



*Prayer
& Praise*

JOURNAL

^{3ABN}
Praise
HIM
MUSIC NETWORK

Dear Friends,

Communication is one of the most important parts to any relationship. Our relationship with the Lord is no different. We can find strength for each day as we allow Him the opportunity to communicate with us through His spoken Word, the Bible (2 Timothy 3:16-17). Our ability to communicate back to God is represented in our prayers and praises that we give to Him.

We invite you over the next 31 days to spend time communicating with our Heavenly Father through prayer and praise, drawing closer to our Lord and Savior through this journal. Each day you will find an area in which to write your prayer requests and praises, a hymn that ties in with the Bible verse chosen for that day, and a short devotional thought to encourage your soul, written by the Praise Him Family (Tim Parton ~ TP, Ryan Day ~ RD, and Rachael Younkin ~ RY).

May God bless you, and may your relationship with Jesus be strengthened as you spend time talking and singing with our Creator.

Your 3ABN Praise Him Family,



Day 1

But where sin abounded, grace abounded much more.

ROMANS 5:20

Dear God,

I praise You for:

“Amazing Grace”

Amazing grace! how sweet the sound,
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.

‘Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

Through many dangers, toils, and snares,
I have already come;
‘Tis grace hath brought me safe thus far,
And grace will lead me home.

When we’ve been there ten thousand years,
Bright shining as the sun,
We’ve no less days to sing God’s praise
Than when we’d first begun.



The older I get, the more I cherish grace. Just imagine unmerited favor and acceptance. It sounds too good to be true, but God proved it when He gave Christ to die for unworthy people like us. We don’t deserve it - we were even ignorant of needing it. Today you will likely deal with people who try your patience, causing you great frustration, those whom you think shouldn’t get a second chance. How will you respond?

Offering grace can literally transform the situation or relationship, allowing you to share about God’s love. I’m saddened by the times I’ve reacted with self-righteousness, crushing a heart that is dear to our Heavenly Father. Loving Father, thank You for not giving me what I deserve, but instead showering me with Your boundless, amazing grace. ~ TP

“His Eye Is On the Sparrow”

Why should I feel discouraged?
Why should the shadows come?
Why should my heart be lonely
and long for heaven and home,
when Jesus is my portion?
My constant friend is He:
His eye is on the sparrow,
and I know He watches me;
His eye is on the sparrow,
and I know He watches me.

“Let not your heart be troubled,”
His tender word I hear,
and resting on His goodness,
I lose my doubts and fears;
I draw me closer to Him;
from care He sets me free:
His eye is on the sparrow,
and I know He watches me;
His eye is on the sparrow,
and I know He watches me.

Refrain:
I sing because I'm happy,
I sing because I'm free,
For His eye is on the sparrow,
and I know He watches me.



Have you ever wondered how God will or maybe even could help meet your needs in a certain situation? Maybe it's finances, a relationship, a job, or a place to live. The list could go on and on. Whatever your need may be, be encouraged that God knows it too and He will provide.

Unfortunately, stress and worry have become too common in today's society and it becomes easier and easier to focus on the problem instead of the One who has the solution. Remember, when times get tough God knows your need. Let Him provide for you today and don't worry about tomorrow. Live in the present and you will have peace knowing you are worth more than sparrows. ~ RY

Day 3

I love the Lord, because He has heard My voice and my supplications.

PSALM 116:1

Dear God,

I praise You for:

“My Jesus, I Love Thee”

My Jesus, I love Thee, I know Thou art mine;
For Thee all the follies of sin I resign;
My gracious Redeemer, my Savior art Thou;
If ever I loved Thee, my Jesus, 'tis now.

I love Thee because Thou hast first loved me,
And purchased my pardon on Calvary's tree;
I love Thee for wearing the thorns on Thy brow;
If ever I loved Thee, my Jesus, 'tis now.

I'll love Thee in life, I will love Thee 'til death,
And praise Thee as long as Thou lendest me breath;
And say when the death dew lies cold on my brow,
If ever I loved Thee, my Jesus, 'tis now.

In mansions of glory and endless delight,
I'll ever adore Thee in heaven so bright;
I'll sing with the glittering crown on my brow:
If ever I loved Thee, my Jesus, 'tis now.



There are many reasons to love. One might love because of another's feelings toward them. One might love another because of the happiness that fills their heart when that special person is present. Whatever reason one finds to love, it can never triumph over the love of God. The verse above says it all— “I love the Lord because He...” That's right...there's nothing else to add. We love “because HE!”

The Bible echoes this unfathomable truth throughout Scripture that “while we were still sinners, Christ died for us.” Romans 5:8. “We love Him because He first loved us.” 1 John 4:19. There is no true love outside the person of God; “for God is love.” 1 John 4:8. Like the question asked to Peter, Christ longs to know from each of us— “Do you love Me?” John 21:16. This one essential question must harass our conscience until we can truthfully, in word, in deed, and in life, respond— “Yes! My Jesus, I love Thee!” ~ RD

Day 4

And I have put My words in thy mouth, and I have covered thee in the shadow of Mine hand....Thou art My people. (KJV)

ISAIAH 51:16

Dear God,

I praise You for:

“He Hideth My Soul”

A wonderful Savior is Jesus my Lord,
A wonderful Savior to me,
He hideth my soul in the cleft of the rock,
Where rivers of pleasure I see.

A wonderful Savior is Jesus my Lord,
He taketh my burden away,
He holdeth me up, and I shall not be moved,
He giveth me strength as my day.

With numberless blessings each moment
He crowns, And filled with His fullness divine,
I sing in my rapture, Oh, glory to God
For such a Redeemer as mine.

