

## **21 Days of Praise 2025**

### **Day 1: God has given you breath to praise**

Gen 2: 7 God has breathed His life into you , so every breath is a breath of praise -- take time to breath in the Lord and Breath our praise unto the Lord -- Praise the Lord with every breath – engage your conscience to breath Him in and to praise - engage your imagination as you breathe Him in and then with your mouth give praise to what your imagination is seeing , engage your thoughts and then praise him with your thoughts , engage your emotions with His breath and let your emotions praise Him - engage your will (desires, determinations) with each breath and Praise Him with desire

Read Psalm 150

### **Day 2: a Joyful shout to the Lord**

Take a moment and shout to the Lord to what He has done in you - past , present and future -- allow your soul to connect with what He has done, what He is doing and what you are believing Him to do in you and through you in 2025

As you go about your day allow your heart to flow with praise – stir up joy with your praise, no matter what your day is like – praise with a shout of joy

Shout great grace over your life, over your family, over our city

Read Psalm 100: 1 Psalm 111

### **Day 3: Rejoice! With a new song of praise**

Just begin with rejoice and then sing a new song of praise – use the words that come to you , don't worry about the melody , or how it may sound as you begin to sing He will hear the melody as a sweet, sweet sound , it is not about your ability to sing in key it is about your availability to release from your heart a new song - if nothing is coming fill yourself with His Word and pray in the Spirit and as you open your mouth a new song will come forth

Read Psalm 148 and 149

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### **Day 4: Change your focus to Ascend in Praise - garment of praise**

Persistent negative thinking takes us into a downward spiral, like an auger digging a deep hole from which we then must struggle to escape! No matter the challenges you may be facing be joyful and meditate on the GOODNESS of God, and then begin to praise Him with your words. Keep fixing your eyes ABOVE, upon the VICTORIOUS AND FAITHFUL ONE that loves you , that has made you and saved you . see the garment of praise upon you

Read Isaiah 61: 3 , Psalm 103 1-2

### **Day 5: clap your hands and shout for joy**

Getting your physical body involved in your praise – begin to clap your hands and as you do begin to think on Him, on what He is saying to you. set you mind on things above in the midst of clapping your hands in celebration – this might seem a little strange but allow your hands to praise, let a rhythm come in your hands and then allow your mouth to join in the rhythm

Read Psalm 47: 1 Psalm 98: 8

### **Day 6: dance unto the Lord**

This might be unusual for you but it is time to dance, just begin to move your feet, your legs, your hips, your arms. If David could dance then you can dance – don't allow your soul to say this is weird, I am not going to it. David's wife became barren. but David became fruitful -- as you dance get your mind, will, emotions, involved this is all part of the praise where our spirit, soul and body become involved Don't stop at just dancing once, throughout your day dance in praise and then at service dance with praise

Read 2 Sam 6:14-22

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### **Day 7: Lift your hands in Praise**

The lifting of hands is important in our praise – this is something that shows the Lord our need for Him, wherever you and I are lift your hands a demonstration of praise. When we lift our hands in praise our body is engaged in praise , now begin to engage your eyes being lifted up, your head being lifted up, your thoughts being lifted up, your heart being lifted up in praise – lift your voice up and begin to praise as you move your hands, your eyes and your head -- Let the King of Glory come into your hand, into your eyes, into your thoughts , into your heart , into your mouth ----- cut off the weight that you are carrying and lift up your hands giving Him the weight

Read Psalm 63: 4 Psalm 134: 2 Psalm 28: 2 Psalm 141: 2 Psalm 24

### **Day 8: New Levels of Rejoicing! Release Joy to the Lord**

Difficult seasons in life require MORE JOY to endure and overcome!

JOY lifts the heart, enlightens the eyes and upgrades our story!

JOY is a mood lifter, and eye enlightener, and narrative changer!

In difficult times when we are struggling just to keep our faith stance,

JOY says, “Don’t just struggle, take a minute...let’s dance!

Read Isaiah 61: 10 Psalm 32: 11 Philippians 4:4 Romans 15: 13

### **Day 9: be clamorously foolish in your praise**

Allow your praise to be loud and foolish. One word for praise in Psalms is Hallel. It’s the root of the word hallelujah. It means to be clamorously foolish and rave to the point of being ridiculous. In other words, it’s fanatical dancing, jumping, shouting, and singing.

