




## TRACK 6: PRAISE GOD WITH EVERYTHING

### DAY 1 – EVERYTHING THAT HAS BREATH

#### Theme: You're Invited to Praise

 *Psalm 150:6 – “Let everything that has breath praise the Lord. Praise the Lord.”*

The final verse of the Book of Psalms doesn't trickle out — **it shouts**. After 149 chapters of sorrowful prayers, worship, trust, and struggle, Psalm 150 ends the book with a full-bodied call: *Let everything that breathes praise God. If you're breathing, you're included.*

This isn't about perfection — it's about participation. You don't need a microphone or a band. You just need a heart that sees how great God is and breathes that back to Him. *Praise is less about a music style and more about a heart response.*

#### Practice:


Start and end today by taking one deep breath and saying, “Praise the Lord.” Let that simple act remind you that as long as you're breathing, you're invited to worship.

#### Prayer:

God, I don't always know what to say — but I have breath, and I want to use it to praise you. You have been so good in my life. I want to live my life as a passionate response to your goodness.

### DAY 2 – PRAISE ISN'T PICKY

#### Theme: Anywhere Can Be a Sanctuary

 *Psalm 150:1 – “Praise God in His sanctuary; praise Him in His mighty heavens.”*

From heaven to earth, sanctuary to street corner — Psalm 150 shouts that *there's no place off-limits for praise*. Worship isn't confined to temples or a Sunday service. It's for the kitchen, the office, the ball field, the checkout line.

God's glory fills every space, so why shouldn't our praise? Praise isn't picky. It meets us in grief and in joy, in the quiet and in the noise. If the sanctuary is holy, so is your living room when you sing. So is your commute when you give thanks. So is the backyard when you breathe a prayer while grilling a steak.

#### Practice:


Choose one ordinary place today (your car, kitchen, or office) and intentionally praise God there. Say it out loud or in your heart — just bring worship into your everyday space.

#### Prayer:

God, help me recognize that every place is a potential place to praise. Remind me today to praise you wherever I am, because you are already there.

### DAY 3 – USE WHAT YOU'VE GOT

#### Theme: Worship with Your Whole Self

 *Psalm 150:3–5 – “Praise Him with trumpet... harp... tambourine... dancing... strings... pipe... cymbals!”*

Psalm 150 is a percussion parade — it's loud, expressive, and filled with motion. Why? Because ***praise involves everything***. Not just voices, but instruments. Not just music, but movement. Not just trained worship leaders, but everyone with a pulse.

You may not have a harp or cymbal lying around, but you've got hands that can serve, a voice that can encourage, and a story that can point someone to hope. God doesn't need your performance — *He desires your participation*. So bring what you've got.

#### Practice:

Think of one gift, talent, or passion you have — then ask: how can I use this to praise God this week? It could be as simple as sharing a kind word, creating something beautiful, or serving someone joyfully.

#### Prayer:

Lord, I may not have all the instruments listed in Psalm 150, but I have something — and I want to use it for you. Teach me to praise with everything I am.