When clothed in His brightness, transported I rise
To meet Him in clouds of the sky, His perfect salvation,
His wonderful love, I'll shout with the millions on high.

Refrain:

He hideth my soul in the cleft of the rock
That shadows a dry, thirsty land;
He hideth my life in the depths of His love,
And covers me there with His hand,
And covers me there with His hand.



I recall watching my niece call out to her dad, “Pick me up, Daddy-O”, as the ocean waves came close enough to scare her tiny form. With his loving and protective arms, he reached down and picked her up keeping her safe from the crashing waves that surrounded them. She knew that if she was in her father’s arms she would be safe.

How much more the love and protection our Heavenly Father provides for us. He watches over us, taking record of our surroundings, and even before we call out to Him, He is there. When you find yourself in a situation where you feel afraid, call out to our Lord and let Him hide you in the shadow of His hand. ~ RY

Day 5

For God so loved the world that He gave His only begotten Son,
that whoever believes in Him should not perish
but have everlasting life.

JOHN 3:16

Dear God,

I praise You for:

“Jesus Loves Me”

Jesus loves me! this I know,
For the Bible tells me so;
Little ones to Him belong,
They are weak, but He is strong.

Jesus loves me! He who died
Heaven’s gate to open wide:
He will wash away my sin,
Let His little child come in.

Jesus, take this heart of mine,
Make it pure and wholly Thine;
On the cross You died for me,
I will love and live for Thee.

Refrain:
Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
The Bible tells me so.



Probably the most memorized and quoted verse of all time is John 3:16. This text, no doubt, encompasses the fullness of the Gospel in its most intended simplicity. The Bible reminds us that we love God because He first loved us. (1 John 4:19). He displayed His amazing love by giving up what He loved most—His only Son. Do not for a moment think that Jesus did not have a choice in the matter. The Bible makes it clear that, with joy, Jesus volunteered to lay down His life for us so that we might be saved (Hebrews 12:2; John 10:11).

Those who attempt to comprehend this love can’t help but echo the words of John the beloved disciple—“Behold what manner of love the Father has bestowed on us!” 1 John 3:1. Jesus expressed it best when He identified this love by stating “Greater love has no one than this, than to lay down one’s life for his friends.” John 15:13. So when you sing the words “Jesus Loves Me, this I know,” let your mind be taken to the cross, for it is there that this song begins to transcend the nursery with a message that can soften the hardest of hearts. ~ RD

Day 6

That, as it is written, 'He who glories, let him glory in the Lord'.

1 CORINTHIANS 1:31

Dear God,

I praise You for:

“Fairest Lord Jesus”

Fairest Lord Jesus, Ruler of all nature,
O Thou of God and man the Son!
Thee will I cherish,
Thee will I honor,
Thou art my glory, joy, and crown.

Fair are the meadows,
Fairer still the woodlands,
Robed in the blooming garb of spring:
Jesus is fairer, Jesus is purer
Who makes the woeful heart to sing.

Fair is the sunshine,
Fairer still the moonlight,
And all the twinkling, starry host:
Jesus shines brighter, Jesus shines purer
Than all the angels heaven can boast.

Beautiful Savior, Lord of the nations,
Son of God and Son of Man!
Glory and honor, Praise, adoration,
Now and forevermore be Thine!



Growing up we've probably had someone who we've looked up to. Hoping that someday we could be like them. In today's society with all the tabloids, it's tempting to get caught up in the hype of who's the best looking or most successful. We may find ourselves browsing the how-to section, to pick up some tips on how we can improve our own lives to achieve this level of what we perceive as perfection. We find people bragging about outward perfection, but what about the inside? Is that not important too?

Yes, the inside is important, in fact, more important! The Bible shares with us that while the man looks at the outward appearance, the Lord looks at the heart. (1 Samuel 16:7). While society is caught up in wanting to be like the "best" of this world; Jesus came and left us an example of the only life worth boasting about. A life that left glory to become nothing, that He might save allSome may have looks and others fame, but in my eyes, Jesus is the fairest of them all. ~ RY

Day 7

I will give of the fountain of the water of life freely
to him who thirsts.

REVELATION 21:6

Dear God,

I praise You for:

“Come, Thou Fount”

Come, Thou Fount of every blessing,
Tune my heart to sing Thy grace;
Streams of mercy, never ceasing,
Call for songs of loudest praise.
Teach me ever to adore Thee,
May I still Thy goodness prove,
While the hope of endless glory
Fills my heart with joy and love.

Here I raise my Ebenezer;
Hither by Thy help I've come,
And I hope by Thy good pleasure
Safely to arrive at home.
Jesus sought me when a stranger,
Wandering from the fold of God;
He to rescue me from danger,
Interposed His precious blood.

O, to grace how great a debtor
Daily I'm constrained to be!
Let Thy goodness, like a fetter,
Bind me closer still to Thee:
Prone to wander, Lord, I feel it,
Prone to leave the God I love;
Here's my heart, O, take and seal it;
Seal it for Thy courts above.



Water...one of the essential resources of life. Without it, nothing can live. More than sixty percent of the human body consists of water and can only survive up to three days without its consumption. However, while this earthly water may indeed be necessary for the sustenance of this life, Jesus spoke of another kind of water that is essential for life eternal.

Jesus said, “Blessed are those who hunger and thirst for righteousness, For they shall be filled.” Matthew 5:6. In John 4, Jesus refers to Himself as the living water that quenches the thirst forevermore. Even the tree of life in the new earth is dependent on the river of life that flows from the throne of Christ. (Revelation 22:1-2). Do we long for this water? Do we truly long for that which is eternal? May the words of the cherished hymn echo through our heart— “Come Thou fount of every blessing...!” ~ RD

Day 8

And the Lord, He is the One who goes before you. He will be with you,
He will not leave you nor forsake you; do not fear nor be dismayed.

