

Week 18  
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**Transforming Daily**  
**“... Praise Him ...”**  
*Psalm 150*

I know several brothers in Christ that get up early in the morning to exercise. They say that it makes them feel energized for the rest of the day. A couple of these guys exercise early in the morning because they are morning people in the first place, and plus with all of their other daily responsibilities and busy schedules at work, home and church, it is the best time for them to have “me” time. I am not a morning person. I exercise in the late afternoon, but I can say that when I have gotten up early in the morning to exercise because of a conflict in my schedule later in the day, I did feel physically and emotionally better for the rest of the day. Do you think that if it works that way with physical discipline it could work that way with spiritual discipline? Emphatically, yes!

The late Adrian Rogers said that he used to have a morning spiritual exercise which began even before he got out of bed. Dr. Rogers had some kind of acrostic that he used for this exercise, but the gist is that this spiritual routine was his way of starting the day out praising God. You may have a similar practice. It emphatically makes a difference for the rest of your day (whether you’re an early morning riser or not).

Psalm 150 is nothing but a praise hymn to God. The Psalm is strategically placed at the end of this book to show the extreme climax of praise to God closing out this glorious book of wisdom, prayer, and praise (examine the growing crescendo from Psalms 147-149). Just reading these verses raises your spirit!

Have you ever read Psalm 150? If you have, how long has it been? Let me encourage you to read it again. This time pay attention to the sense of worship present in these verses, words like, “sanctuary,” “mighty firmament,” “mighty acts,” “excellent greatness,” “trumpet,” “lute,” “harp,” “timbrel,” “dance,” “stringed instruments,” “flutes,” “loud cymbals,” “clashing cymbals,” and “let everything that has breath praise the Lord.”

Reading Psalm 150 stirs the spiritually discerning to irresistibly praise Him!