

## Praise Our Savior God

### Description

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Psalm 68:1-9, 19-20

How do we respond to the love and favor of a God who cannot be seen or measured? We praise the One “who daily bears our burdens.” Here’s the tricky part. If we keep carrying our burdens on our own, our hearts are too heavy to give God the praise He deserves. We can’t enjoy the benefits of our relationship with Christ. The voice of His Spirit becomes muffled, and we’re doing everything in our own power and strength. Jesus invites, “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28).

Hebrews 4:16 also encourages us to enter into God’s rest, “so that we may receive mercy and find grace to help us in our time of need.” When we acknowledge our need for Him, we are embraced by the remedy our heart requires, the refreshment we need to carry on. This is our path to praise!

Write a prayer citing evidence of His grace. Express your gratitude to God. Spend time simply praising Him for who He is and all that He has done.

Author: Cynthia Stiverson

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