DEUTERONOMY 31:8

Dear God,

I praise You for:

“He Leadeth Me”

He leadeth me! O blessed thought!
O words with heavenly comfort fraught!
Whate'er I do, where'er I be,
Still 'tis God's hand that leadeth me.

Sometimes 'mid scenes of deepest gloom,
Sometimes where Eden's bowers bloom,
By waters still, o'er troubled sea, Still 'tis
His hand that leadeth me.

Lord, I would clasp my hand in Thine,
Nor ever murmur nor repine;
Content, whatever lot I see,
Since 'tis my God that leadeth me.

And when my task on earth is done,
When, by Thy grace, the victory's won,
E'en death's cold wave I will not flee,
Since God through Jordan leadeth me.

Refrain:

He leadeth me, He leadeth me;
by His own hand He leadeth me:
His faithful follower I would be,
for by His hand He leadeth me.



I rely too much on my Global Positioning System, seldom doubting that it's taking me precisely to my desired destination. Sure, it uses satellites for direction, but how that technology works, I haven't a clue. I just trust it. Until I'm in the middle of nowhere, far from where I need to be - mad that it led me astray, not assuming any responsibility for totally trusting a man-made device.

Following Christ means believing that He knows where I need to go and what I need to go through to get there. There are short cuts that I would take - and I have, to my chagrin. But God knows the best way and He's determined that you'll make it safely home if you'll just ask the Holy Spirit to guide every step, then yield to His guidance. He loves you too much to lead you astray. ~ TP

Day 9

Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him, And He shall direct your paths.

PROVERBS 3:5, 6

Dear God,

I praise You for:

“’Tis So Sweet to Trust in Jesus”

’Tis so sweet to trust in Jesus,
Just to take Him at His word;
Just to rest upon His promise,
Just to know, “Thus saith the Lord.”

O how sweet to trust in Jesus,
Just to trust His cleansing blood;
Just in simple faith to plunge me
’Neath the healing, cleansing flood.

Yes, ’tis sweet to trust in Jesus,
Just from sin and self to cease;
Just from Jesus simply taking
Life, and rest, and joy, and peace.

I’m so glad I learned to trust Thee,
Precious Jesus, Savior, Friend;
And I know that Thou art with me,
Wilt be with me til the end.

Refrain:
Jesus, Jesus, how I trust Him;
How I’ve proved Him o’er and o’er!
Jesus, Jesus, precious Jesus!
O for grace to trust Him more!



It was my song for times of uncertainties, and I find it to still be true today. Each morning as I awoke in the health retreat center, it was the song I heard that served as a reminder to me that even though I didn’t know what was wrong with me, that God was still in control. Over the next few weeks, I would be given the tools I needed to get me back on track to complete healing, but the greatest tool I received was my time with God.

If you have offered a prayer to God in which you are still waiting for Him to answer, don’t become discouraged, friends. God’s promises are sure and His timing is never late. While you wait, draw closer to God and may you be reminded that there’s no sweeter experience we can encounter than to trust in Jesus! ~ RY

“In the Garden”

I come to the garden alone,
While the dew is still on the roses;
And the voice I hear, falling on my ear,
The Son of God discloses.

He speaks, and the sound of His voice
Is so sweet the birds hush their singing,
And the melody that He gave to me
Within my heart is ringing.

I'd stay in the garden with Him
Though the night around me be falling,
But He bids me go; through the voice of woe,
His voice to me is calling.

Refrain:

And He walks with me, and He talks with me,
And He tells me I am His own,
And the joy we share as we tarry there,
None other has ever known.



Occasionally, I'll be shopping in a store when someone asks me for assistance. I think it's because I look intelligent, aware of my surroundings, but when I tell them I can't help them, they say, "Oh, I thought you worked here." Reading John 20, we don't know why Mary mistook Jesus for the gardener. Did He have a hoe and a wheelbarrow?

Didn't He look like Himself? Or was He deliberately concealing Himself? But when Jesus spoke her name, it dawned on her. God's children recognize His voice because they spend time with Him. If you're having trouble discerning God's direction, ask Him to speak clearly and for the wisdom to know it's Him. If it is His voice, the Bible will line up with what you hear. If it doesn't, you've likely mistaken God for someone else. But He's still there, waiting for you to recognize Him. ~ TP

Day 11

Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

HEBREWS 7:25

Dear God,

I praise You for:

“Just As I Am”

Just as I am, without one plea,
But that Thy blood was shed for me,
And that Thou bid'st me come to Thee,
O Lamb of God, I come, I come.

Just as I am, and waiting not
To rid my soul of one dark blot,
To Thee, whose blood can cleanse each
spot,
O Lamb of God, I come, I come.

Just as I am, though tossed about
With many a conflict, many a doubt;
“Fightings within, and fears without,”
O Lamb of God, I come, I come.

Just as I am, poor, wretched, blind;
Sight, riches, healing of the mind,
Yea, all I need, in Thee I find.
O Lamb of God, I come.

Just as I am, Thou wilt receive,
Wilt welcome, pardon, cleanse, relieve;
Because Thy promise I believe,
O Lamb of God, I come, I come.



Have you ever met a perfect person? Me either, though some may appear close in their words and actions, but the Bible tells us that all have sinned. The good news is that there was a man who lived a perfect life while on this earth, Jesus! And while He was here, He did for us what we could not do for ourselves—He paid the price for our sins so that we could be perfect through His grace.

