



FORTY DAYS OF PRAISE



A NOTE FROM DR. PAUL CHAPPELL

It seems that every November, even the world remembers the value of giving thanks. But those who do not know the Lord can only offer “thanksgiving” in a nebulous, general sense. We who know Christ, however, can direct our praise and thanksgiving to Him—and not just one day a year, but every day!

I will bless the LORD at all times: his praise shall continually be in my mouth.

(Psalm 34:1)

This booklet is designed to help you cultivate a daily habit of praise to the Lord.

Each day includes a Scripture passage that exalts the Lord and directs us in praise to Him. After each passage, there are two questions prompts to identify something specific for which to praise the Lord as well to write any additional insights from that passage. Then there is space for to write out a prayer of thanks to the Lord. (I have included a sample devotion for you on the following page.)

As you purposefully praise the Lord over these next forty days, I pray that it will encourage your heart and remind you of the greatness and goodness of our God!

Your friend,

Pastor Paul Chappell

SAMPLE DAY

I will bless the LORD at all times: his praise shall continually be in my mouth. My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. O magnify the LORD with me, and let us exalt his name together. I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles. The angel of the LORD encampeth round about them that fear him, and delivereth them.

—Psalm 34:1-7

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

His consistency, He hears my prayers, His protection

2. What else can I learn from this passage to apply in praise?

God is always worthy of praise—when I feel joyful and when I don't. I will always have reason to praise Him, and I should praise Him all throughout today.

PRAYER OF RESPONSE

Lord, thank You for Your faithfulness and for hearing my prayers. Thank you for Your protection in my life. Help me today to praise You all throughout the day.

DAY ONE

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

—Philippians 4:6-7

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWO

I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works. I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.

—Psalm 9:1-2

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THREE

And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

—Colossians 3:14–15

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY FOUR

O give thanks unto the LORD; for he is good: for his mercy endureth for ever. O give thanks unto the God of gods: for his mercy endureth for ever. O give thanks to the Lord of lords: for his mercy endureth for ever.

—Psalm 136:1-3

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY FIVE

O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the LORD is a great God, and a great King above all gods.

—Psalm 95:1-3

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY SIX

So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory? -- The sting of death is sin; and the strength of sin is the law. But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

—1Corinthians 15:54–57

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY SEVEN

O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the LORD is a great God, and a great King above all gods.

—Psalm 95:1-3

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY EIGHT

Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

—Psalm 100

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY NINE

Continue in prayer, and watch in the same with thanksgiving; Withal praying also for us, that God would open unto us a door of utterance, to speak the mystery of Christ, for which I am also in bonds: That I may make it manifest, as I ought to speak.

—Colossians 4:2–4

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TEN

Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness.

—Psalm 107:8–9

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY ELEVEN

We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak; Knowing that he which raised up the Lord Jesus shall raise up us also by Jesus, and shall present us with you. For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

—2 Corinthians 4:13–17

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWELVE

Wherefore be ye not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Submitting yourselves one to another in the fear of God.

—Ephesians 5:17–21

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTEEN

When my soul fainted within me I remembered the LORD: and my prayer came in unto thee, into thine holy temple. They that observe lying vanities forsake their own mercy. But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the LORD.

—Jonah 2:7–9

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY FOURTEEN

Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever. Who can utter the mighty acts of the LORD? who can shew forth all his praise?

—Psalm 106:1–2

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY FIFTEEN

Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

—Psalm 103:1–5

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY SIXTEEN

The LORD is merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will he keep his anger for ever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west, so far hath he removed our transgressions from us.

—Psalm 103:8–12

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY SEVENTEEN

It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. For thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands. O LORD, how great are thy works! and thy thoughts are very deep.

—Psalm 92:1–5

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY EIGHTEEN

As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

—Colossians 2:6–7

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY NINETEEN

O give thanks unto the LORD; for he is good; for his mercy endureth for ever. And say ye, Save us, O God of our salvation, and gather us together, and deliver us from the heathen, that we may give thanks to thy holy name, and glory in thy praise. Blessed be the LORD God of Israel for ever and ever. And all the people said, Amen, and praised the LORD.

—1 Chronicles 16:34–36

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY

My defence is of God, which saveth the upright in heart. ... I will praise the LORD according to his righteousness: and will sing praise to the name of the LORD most high.

—Psalm 7:10, 17

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-ONE

Blessed be the LORD, because he hath heard the voice of my supplications. The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

—Psalm 28:6–7

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-TWO

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

—Colossians 3:16–17

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-THREE

Wherefore David blessed the LORD before all the congregation: and David said, Blessed be thou, LORD God of Israel our father, for ever and ever. Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all. Now therefore, our God, we thank thee, and praise thy glorious name. But who am I, and what is my people, that we should be able to offer so willingly after this sort? for all things come of thee, and of thine own have we given thee.

—1 Chronicles 29:10–14

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-FOUR

Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate. Let us go forth therefore unto him without the camp, bearing his reproach. For here have we no continuing city, but we seek one to come. By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

—Hebrews 13:12–15

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-FIVE

Offer unto God thanksgiving; and pay thy vows unto the most High: And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me. ... Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God.

—Psalm 50:14–15, 23

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-SIX

I will bless the LORD at all times: his praise shall continually be in my mouth. My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. O magnify the LORD with me, and let us exalt his name together.

