: What comforting words! The “Angel of The Lord” is the medium which God often used in the Old Testament to speak to the patriarchs and accompany the Hebrews to Canaan ([Genesis 18; 24:7](#); [Exodus 3:21; 14:19](#)). Angels were often used to deliver or protect the righteous ([1st Kings 19:5](#); [Daniel 6:22](#); [Acts 5:19-20](#); [Acts 12](#)). During trials we may feel all alone and vulnerable, but read [2nd Kings 6:14-18](#).

34:8: This passage is quoted in [1st Peter 2:3](#). This verses encourages others to try God out. “I found Him to be good,” says David. “He delivered me from all my fears and enemies, and provided for me too. I want you to experience His provision as I have”. God exhorts us to put Him to the test of experience. If we will only place our trust in Him, we will find by experience that He is faithful, His Laws are Good and His Lifestyle Is Refreshing ([Matthew 11:28-30](#)).

There is really no other way of knowing how good God is. “In essence the writer challenges the skeptic to put to the test what he affirms about God by Fearing and Serving God. The one who will ‘Taste’ (Experience The Righteous Life That The Author Commends) will inevitably ‘See’ (fully realize and appreciate) The Gracious Nature of God”.

34:9: Matthew 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

If we are His saints, we have sought Him. God does not promise to give us our greed, but He does promise us that we will not be in need.

34:10: “Those who are naturally strong and self-sufficient like ‘young lions’ do not have the guarantee of safety that is characteristic of those who seek the Lord”. “In God’s creation even the strongest suffer want for a time, and have no remedy; His human creatures need never be in want”. “It is not an empty promise of affluence but an assurance of His responsible care”. Compare with [Deuteronomy 6:24](#); [8:3](#).

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Psalm 34 Is a Gift From David To Us. It gives us a rare and honest glimpse into the heart of a Godly man who was overwhelmed by fear and fatigue and for a moment panicked ... just as we are being constantly being overwhelmed and worn down by what seems like a non-stop barrage of bad news lately.

Like David, it seems like there's no let up, no rest. Before the pandemic, we had the best economy in our history. Life seemed to be pretty good for the most part. Like the citizens of the City of Gath, we just went about our lives as usual ... until suddenly ... BOOM! Overnight we find ourselves hiding in our houses from a virus ... and it has only gotten worse from there. Every time it seems like things are beginning to settling down ... possibly taking a turn for the better ... we're confronted with new problems, bigger challenges ... our Televisions, Computers and Social media are constantly filled with images and scenes that we never could have imagined six months ago happening all around us ... further heightening our fear and our insecurity. So ... what can we learn from David hiding in some cave 3,000 years ago that can help us today? More so, what else can we learn from this Psalm... Let's find out together, shall we?

III. TOUGH TIMES PRAISE

This message is about Tough Times Praise. Anyone can praise the Lord when things are good, but what about the times when things are not so good? Can you praise the Lord in the Tough Times? Our focus passages speak of **Continual, Uninterrupted Praise to God.** "I will bless the LORD at all times: His praise shall continually be in my mouth." "Rejoice evermore." ... "In every thing give thanks."

Can We Praise God 'Only' When The Going Gets Tough? It might encourage you to learn that others have! As I let my Eyes and Ears Wander Over The Pages of God's Word, I retrieved several examples of Tough Praise to consider.

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Tough Praise Testimonies

Tough Praise Testimony One: Job experiences life at it's worst. Have you ever said, "Things can't get any worse," and they do?" The story of Job is the ultimate "it can get worse" story! In a short period of time, Job lost everything that he treasured. He was a wealthy man. In those days, wealth was measured by servants, cattle and livestock. Job lost it all to thieves and fires! More important to Job, who was a godly man, was his relationships.

He loved his children and family. Job's precious family was taken by a series of tragic events. We often hear it said that as long as we have our health, we have everything. Guess what? Job Lost His Health. Also Important, Job lost his Reputation, His Standing In The Community. Job's Three Friends, Eliphaz, Bildad and Zophar, showed up to cross examine him, to discover what warranted such calamity! To His Three Amigos, The Equation Was Simple Enough. God Blesses those who do good, and Curses those who do bad! Good things happen to good people and bad things happen to bad people. Obviously their friend Job, has hiding something from them! Job clung to his innocence and righteousness, but the suspicion of wrong doing among his friends and in his community was obvious.

Job hit bottom, cursing the day he was born! We see Job's humanity and weakness throughout the book. If this was a Test From God (and it was), then Job did not get everything right, but there was one thing he did manage to do. Job kept his relationship with the Lord unspoiled. When experiencing life at it's worst, Job praised the Lord. Job 1:20-22 says, "Then Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped, 21 And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD. 22 In all this Job sinned not, nor charged God foolishly."