You may have thought that to come to Jesus you need to be perfect, or at least meet a minimum standard. Praise God that is not the case, or else we might never come to Him. Friends, the invitation is the same whether you think you are close to God or not. He's calling out to you today, so come just as you are to Him. ~ RY

Day 12

...there is a friend who sticks closer than a brother.

PROVERBS 18:24

Dear God,

I praise You for:

“What a Friend We Have in Jesus”

What a friend we have in Jesus,
All our sins and griefs to bear;
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer.

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer!
Can we find a friend so faithful,
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer!

Are we weak and heavy laden,
Cumbered with a load of care?
Precious Savior, still our refuge,
Take it to the Lord in prayer!
Do thy friends despise, forsake Thee?
Take it to the Lord in prayer!
In His arms He'll take and shield Thee,
Thou wilt find a solace there



Perhaps, one of the greatest aspects of humanity is our relationships. Outside of the family bond, friendships are among the most sought-out and cherished. We long for a close friend— one to whom we can relate, share similarities, and with whom we can establish a bond that transcends the average acquaintance. A close friend is someone you can talk to about anything without receiving any harsh judgments in return. A friend understands you and is there for you when no one else seems to have your back.

Jesus is the greatest Friend of all. In word and deed, Jesus expressed His love for all mankind as the greatest Friend for which anyone could ask. (John 15:13; Romans 5:8). Jesus considers you a friend and has declared His willingness to be honest and transparent in all things. (John 15:15). So, the hymn rings true— “What a friend we have in Jesus!” ~ RD

Day 13

I will instruct you and teach you in the way you should go;
I will guide you with My eye.

PSALM 32:8

Dear God,

I praise You for:

“Be Thou My Vision”

Be Thou my vision, O Lord of my heart;
Naught be all else to me Save that Thou art,
Thou my best thought, By day or by night,
Waking or sleeping, Thy presence my light.

Be Thou my wisdom, Be thou my true word;
I ever with Thee, Thou with me, Lord;
Thou my great Father, I Thy true son;
Thou in me dwelling, and I with Thee one.

Riches I heed not, Nor man's empty praise,
Thou my inheritance, Now and always:
Thou and Thou only, first in my heart,
High King of heaven, my treasure Thou art.

High King of heaven, When vict'ry is won,
May I reach heaven's joys, O bright heaven's
Sun! Heart of my own heart, whatever befall,
Still be my vision, O ruler of all.



Have you ever been asked, “What are you looking for?” as you frantically search for something you’ve misplaced? Or worse yet try to find something for someone else who has only given you a vague description at best. It is difficult to “see” when you don’t know what you’re looking for.

However, God’s Word is clear when it comes to the description. It provides us the spiritual eyesight we need to show us where we are going and what we need to look for or look out for along the way. I’m so thankful that when we need guidance God has promised to guide us with His eye. I have no doubt with His vision for your life, you’ll find what you were looking for. ~ RY

Day 14

That by the name of Jesus Christ...is there salvation...
for there is no other name under heaven given among men
by which we must be saved.

ACTS 4:10, 12

Dear God,

I praise You for:

“Jesus Saves”

We have heard a joyful sound,
Jesus saves, Jesus saves;
Spread the gladness all around,
Jesus saves, Jesus saves,
Bear the news to every land,
Climb the steeps and cross the waves,
Onward, 'tis our Lord's command,
Jesus saves, Jesus saves.

Sing above the battle's strife,
Jesus saves, Jesus saves;
By His death and endless life,
Jesus saves, Jesus saves,
Sing it softly through the gloom,
When the heart for mercy craves,
Sing in triumph o'er the tomb,
Jesus saves, Jesus saves.

Give the winds a mighty voice,
Jesus saves, Jesus saves;
Let the nations now rejoice,
Jesus saves, Jesus saves;
Shout salvation full and free,
Highest hills and deepest caves,
This our song of victory,
Jesus saves, Jesus saves.



What a proclamation: Jesus Saves! He is the hope of the world. He has reclaimed humanity. He restores meaning to life. He offers the security to live at peace each day, to face the past without guilt and the future without fear. If you've trusted Jesus to be your Savior, every moment of your life is an opportunity to walk with God, to talk to God, to enjoy God, to depend on God, to thank God, to need God, to serve God, and to rest in God. All of that is included in the deal! Read that list again. Are you claiming all the benefits of being a Child of God? Don't cheat yourself. And don't forget how you felt when you first heard the message - then share it with someone who you think could use some Good News. It's life-changing. Shout it to a dying world, "Jesus Saves!" ~ TP

Day 15

Praise the Lord, O my soul!

PSALM 146:1

Dear God,

I praise You for:

“Praise to the Lord”

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is thy health and salvation!
All ye who hear, Now to His temple draw near;
Join ye in glad adoration!

Praise to the Lord, who o'er all things so wondrously reigneth;
Shieldeth Thee under His wings, yea, so gently sustaineth!
Hast thou not seen How thy desires e'er have been
Granted in what He ordaineth?

Praise to the Lord, who doth prosper thy work and defend Thee;
Surely His goodness and mercy here daily attend Thee.
Ponder anew What the Almighty can do,
If with His love He befriend Thee.



Praise is essential in our Christian experience. The Bible commands it! In fact, the very last verse in the book of Psalms, the great book of praise, ends with “Let everything that has breath praise the Lord.” Psalm 150:6. Praise facilitates access to God’s presence. (Psalm 100:4). Where there is praise, there is God; for He inhabits our praises. (Psalm 22:3).