—Psalm 34:1–3

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-SEVEN

I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles. The angel of the LORD encampeth round about them that fear him, and delivereth them. O taste and see that the LORD is good: blessed is the man that trusteth in him.

—Psalm 34:4–8

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-EIGHT

The eyes of the LORD are upon the righteous, and his ears are open unto their cry. The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. The righteous cry, and the LORD heareth, and delivereth them out of all their troubles. The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

—Psalm 34:15–18

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY TWENTY-NINE

Many are the afflictions of the righteous: but the LORD delivereth him out of them all. He keepeth all his bones: not one of them is broken. Evil shall slay the wicked: and they that hate the righteous shall be desolate. The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

—Psalm 34:19–22

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY

I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth.

—1 Timothy 2:1–4

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-ONE

Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

—1 Thessalonians 5:16–18

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-TWO

For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

—Colossians 1:9–12

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-THREE

But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

—Ephesians 2:4–7

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-FOUR

The LORD liveth; and blessed be my rock; and exalted be the God of the rock of my salvation. It is God that avengeth me, and that bringeth down the people under me, And that bringeth me forth from mine enemies: thou also hast lifted me up on high above them that rose up against me: thou hast delivered me from the violent man. Therefore I will give thanks unto thee, O LORD, among the heathen, and I will sing praises unto thy name. He is the tower of salvation for his king: and sheweth mercy to his anointed, unto David, and to his seed for evermore.

—2 Samuel 22:47–51

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-FIVE

O give thanks unto the LORD; for he is good: because his mercy endureth for ever. Let Israel now say, that his mercy endureth for ever. Let the house of Aaron now say, that his mercy endureth for ever. Let them now that fear the LORD say, that his mercy endureth for ever. I called upon the LORD in distress: the LORD answered me, and set me in a large place.

—Psalm 118:1–5

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-SIX

Open to me the gates of righteousness: I will go into them, and I will praise the LORD: This gate of the LORD, into which the righteous shall enter. I will praise thee: for thou hast heard me, and art become my salvation. The stone which the builders refused is become the head stone of the corner. This is the LORD'S doing; it is marvellous in our eyes. This is the day which the LORD hath made; we will rejoice and be glad in it.

—Psalm 118:19–24

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-SEVEN

And when the builders laid the foundation of the temple of the LORD, they set the priests in their apparel with trumpets, and the Levites the sons of Asaph with cymbals, to praise the LORD, after the ordinance of David king of Israel. And they sang together by course in praising and giving thanks unto the LORD; because he is good, for his mercy endureth for ever toward Israel. And all the people shouted with a great shout, when they praised the LORD, because the foundation of the house of the LORD was laid.

—Ezra 3:10–11

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-EIGHT

For thou, LORD, art high above all the earth: thou art exalted far above all gods. Ye that love the LORD, hate evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked. Light is sown for the righteous, and gladness for the upright in heart. Rejoice in the LORD, ye righteous; and give thanks at the remembrance of his holiness.

—Psalm 97:9–12

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY THIRTY-NINE

For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

—1 Corinthians 11:23–26

TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

DAY FORTY

The four and twenty elders fall down before him that sat on the throne, and worship him that liveth for ever and ever, and cast their crowns before the throne, saying, Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

—Revelation 4:10–11

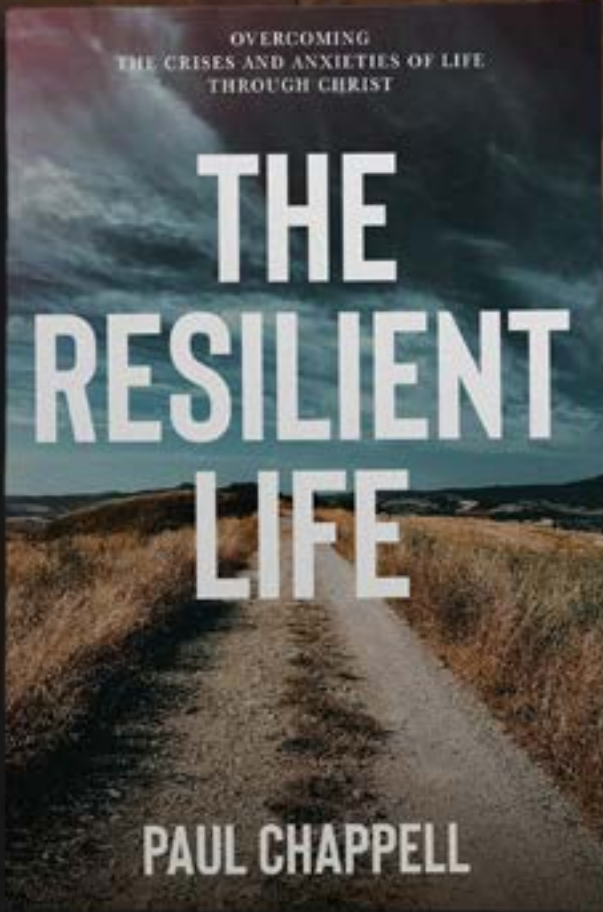
TODAY'S PRAISE PROMPTS

1. What does this passage tell me about God for which I can give thanks?

2. What else can I learn from this passage to apply in praise?

PRAYER OF RESPONSE

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**EVERYONE NEEDS
RESILIENCE.**

We all face obstacles, difficulties, trials, and heartaches. Without resilience, we go through life increasingly flattened—beaten down by the multiplied challenges we face. Thankfully, God created us with the capacity to rebound, to overcome.