Today be fanatical in your praise – if you are a sports fan then you already know how to be fanatical - now turn your praise to God in a fanatical way -- don’t worry about how this looks this is a deeper depth of praise with our entire being

Read Psalm 22: 22 2 Chronicles 20: 19 2 Sam 6: 14-19

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### **Day 10: learn to live a lifestyle of praise – celebration**

Ascending into a lifestyle of praise is a process of training yourself to think and act strategically instead of just wanting to vent emotionally! Learning to celebrate is intentional living at its best. Celebration goes against the grain of trials, issues, circumstances and breaks us out of the mundane! It causes us to see our own redemptive story from God's HIGHEST vantage point and to participate in the unfolding process! When darkness wears us down and wearies us. Celebrational praise is the weapon that cuts through the red tape of the daily grind, causing our eyes to open once again to the reality of Heaven and our relationship with the trinity. Declare your celebration, show your celebration, be active in your celebrational praise.

Read Psalm 118: 24 Psalm 32: 11 Psalm 100: 5 Psalm 92: 1-2 Psalm 95: 2

### **Day 11: Unshakeable Praise -- bless the Lord no matter what you are facing**

Unshakeable praise is praising the Lord in the midst of your battles regardless of how you feel, this praise breaks us out of our emotions from leading us to leading our emotions back to the Lord. The Lord gave us emotions and when praise the Lord in the midst of our trials, battles we are shifting out of woe is me to Lord I don't understand I don't feel like it but I am going to praise you any way - I need an atmosphere shift -- Praise will shift the atmosphere of your soul.

Unshakeable praise produces a flexibility in us that can ENDURE trials, battles and circumstances while walking through the valley of the shadow of death because the Lord is with us as we praise and lift our eyes up to Him. Praise Him and remind yourself all that He has done to get you through the circumstances of life

Read Psalm 129 2 Chronicles 20: 22 2 Chronicles 5: 13-14 Acts 16: 25-28

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### **Day 12: Turn Things Upside Down with your Praise**

“Hard pressed on every side, but not crushed, perplexed but not in despair, persecuted, but not abandoned, struck down but not destroyed!”

Give the Lord praise, for His strength in the midst of pressure. Walking in praise in the midst of life will turn things upside down.

Today begin to leap for Joy, shout for Joy, and praise the Lord for what He is doing . It is time to jump with your spirit, jump with your soul, jump with your body-- be creative in your jump, in your leap -- leap with praise in your entire being turn your sorrow, turn your pain, turn your thoughts into leaping past the gate called beautiful, into the place of flourishing. Tell your issues that the Lord is breaking through – that His name, His character and His authority is going to turn things upside down -- praise the Lord for turning things upside down

Read Acts 3: 1-10 Psalm 34: 1-9

### **Day 13: learn to give thanks in everything**

Magnify the Lord and not your circumstances -- today give thanks, declare your thankfulness, show your thankfulness, demonstrate your thankfulness to Him engage your entire being in thankfulness.

Read Psalm 69: 30 Psalm 9:1-2 Psalm 28: 7 1 Thes 5: 16-18

### **Day 14: Victory and Joy**

Victory and Joy have a UNIQUE and unmistakeable sound when they come together! Shouting, clapping, praising, rejoicing, laughing all merge together in a wall of sound to LIFT up the ONLY ONE WORTHY of all our devotion and all of our admiration! He deserves the HIGHEST praise, so let the release begin! By faith hear the song of the cloud of witnesses and join in the everlasting Celebration! Release songs of TRIUMPH over your family, over your city province and your nation!

Read Psalm 47 Psalm 66

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### **Day 15: Rivers in the Desert!**

When anxiety, hopelessness and fear dominate the earthly landscape, JOY is always and FOREVER available as a powerful spiritual river from heaven that REFRESHES and renews! The world can feel like a parched and barren desert, but God opens up rivers in the desert and pour floods on our thirsty ground! HE is the end of our drought! HE turns our desert into a garden oasis! Declare that the desolate places in your life and in our nation will receive the RIVER of God and become like watered gardens instead of wastelands! Decree that new life will spring up and that waves of JOY will bring refreshing to the thirsty! Let your praise become an exhortation to enter unrestrained praise