God wants to clothe us with “garments of praise” that He may chase away feelings of despair and fill us with His joy. (Isaiah 61:3). David, a man after God’s own heart, understood the importance of praise as his words still resonate aloud “I will bless the Lord at all times; His praise shall continually be in my mouth.” Psalm 34:1. We could all learn a lesson from the twenty-four elders in the book of Revelation who remind us that we praise God because He created all things and because He is worthy! (Revelation 4:11). Lift a praise to God today! ~ RD

Day 16

It is of the Lord's mercies that we are not consumed,
because His compassions fail not. They are new every morning:
great is Thy faithfulness. (KJV)

LAMENTATIONS 3:22-23

Dear God,

I praise You for:

“Great Is Thy Faithfulness”

Great is Thy faithfulness, O God my Father,
There is no shadow of turning with Thee;
Thou changest not, Thy compassions, they fail not;
As thou hast been Thou forever wilt be.

Summer and winter, and springtime and harvest,
Sun, moon, and stars in their courses above,
Join with all nature in manifold witness
To Thy great faithfulness, mercy, and love.

Pardon for sin and a peace that endureth,
Thy own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside.

Refrain:

Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see;
All I have needed Thy hand hath provided,
Great is Thy faithfulness! Lord, unto me!



A while back my family went through a very difficult situation with my cousin. Due to unforeseen circumstances, he was suffering from major depression. He had distanced himself from everyone who loved him, including his mom. Despite the hurt and the brokenness his mother felt as she watched her son going through this time, due to his own choices, she continued to pray for him. Finally, years later, his health and their relationship were restored.

As I think back on the situation with my aunt and her son, the faithfulness she expressed in praying for her son, despite his rejection towards her, is only a small glimpse of the faithfulness God shows His dear children each day. Surely if we received what we deserved, our planet would be eliminated, but God is faithful who has promised that His mercies are new every morning. Truly, Great is Thy faithfulness, Lord, unto us! ~ RY

Day 17

Casting all your care upon Him, for He cares for you.

1 PETER 5:7

Dear God,

I praise You for:

“I Must Tell Jesus”

I must tell Jesus all of my trials;
I cannot bear these burdens alone;
In my distress He kindly will help me;
He ever loves and cares for His own.

I must tell Jesus all of my troubles;
He is a kind, compassionate friend;
If I but ask Him, He will deliver,
Makes of my troubles quickly an end.

O how the world to evil allures me!
O how my heart is tempted to sin!
I must tell Jesus, and He will help me
Over the world the vict'ry to win.

Refrain:

I must tell Jesus! I must tell Jesus!
I cannot bear my burdens alone;
I must tell Jesus! I must tell Jesus!
Jesus can help me, Jesus alone.



There's another old song that says “Jesus is on the mainline... call'em up, and tell Him what you want.” In this modern world we live in, it seems instant communication is at the center of our everyday lives. Advancements in technology now allow us to instantaneously call or message someone on the other side of the globe, and even in outer space. If finite human minds can invent such means of communication, what can be said about God's open line of communication?

God proved millennia ago that He was far ahead of man's communication technology. Just look how fast He answered Daniel's prayer in Daniel chapter nine. Before Daniel finished praying, Gabriel was already there with the answer from God. We can be confident in God's promises, that if we ask anything according to His will, He will answer. (1 John 5:14-15). Take it to Jesus in prayer! He will answer in His perfect timing. ~ RD

Day 18

But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To Him be glory both now and forever. Amen. (KJV)

2 PETER 3:18

Dear God,

I praise You for:

“More About Jesus”

More about Jesus I would know,
More of His grace to others show;
More of His saving fullness see,
More of His love who died for me.

More about Jesus let me learn,
More of His holy will discern;
Spirit of God, my teacher be,
Showing the things of Christ to me.

More about Jesus; in His word,
Holding communion with my Lord,
Hearing His voice in every line,
Making each faithful saying mine.

More about Jesus; on His throne,
Riches in glory all His own;
More of His kingdom's sure increase;
More of His coming, Prince of Peace.

Refrain:
More, more about Jesus,
More, more about Jesus;
More of His saving fullness see,
More of His love who died for me.



I used to play the piano for a quartet of young guys. When it was lunchtime, we would dine at an All-You-Can-Eat buffet. After all, we were growing boys. As time goes by, my appetite has changed and it doesn't take as much for me to get my fill. Or my old jaws just get tired of chewing!

I want to know more about Jesus. Multiple volumes are written about Him; I doubt I could read them all. So much is to be learned about the Christ of the Bible. But the more we know, the more we're responsible for and the more our eyes are opened to other's needs for Him. There's a saying, "Keep the Faith - but not to yourself." There's enough of Jesus to go around the world, and He's the only thing you can't get too much of. Get your fill, and pass it on. ~ TP

Day 19

Be still, and know that I am God...

PSALM 46:10

Dear God,

I praise You for:

“Be Still, My Soul”

Be still, my soul: the Lord is on thy side;
Bear patiently the cross of grief or pain;
Leave to thy God to order and provide;
In every change He faithful will remain.
Be still, my soul: thy best, thy heavenly friend
Through thorny ways leads to a joyful end.

Be still, my soul: thy God doth undertake
To guide the future as He has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice who ruled them while He dwelt below

Be still, my soul: the hour is hastening on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
all safe and blessed we shall meet at last.



I remember stepping off the plane and feeling as though I had to hit the ground running to keep up with the busyness around me. Perhaps you can relate? Unfortunately, that busyness has too often become my norm and I long for a break. I find the busier life gets, the more important prioritizing and spending time with God becomes. Unfortunately, my time with Jesus may get put off until later and as a result, I am found wanting by the end of the day.

