

# *The Power of Praise*

## A Reflection

" Praise is the form of prayer which recognizes most immediately that GOD is GOD. It lauds GOD for His own sake and gives Him glory, quite beyond what He does, but simply because HE IS...

Catholic Catechism #2639

Praise is Battle Prayer. **The Prayer of Spiritual Combat.**

What do you do when you feel powerless in the face of adversity? When you feel, " We are powerless before this vast multitude that comes against us. We are at a loss what to do."

The answer is found in the story of King Jehoshaphat in **II Chronicles Chapter 20.**

Jehoshaphat was king of Judah, when he received a message that, " A great multitude is coming against you from across the sea..." He was frightened and he turned to GOD for help.

He proclaimed a fast for the entire nation and from every city of Judah the people came to Jerusalem to seek the LORD in His holy temple.

Through the Holy Spirit, GOD told Jehoshaphat and the people...

" Do not fear or lose heart at the sight of this vast multitude, for the battle is not yours but *GOD's*."

*GOD* tells Jehoshaphat to go out to meet the enemy in battle, and not to fear, but to trust. "You will not have to fight in this encounter. Take your places, stand firm, and see how the *LORD* will be with you to deliver you."



And here is where we see the **POWER OF PRAISE**.

For Jehoshaphat appointed people to "**Sing to the LORD**" and to "**Praise the Holy Appearance**" as it went forth at the head of the army.

And at the moment they began their jubilant hymn of praise to *GOD*, **GOD Himself** set an ambush for the enemies of Israel, who fought among themselves and completely exterminated each other.

Jehoshaphat and his people returned to Jerusalem celebrating the joyful victory the *LORD* had given them, and the fear of *GOD* came upon all the surrounding kingdoms who thereafter left Israel in peace.

In this story, *GOD* teaches us that in the face of adversity, you must make the **decision** to praise. Praise does not depend upon feelings or circumstances. Just as love does not reside in **feelings** of love, but in the **will to** love, so in the same way, "He that offers praise as a **sacrifice**, glorifies Me." Psalm 50.23.

Just as you make the **choice** to love so you make the **choice** to praise, **despite** your feelings and **despite** your circumstances. When you choose to praise, you choose to **stop** all criticism, complaints, grumbling, worrying and fears.

You choose **not** to look at the circumstances, but to look at the deeper reality of **GOD within** those circumstances. You choose to look at *GOD* "...hence our eyes are turned toward you."

Praise magnifies, glorifies, and exalts *GOD*, who is greater than any adversity, more powerful than any of His enemies, in whose hand is power and might, and whom no-one can withstand.

To praise Him is to offer just recognition of who He **is**, not simply of what He can **do**. For in the praise of who He **is**, His enemies **and yours**, are already vanquished! So when you are faced with adversity,

**PRAISE GOD!**

Sing and **Praise the Holy Eucharist...**

...the Lord **JESUS** Christ, who goes before you in battle.

...the King of kings and **LORD** of lords ( Rev 19:16).

...the Lamb who conquers all.



And remember, the people appointed to sing and praise were at the **head** of the army. They were the ones who **led** GOD's people in battle. It was **at the moment** they began their exuberant song of praise that GOD vanquished their enemies.

So whatever enemy you are facing now, as you sing the **Song of the Bride** and His Divine Praises...

...may the Most High GOD manifest His glory as He did with King Jehoshaphat, in your life and in all the world this day. Amen.