Read Psalm 113:1 Psalm 117:1 Psalm 135:1 Psalm 146:1 Psalm 148:1 Revelation 19:1

### **Day 16: Disrupt any cycles that lead you away from spending time with the Lord**

When we get caught in old, recurring patterns that we can't seem to break, let DIVINE JOY become break in and DISRUPT the cycle! Introduce an UNEXPECTED TWIST in your life, REJOICE instead of the usual lamenting, or fear, PRAISE instead of always being frustrated, APPLAUD God's faithfulness instead of despairing over your repeated failures! Set the stage for a new and different outcome in 2025! Introduce a new space of grace where we receive fresh new life from the Lord.

Read Psalm 97, Psalm 20:5-7 Psalm 90:14: Psalm 92:4

### **Day 17: Glory and exalt the Name of the Lord instead of your issues**

Praise is about lifting up and exalting the Lord so that He becomes your life, and not your issues. When we lift the name of the Lord up, we are celebrating who He is. We are acknowledging that His nature is greater than anything that we have seen or heard. We are celebrating His authority in the heavens and in the Earth. When we put our attention on and meditate on our issues over and over again, we are lifting up and exalting our issues. Yes, our issues are real, but we need to glory and EXALT His name over our issues and allow our issues to become SATURATED with His nature, character and authority.

Lay it all down and give your mind, body and spirit a time of refreshing in the Presence of the Lord! Let the waves of His nature, character and authority wash over you! Engage your soul and body in praise and taste and see that the Lord is good.

Read Psalm 34 Psalm 145

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### **Day 18: sing a new song**

Our days can become so filled with the mundane things of life. Today begin to sing a new song. What has the Lord conceived in your heart. When Israel came out of Egypt a new song was sung, when Mary conceived Jesus the Word a new song came forth. These songs were a celebration of what God has done and what God was going to do. Take a moment throughout your day and begin to allow words to come describing what has become conceived in your heart and then sing that new song unto the Lord – this is a part of praise that we often don't engage in.

Read Exodus 15: 1-18 Luke 1: 46-55

### **Day 19 Let your Praise move you**

Praise should not just be expressed through our mouth, although this is one of the main ways to praise. Praise expressed through dance and movement releases us into dimensions of FREEDOM and GRACE. Let your hands and feet be UNSHACKLED and liberated to move according to the way we were created to Praise the Lord. Let the boundaries of your praise become extended beyond what you are used to. Move beyond your comfort zone and dance before the Lord. Lift off the LIMITATIONS that has hindered your praise. It is not about what it looks like, it is about a heart that is willing to let go and be free to praise. We all have a different garment of praise, let your garment sink into every part of your being so that your hands, your feet, your legs, your hips become engaged!

Read Exodus 15:2 2 Samuel 6:14-16 Luke 15: 25 Ecclesiastes 3:4 Psalm 149: 3

### **Day 20: Let the Joy of Praise Rise!**

The Joy of Praise doesn't deny the difficult situations we face, but it has a unique way of creating a LIFT to rise above them! Much like a hot air balloon rising, as we enter into PRAISE, THANKSGIVING and REJOICING, new strength and breath fills our lungs and causes us to ascend above the limitations of earthly existence! From that ascended position, we gain NEW perspectives and FRESH insights from God, as well as a respite from the battle! Get buoyant in rejoicing and ask for clear VISION as you rise! Let go of every earthly weight of that hinders you! Let a new grace be released for the UPWARD JOURNEY and the High calling of God in Christ Jesus! Release the winds of change over your life and City through your breath of Praise, thanksgiving and rejoicing.

Read Isaiah 61: 10 Psalm 100: 1-2 Colossians 3: 16 Psalm 118: 24

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### **Day 21: Let Praise become unhindered and unrestrained in your life.**

Do not become conformed to your old patterns of praise. Become the garment of Praise in every season of your life. Don't allow your circumstances, your emotions, your thoughts your wills, your issues to prevent you from releasing your praise in your Spirit, soul and body but, let the garment of praise become the lifestyle you live from. Praise will shift your atmosphere. Praise will shift your environments. Live your life with unrestrained praise to the One and Only True God. He is worthy of all our Praise.

Read Psalm 26: 6-9 2Sam6: 14-15, 22 Psalm 145 Psalm 15: 6