It's so easy to get caught up in a schedule or routine. It seems the busier we are, the more we try to cram into our schedules. But God is calling out to you today to take a break from the busyness around you and to spend some time with Him. Today, let Him remind you that He is God, and in Him you will find rest for your soul. ~ RY

Day 20

The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust...

PSALM 18:2

Dear God,

I praise You for:

“My Hope is Built on Nothing Less”

My hope is built on nothing less
Than Jesus' blood and righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus' name.

When darkness seems to veil His face,
I rest on His unchanging grace;
In every high and stormy gale,
My anchor holds within the veil.

His oath, His covenant, and blood,
Support me in the whelming flood;
When all around my soul gives way,
He then is all my hope and stay.

When He shall come with trumpet sound,
O may I then in Him be found;
Clad in His righteousness alone,
Faultless to stand before the throne.

Refrain:

On Christ, the solid Rock, I stand;
All other ground is sinking sand,
All other ground is sinking sand.



Jesus is the Solid Rock! Through disappointment, discontentment, depression, pain or strife, I can cast every care on Christ and know that He will stand firm and see me through. He's been dealing with people's issues since Adam & Eve, so I will trust Him to take care of me. I recall the song I learned as a child that compared the foolish man, who builds his house upon the sand to the wise man who builds his house upon the Rock. The rains came down and the floods came up - I didn't even realize I was singing about the trials of life, but I knew I wanted my house to stand firm against the storm. You see, Jesus has His part down - He's solid! He's not going anywhere. It's up to us to lean on Him through every situation and count on Him to be who He says He is. ~ TP

Day 21

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27

Dear God,

I praise You for:

“It Is Well”

When peace like a river, attendeth my way,
When sorrows like sea billows roll.
Whatever my lot, Thou hast taught me to say,
“It is well, it is well with my soul.”

My sin - O the joy of this glorious thought -
My sin, not in part, but the whole,
Is nailed to the cross, and I bear it no more:
Praise the Lord, praise the Lord, O my soul!

And, Lord, haste the day when my faith shall be sight,
The clouds be rolled back as a scroll:
The trump shall resound and the Lord shall descend;
“Even so,” it is well with my soul.

Refrain:

It is well (it is well) with my soul (with my soul),
It is well, it is well with my soul.



Fear is a definite reality of this life. Stress and anxiety can lead a man to react in certain ways he never imagined. Unfortunately, this reality is the result of sin. It is the result of perpetual separation from the infinite love of the Creator. Yet, the Creator of the Universe bids us be set free from this despairing situation. He says “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” Matthew 11:28-30.

Christ wants to fill us with peace. Our troubled hearts can rest upon the assurance that God does care and wants to give us continual peace if we will receive Him. Like the writer of the hymn “It Is Well”, we too can have “peace like a river.” By faith, may we all look forward to the time when we will stand in peace and confidence at the appearing of Jesus only to shout those famous words aloud— “It is well...It is well with my soul!” ~ RD

Day 22

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord. (KJV)

ACTS 3:19

Dear God,

I praise You for:

“Hallelujah! Thine the Glory”

We praise Thee, O God, for the Son of Thy love,
For Jesus who died and is now gone above.

We praise Thee, O God, for Thy Spirit of light,
Who has shown us our Savior and scattered our night.

All glory and praise to the Lamb that was slain,
Who has borne all our sins and has cleansed ev'ry stain.

Revive us again, fill each heart with Thy love,
May each soul be rekindled with fire from above.

Refrain:

Hallelujah, Thine the glory!

Hallelujah, Amen!

Hallelujah, Thine the glory!

Revive us again.



Getting back from a trip, I had forgotten about the need to have someone water my Peace Lily plant while I was gone. As I opened my bedroom door and looked over at the plant, my heart sank. Its leaves looked lifeless and I knew that with my track record with plants it had to be dead. However, in hopes of reviving it, I gave it some water. The next day, to my amazement, it had perked back up as though nothing had been neglected.

That Peace Lily reminds me of the refreshing the Lord longs to pour out into our lives. Whether we feel we have neglected our time with the Lord or simply want to draw closer to Him. Pray for God's Spirit to be poured out into your life and revival and refreshing will come. ~ RY

Day 23

...looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

HEBREWS 12:2

Dear God,

I praise You for:

“Were You There?”

Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
O! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?

Were you there when they nailed Him to the tree?
Were you there when they nailed Him to the tree?
O! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they nailed Him to the tree?

Were you there when they pierced Him in the side?
Were you there when they pierced Him in the side?
O! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they pierced Him in the side?

Were you there when they laid Him in the tomb?
Were you there when they laid Him in the tomb?
O! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid Him in the tomb?



Can you imagine the events that transpired on Calvary? Do we really understand what it means when the Scripture says “looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” Hebrews 12:2. These very questions are provoked upon the mind as one sings, “Were you there when they crucified my Lord?” “Were you there when they nailed Him to the tree?” The most astonishing thing of all is to imagine that it brought joy to Christ’s heart to die a death He didn’t deserve. Why? Love!

All for the love of His children, Jesus paved the way that man might be redeemed from sin. (Matthew 1:21). He said, “if I am lifted up from the earth, will draw all peoples to Myself.” John 12:32. May it be our daily motivation to lift our eyes to Christ and to humble ourselves at the foot of the cross that His death may not be in vain. ~ RD

Day 24

For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?

MATTHEW 16:26

Dear God,

I praise You for:

“Give Me Jesus”

In the morning when I rise,
In the morning when I rise,
In the morning when I rise,
Give me Jesus.