Job asked the question, "Who am I to take the good from God's hand, and not receive the bad?" Instead of asking, "Why me?" Job asked, "Why not me?"

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Job ended up Praying For His Friends who had hurt him, and Never Stopped Praising the Lord.

Tough Praise Testimony Two: 'Eli' suffers the consequences of his failure as a parent, as well as the moral failures of his children. Parenting is a humbling experience. As parents, we love our children, but when we love, we open ourselves to pain and deep hurts. Jesus was the perfect Son, yet Mary was told that Her Relationship To Him would bring a sword that would pierce her heart.

This passage is one of those painful moments in the life of a parent. Eli was a Faithful Priest, but a failure as a parent in that he was too lenient. His two sons, Hophni and Phinehas were a disgrace, bringing shame to their father, and damaging the credibility of the priesthood.

God brought judgment upon Eli and his family. Oddly enough, the message of God's judgment was delivered by a little boy named Samuel. In the midst of the night, God spoke not to Eli, but to the child Samuel. Eli helped Samuel recognize God's voice and respond to His message. The message however turned out to be more of a burden than a blessing to young Samuel. God informed Samuel that his guardian, mentor, and father in the Lord, was soon to reap a bitter harvest.

The last thing Samuel wanted to do was share this message with Eli! Eli left him no choice! 1st Samuel 3:15-18 reads, "And Samuel lay until the morning, and opened the doors of the house of the LORD. And Samuel feared to shew Eli the vision. 16 Then Eli called Samuel, and said, Samuel, my son. And he answered, Here am I. 17 And he said, What is the thing that the LORD hath said unto thee? I pray thee hide it not from me: God do so to thee, and more also, if thou hide any thing from me of all the things that he said unto thee. 18 And Samuel told him every whit, and hid nothing from him. And he said, It is the LORD: let Him do what seemeth Him good."

We gain respect and learn from Eli as he responds to God's bad news.

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This good man did not get angry or bitter at God, but instead he accepted His judgment as just and right. It was in Eli's quiet spirit of acceptance of God's judgment, that he offered his praise to God.

Tough Praise Testimony Three: David faces the terror of a king made crazy by jealousy and hatred. David spent years as a young man running from a mad man. David had the promise of greatness on his life, and it was because of that promise that Saul was jealous of him and hated him. Not everyone was influenced by King Saul however. There were plenty who believed in David's future and were willing to follow him to the ends of the earth.

In 1st Samuel 30, David takes refuge in a place called Ziklag. One day while he and his warriors were away, the Amalekites took advantage of his absence, and raided Ziklag, taking spoil, including family members. Upon returning, David and company were overcome by the loss. But then a strange thing happened. Even though David suffered the loss of family in the raid (including his two wives), his fellow comrades turned on him in vengeance, blaming him for their troubles. It is one thing to take the unjust anger of a mad king, but another thing to suffer at the hands of your friends, especially when you are grieving over your own loss! Those closest to you, can say some very hurtful things, when they are hurting! Be careful what you say when you are in the midst of pain and suffering. Words hurt and are remembered!

What a difficult situation! Where do you turn? David turned to the Lord. 1st Samuel 30:6 says, "And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God." David could have acted in kind toward the Lord. After all, it was the Lord through the prophet Samuel who visited his father's home that day and anointed him as the next king of Israel. He had been content to shepherd his father's sheep! It was God who had transformed his pastoral life, into a war zone! Instead, David took refuge in God.

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Just what David said to God is hidden from us. All we know is that David was encouraged in his conversation with the Lord. David chose to live In The Praise Zone!

Tough Praise Testimony Four: Paul and Silas are imprisoned and beaten for fulfilling God's commandment and call upon their lives. We have all heard the story of the jailhouse rock. As Paul and Silas were in Philippi, they encountered a possessed slave girl, who was being used by her owners for profit. When Paul grew irritated by her incessant cries, he cast the demonic spirit out of her In The Name of Jesus.

This was good news for the girl, as well as for our evangelistic team, but it was bad news for her owners. They lost their "Cash Cow," so to speak.

This good deed brought severe persecution upon Paul and Silas, who were soon beaten, cast into prison, and placed in stocks. Now what do you do? Paul and Silas had every right to throw a pity party, but instead, They Threw a Praise Party! Acts 16:23-25 reads, "And when they had laid many stripes upon them, they cast them into prison, charging the jailor to keep them safely: 24 Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks. 25 And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them." Here we learn that "Praise Is Warfare!" Don't you love that phrase in verse 25a. "And At Midnight," or "But At Midnight?" Satan was having his way, having his day, with these faithful servants of the Lord, but at midnight, the tide began to turn! When did it turn? It turned when Paul and Silas entered the Praise Zone!

