

## The Power of Praise

### Description

[RG AUDIO 040814](#)

Psalm 68:19-35

“Praise be to the Lord, to God our Savior, who daily bears our burdens” (v. 19). Sandwiched between this verse and the finale (v. 35) is the secret to successful living, the secret the world is awaiting. Power and strength to bear our daily burdens: who wouldn’t want that?

While we all search for strength to face our day, finding it seems so rare. It requires that we daily bare our burdens before God: come before Him in naked honesty. Only then can the Lord fully and completely bear our burdens.

This secret is really not a secret at all. It’s expressed in the opening and closing of this passage, “Praise be to God!” It’s repeated throughout the verses in between.

Praising sure takes a bite out of our burdens. It’s a crime to cling to our problems when God’s word encourages us to praise, give thanks, and cast our cares upon Him! In Philippians, Paul wrote that he had “learned the secret of being content in any and every situation . . . I can do everything through him who gives me strength” (Philippians 4:12-13).

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