Dark midnight was my cry,
Dark midnight was my cry,
Dark midnight was my cry,
Give me Jesus.

Just about the break of day,
Just about the break of day,
Just about the break of day,
Give me Jesus.

Oh, when I come to die,
Oh, when I come to die,
Oh, when I come to die,
Give me Jesus.

Refrain:
Give me Jesus,
Give me Jesus,
You may have all this world,
Give me Jesus.



Every day we are faced with making choices: some simple, others complex, some have to be made in a split second, and others where the decision will last forever. Choices aren't a bad thing, but the motive behind our choices can reveal something far greater than our choices themselves. This leads me to question myself at times, "Is my choice based on a pure motive or one of self-gratification?"

The struggle is real, and I'm left asking myself another question, "What is most important to me?" When self is my motive, the result, more times than not, is temporary, and I find myself making poor choices later to try to fix the emptiness inside me. Can you relate? Could it be that what we really want in life is something that will bring eternal happiness instead of temporary? True happiness can only be found in Jesus. What choices will you make today? ~ RY

“I’ll Go Where You Want Me to Go”

It may not be on the mountain’s height,
Or over the stormy sea;
It may not be at the battle’s front
My Lord will have need of me;
But if by a still, small voice He calls
To paths I do not know,
I’ll answer, dear Lord, with my hand in Thine,
I’ll go where You want me to go.

Perhaps today there are loving words
Which Jesus would have me speak;
There may be now, in the paths of sin,
Some wand’rer whom I should seek.
O Savior, if Thou wilt be my Guide,
Tho’ dark and rugged the way,
My voice shall echo the message sweet,
I’ll say what You want me to say.

There’s surely somewhere a lowly place
In earth’s harvest- fields so wide,
Where I may labor thro’ life’s short day
For Jesus, the Crucified.
So, trusting my all unto Thy care,
I know Thou lovest me!
I’ll do Thy will with a heart sincere,
I’ll be what You want me to be.

Refrain:

I’ll go where You want me to go, dear Lord,
o’er mountain or plain or sea;
I’ll say what you want me to say, dear Lord,
I’ll be what You want me to be.



As I write this, I’m 24 hours away from a week in Trinidad & Tobago. How exotic! Great people and beautiful sights. But just this morning, I signed papers for a house -the first time in over 8 years. I want to stay and arrange each room and sleep in my own bed, but I can’t. You see, the Trinidad trip is a 3ABN trip; we’ll be in meetings sharing the Gospel, testifying, singing God’s praises, and loving the people. Saying, “I’ll go where You want me to go,” means anywhere and anytime. But He’s been so faithful, that I can’t say no. ~ TP

Day 26

Hear my prayer, O Lord,
And let my cry come to You.

PSALM 102:1

Dear God,

I praise You for:

“Pass Me Not, O Gentle Savior”

Pass me not, O gentle Savior,
Hear my humble cry;
While on others Thou art calling,
Do not pass me by.

Let me at Thy throne of mercy
Find a sweet relief;
Kneeling there in deep contrition,
Help my unbelief.

Trusting only in Thy merit,
Would I seek Thy face;
Heal my wounded, broken spirit,
Save me by Thy grace.

Thou the spring of all my comfort,
More than life to me.
Whom have I on earth beside Thee?
Whom in heaven but Thee?

Refrain:
Savior, Savior, hear my humble cry,
While on others thou art calling,
Do not pass me by.



Much like Jacob clinging to God that he might receive a blessing, the Psalmist cries out for the Lord to hear and answer his call. “Hear my prayer, O Lord... Incline Your ear to me; In the day that I call, answer me speedily.” Psalm 102:1-2. Often we may feel like our prayers hit the ceiling and bounce back. We yearn to hear from God. We groan in our infirmities seeking to be made whole. For whatever reason, it seems often God is silent; therefore, the message of the great Hymn becomes the very words upon our lips— “Pass me not, O gentle Savior! Hear my humble cry!”

In moments that seem nothing short of complete despondency, we need not worry. Beautiful promises from God’s Word remind us that when we seek Him with all our hearts, we will find Him. He says when “you will call upon Me and go and pray to Me...I will listen to you.” Jeremiah 29:12-13. Find refuge in His perfect promises, for God cannot lie! (Hebrews 6:18). ~ RD

Day 27

And I, if I am lifted up from the earth, will draw all peoples to Myself.

JOHN 12:32

Dear God,

I praise You for:

“Draw Me Nearer”

I am Thine, O Lord, I have heard Thy voice,
And it told Thy love to me;
But I long to rise in the arms of faith,
And be closer drawn to Thee.

Consecrate me now to Thy service, Lord,
By the power of grace divine;
May my soul look up with a steadfast hope
And my will be lost in Thine.

O, the pure delight of a single hour
That before Thy throne I spend,
When I kneel in prayer, and with Thee, my God,
I commune as friend with friend!

Refrain:

Draw me nearer, nearer, blessed Lord,
To the cross where Thou hast died;
Draw me nearer, nearer, nearer blessed Lord,
To Thy precious, bleeding side.



We had been together for three years, how could it be that after all that time he no longer wanted to be with me? A flood of emotions swept over me. I was angry and hurt. I felt betrayed and alone. As I felt the tears fall down my cheeks, I sensed the need to draw near to God and seek His counsel, I knew God wasn't done writing the story. Years later, I discovered that in that “No” I received, God had saved me from a marriage that would have ultimately ended in divorce.