When things looked the darkest, in a spirit of victory, as God's overcomers, Paul and Silas chose to reflect on who they were "In Christ." They began to sing praises to God, right there in prison. Praise is a powerful force against the enemy, because God inhabits the praises of His people. God showed up and that jailhouse began to rock!

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Something happens when we praise God, especially when we are going through a really tough time. When we choose to enter the Praise Zone, no matter what the circumstance, God tears down the walls of the prison built up around us, and loosens the shackles of doubt and fear. Praise God at the midnight hour! No matter how you feel, no matter what is coming down, God is worthy of our praise. God always responds to the praises of His people.

When tough times come, and they always do, we have a choice. We can choose to dwell in the darkness and despair, becoming angry or bitter, or we can choose To Live In The Praise Zone. Are we going to listen to the voice of our flesh, or the voice of God's Holy Word and Spirit?

Will we use our minds to review the injustice, the pain and suffering in our lives, or will we use our minds to recall God's promises and our changeless position "In Christ?" Will we open our mouths in complaint, or In Praise?

Choosing Praise, we turn our thoughts away from the pain and problems at hand, to consider all God has promised to us. 2nd Corinthians 4, Paul verbalizes this choice to turn our hearts and minds toward praise. Listen to him in 2nd Corinthians 4:8-9. He says, "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; 9 Persecuted, but not forsaken; cast down, but not destroyed." Do you see the conscious choice Paul makes in these verses? It is not that he ignores his present situation, he simply chooses not to live at that address!

Paul goes on to identify his suffering as an opportunity to participate or share in the sufferings of Jesus Christ. Verse 10 says, "Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body." Jesus Himself said that the servant is not above his master. Paul had inflicted his share of pain and suffering on the followers of Jesus Christ as a lost man. It was no doubt redeeming for Paul to take some of the same medicine he had dished out!

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Jesus Himself said that when we give to the least of His children, we are giving to Him. The apostle Paul in the same sense is sharing in the sufferings of Jesus Christ. In [Colossians 1:24](#) speaks of the sufferings or afflictions that are left behind by Jesus Christ. As believers, we ought to consider it a privilege to suffer hardship and pain for the sake of the gospel!

Then in [verses 17-18](#), Paul reveals the address of his choice! He compares his present temporary situation, to the eternal reward what awaits every child of God! He says, "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; 18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."

What are the tough times and situations facing you today? Perhaps the answer to that question is another question. Which Tough Praise Testimony Speaks To Your Heart and Life? Is it Job? Has Injustice, Financial Problems, or Health Problems Silenced Your Praise? Is it being Eli? Has the pain of rejection from a child or parent silenced your praise? It could be David? Has man's judgment on your life silenced your praise? What about Paul and Silas? Have trials and problems associated with living your life for Jesus Christ silenced your praise? Perhaps it is all of the above! Right now make your choice to turn your pain, failure, disappointment, or Loss into praise. Remember, God Inhabits Our Praise!

IV. LEARNING TO BLESS THE LORD AT ALL TIMES

David wrote in Psalm 34 that he would bless the Lord at all times. ALL includes the good times as well as the bad times. ALL meant that David would bless the Lord in times of lack and in times of abundance.

Unfortunately, many people will only bless the Lord when times are good and they're enjoying a season of abundance. The praise is contingent upon what they're currently facing.

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Yet David said, "...His praise shall continually be in my mouth." David purposed in his heart that he wouldn't let his circumstances dictate his praise. David had a made-up mind to praise the Lord... Even when times were bad. We need to have the same made-up mind.

So, Where Are You? ... Wanting to Bless or Praise The Lord, but being unable to because you feel weighed down by the trials and tests you're going through. Learning to bless the Lord at all times takes time.

Here are three tips to helping you Bless The Lord At All Times:

1. Focus On Him

2. Read The Bible

3. Pray

Focus On Him

When we're faced with Trials, we tend to focus on that Trial. Remember when Peter stepped out the boat onto the water? He walked on the water while he kept his focus on the Lord. However, he began to sink when he took his eyes off the Lord and started looking at the storm raging all around him.

If you want to bless the Lord at all times, I urge you to keep your eyes on the Lord and His attributes. Remember His Grace, His Mercy, and His Power. Remember that God Is Able To Do Anything.

Read The Bible

Reading the Bible will help you remember His works. Remembering His works will increase your faith. When I'm facing a particularly tough trial, I go to the Old Testament and read about how God parted the Red Sea, closed the mouths of lions, and helped David defeat Goliath. Since God performed all those miracles, Surely, He can deliver me from the situation I'm currently facing.

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Make a point to read your bible as often as possible. It will fuel your faith and help you keep your trial in perspective: Your Trials (Your Giants) Aren't Bigger Than God!