It's not always easy to handle the nos we receive from God in answer to our prayers, but He knows what is best for us, even when we can't foresee His plans for down the road. When we are discouraged because of the nos in our lives, remember the love of Christ and what He endured for you and me. Remember there may be an unknown blessing in the no. May our prayer even in the no times be “Draw Me Nearer” God to Thee. ~ RY

Day 28

In a moment, in the twinkling of an eye, at the last trumpet.
For the trumpet will sound, and the dead will be raised incorruptible,
and we shall be changed.

1 CORINTHIANS 15:52

Dear God,

I praise You for:

“When the Roll is Called Up Yonder”

When the trumpet of the Lord shall sound, and time shall be no more,
And the morning breaks, eternal, bright and fair;
When the saved of earth shall gather over on the other shore,
And the roll is called up yonder,
I'll be there.

On that bright and cloudless morning when the dead in Christ shall rise,
And the glory of His resurrection share;
When His chosen ones shall gather to their home beyond the skies,
And the roll is called up yonder,
I'll be there.

Let us labor for the Master from the dawn till setting sun,
Let us talk of all His wondrous love and care,
Then, when all of life is over, and our work on earth is done,
And the roll is called up yonder,
I'll be there.

Refrain:

When the roll is called up yonder,
When the roll is called up yonder,
When the roll is called up yonder,
When the roll is called up yonder,
I'll be there.



It's good to belong, to be wanted. I recall as a youngster standing on the sidelines waiting for a team captain to pick me. And waiting. I didn't feel wanted; I didn't belong - because I wasn't any good! Years later, I found my place in music classes where I stood out and others recognized my strengths.

Lately, I'm feeling like I don't belong here where calamity and sin are the norms. An old hymn puts it this way, "I'm a pilgrim, and I'm a stranger; I can tarry, I can tarry but a night; Do not detain me, for I am going to where the fountains are ever flowing."

Soon, when God returns and calls roll, I'll raise my hand - thanks in full to Jesus Christ, who chose me for His team. ~ TP

Day 29

If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 CHRONICLES 7:14

Dear God,

I praise You for:

“I Surrender All”

All to Jesus I surrender,
All to Him I freely give;
I will ever love and trust Him,
In His presence daily live.

All to Jesus I surrender;
Humbly at His feet I bow,
Worldly pleasures all forsaken;
Take me, Jesus, take me now.

All to Jesus I surrender;
Make me, Savior, wholly Thine;
Let me feel the Holy Spirit,
Truly know that Thou art mine.

All to Jesus I surrender;
Now I feel the sacred flame.
O the joy of full salvation!
Glory, glory to His name.

Refrain:
I surrender all, I surrender all;
All to Thee, my blessed Savior;
I surrender all.



Humility is the first step to righteousness. One must humble themselves before a complete transformation can occur. For one to gain eternal life, they must first surrender all that they have to give—themselves. In this life, the anthem must be— “to die is to gain.” Philippians 1:21. Jesus said “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.” Luke 9:23-24.

Like Christ, we must take up our instrument of death and sacrifice ourselves on the altar daily that we may abide in a saving relationship. The words of the famous hymn must reverberate throughout our life— “All to Jesus, I surrender. All to Him, I freely give!” John the Baptist truly said it best. “He must increase, but I must decrease.” John 3:30. ~ RD

Day 30

I pray for them...I do not pray for these alone,
but also for those who will believe in Me through their word.

JOHN 17:9, 20

Dear God,

I praise You for:

“Sweet Hour of Prayer”

Sweet hour of prayer, sweet hour of prayer,
That calls me from a world of care,
And bids me, at my Father's throne,
Make all my wants and wishes known!
In seasons of distress and grief,
My soul has often found relief,
And oft escaped the tempter's snare,
By thy return, sweet hour of prayer.

Sweet hour of prayer!
Sweet hour of prayer!
Thy wings shall my petition bear
To Him whose truth and faithfulness
Engage the waiting soul to bless.
And since He bids me seek His face,
Believe His word, and trust His grace,
I'll cast on Him my every care,
And wait for Thee, sweet hour of prayer.

Sweet hour of prayer!
Sweet hour of prayer!
May I thy consolation share
Till from Mount Pisgah's lofty height
I view my home and take my flight.
In my immortal flesh I'll rise
To seize the everlasting prize.
And shout while passing through the air,
“Fare-well, fare-well, sweet hour of prayer!”



I read a story about a woman who while serving overseas got so sick, she couldn't even pray for herself. Months passed and she shared her experience with her local church and how the Lord had healed her. She soon discovered that one of the church members had prayed for her during that specific time.

Prayer allows us to open our hearts to God as to a friend. It is not meant only for our personal need but allows us to intercede for others, too. Christ left us an example to follow when He prayed for us, even when we didn't know we needed prayer. Why not ask the Lord right now, “Who can I pray for today?” ~ RY

Day 31

Let everything that has breath, praise the Lord. Praise the Lord!

PSALM 150:6

“Doxology”

Praise God from whom all blessings flow;
Praise Him all creatures here below;
Praise Him above, ye heavenly hosts;
Praise Father, Son, and Holy Ghost.



I'm a minimalist.

That's why I like the Doxology. Only 4 lines, and it gives all creatures the command to Praise God. Concise. Too often, I get distracted by everything going wrong with life or my faith gets complicated. Suddenly I'm overwhelmed and I give up. It's vital to guard this praise and prayer routine, keeping track of God in our lives. The Doxology reminds me to keep it simple. ~ TP

Tell us a Song!

We've come to the end of this collection. I've enjoyed our time, but before I go I have one request:

Tell us a song that means something to you in a personal testimony (150 words or less)*. We'd love for the next volume of the Prayer and Praise Journal to contain your story, your favorite song. Thank you for spending your precious time with us. ~ *Tim Parton*

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