Pray

Isn't it amazing how our trials have a way of speaking to us? They Speak to Our Future, Telling us all the bad things that are going to happen. Our Trials Never Tell Us That God Is Going To Come Through For Us. Instead, they whisper lies saying that God has forgotten about us. Our trials tell us that we're going to lose everything, that everyone is going to talk about us, that God doesn't care. Since our trials like to talk to us, it's important that We Talk To God In Prayer. Taking all our issues to the Lord in prayer shows our faith. The Bible tells us that we must not only believe in God but also believe that He is a rewarder to those who diligently seek Him (Read Hebrews 11:6).

Prayer, ... Communication With God, shows our Reliance and Dependence Upon Him. He wants us to tell Him about our problems – so make sure you take all of them to Him.

Focusing on the Lord, Reading Our Bible, and Praying are three ways to increase our faith so that we are able to bless the Lord at ALL times. God wants us to continually praise Him. He Desires To Come To Our Rescue. He Desires To Show Himself Mightily In Our Lives. He's Waiting On Us To Trust Him.

As you wait on the Lord to deliver you from the trial you're facing, show Him you trust Him by blessing Him and praising His name NOW. You won't regret it. He's Ready and Willing To Bless You.

CONCLUSION & ILLUSTRATION:

We have a tendency to quote a ton of lovely bible verses yet never really take the time to think about what they really mean and how the words are truly applicable to our own lives. At all times is not referring to just the beautiful days when all the roses are blooming and everything and everyone is perfect.

(Cont. 17)

No, at all times refers to **“At All Times.”** That includes the times when you are broken, the times when you are hurting, the times when everyone and everything is against you, all of that is included in at all times. But let’s take it a step further, at all times also includes those times where you don’t understand why God is allowing certain things to happen. It also includes those times where you are taking a complete faith walk and you feel like God is really silent during the tests that you are facing and you honestly wonder if He’s abandoned you.

It includes those times where you’re having **“A ‘Job’ Moment”** where everyone is talking about how if the God you serve is so good then why is He stripping you of everything and allowing all these bad things to happen? It includes the times where you don’t feel like blessing the Lord. Yes, all that is included in **“At All Times.”**

Something that I really need to work on is **Being a Sloucher.** I Oftentimes Have **Bad Posture** and it comes from simply being more comfortable to slouch than to sit up straight (Yes, I know that’s a horrible excuse but just follow me). When I do sit up straight it’s really uncomfortable because I’m not used to standing that way but it feels normal to slouch because my body has gotten used to that position. However, I know if I spent more time working on **Sitting and Standing Up Straight** my body would eventually adjust and it wouldn’t feel as uncomfortable anymore.

As I was thinking about this, God asked me the question, **“What Is Your Posture of Praise?”** You see the thing about your posture is that when you sit and stand up straight you appear to be more confident and it’s the same way with our **Posture of Praise.**

For some people it can be difficult **To Praise and Bless God** when we are in **Difficult Situations...** yet when things are going well, we can praise and worship God freely with a joy and happiness because everything is working out.

(Cont. 18)

The thing is however it's only short lived because when we hit a road block that makes us uncomfortable, we go right back to what we were used to and that can be the woe is me attitude. We go back to the slouching posture where we don't want to praise God because we don't like where He has us in the moment and we're all in our feelings. God showed me that makes you a "Wishy-Washy" Believer. You can praise Him when everything is all good but not when it's bad.

A Real Praiser and a Real Worshipper does not just do so only when things are right. When you've really learned to praise and worship God you realize that "At All Times" includes the bad times... but even more so you realize that the bad times do not change who God is because the fact remains that God Is Good "At All Times" ... Even when we fail to see it. When we fail to praise Him, God is still good at all times. When we fail to realize what He brought us from last time, God Is Still Good "At All Times." When we aren't good at all times, God Is Still Good... "At All Times."

When you get to a place that you will praise God "At All Times" ... "Your Posture of Praise" will adjust regardless of whether you're uncomfortable or not...

Because your praise and your worship becomes dependent on "Who God is and "How Good He Is" and "Not What You May Be Going Through."

So, "What Has Your Praise Been Dependent On Lately?" When you say "I will bless the Lord at all times and His praise shall continually be in my mouth, is that conditional?" God wants to know will you still praise Him if the job doesn't work out? Will you still praise Him if you lose the boyfriend or girlfriend? Will you still praise Him if He takes your loved one? Will you still praise Him if you don't know how you're going to make ends meet? Will you still Praise Him when You and Your Pastor Don't See Eye To Eye? Will You Bless The Lord "At All Times" Regardless of What "At All Times" Looks Like? Amen.

Quick Questions

Question #1: Is there a difference between “Blessing The Lord” and “Praising The Lord?” And If so, “What’s the difference?”

Question #2: “How many of you “Talk To Yourself?”

Question #3: “How many of you “Talk To Your ‘Soul’?”

Question #4: “How does it differ “Talking To Yourself and Talking To Your Soul?”