One-Minute Praises & Promises from the Bible

STEVE MILLER

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To you, the reader—
my prayer is that
the praises and promises
found in the Bible
will give you
a more exalted view of
God's glory, goodness, and grace.

Acknowledgments

With thanks to my dear wife, Becky;
to our sons Keith, Ryan,
and Nathan (and his wife Krista).

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One-Minute Praises

The Benefits of Praising God

From the rising of the sun to its going down
the Lord's name is to be praised.

Psalm 113:3

Praise is one of the most uplifting and encouraging activities we can engage in as Christians. No prayer is complete without words of praise, and no day is complete without expressions of praise.

To praise God means to worship Him and give thanks to Him. It is to recognize who He is and what He has done, to enhance His reputation, and to express gratefulness to Him.

The psalmist wrote, "I will bless the LORD at all times; His praise shall continually be in my mouth" (Psalm 34:1). Praising God continually through the day may at first seem a challenge, but you'll discover that the more you deliberately look around you for reasons to worship and thank God, the more praise will become a habit—one that

you will come to enjoy because it increases your awareness of Him, deepens your appreciation for Him, and thus draws you closer to Him.

So as you read through the one-minute praises in this book, rather than simply stop at the end of each reading, allow each page to serve as a "starter" for you—a starter that helps begin your day on a note of praise that continues throughout the day.

God's Greatness

O worship the King, all glorious above,
O gratefully sing His power and His love;
Our Shield and Defender, the Ancient of Days,
Pavilioned in splendor and girded with praise.

SIR ROBERT H. GRANT
"O WORSHIP THE KING"

Great Thoughts About a Great God

Great is our Lord, and mighty in power;
His understanding is infinite.

Psalm 147:5

Father, how very *great* You are! You are beyond comprehension and measure. Even with all that You have revealed about Yourself in the Bible, so much about You will always be beyond my understanding.

Help me to avoid the mistake of reducing You to someone or something You are not. May I never limit You by thinking of You in human terms. My heart's desire is to lift up and honor You by always recognizing that You are "able to do exceedingly abundantly above all that we ask or think" (Ephesians 3:20).

May my every thought of You always exalt You!

A Worthy View of God

You, whose name alone is the LORD*,*
are the Most High over all the earth.

PSALM 83:18

Nothing is above You, O Lord. You are the highest above all. You are the Supreme Ruler over all kings, kingdoms, and thrones. Everything that dwells in this universe is subject to Your authority and command.

My limited human mind cannot comprehend how infinitely great You are. And I am humbled that You, the Most High over all the heavens, have lovingly reached down to the dust of the earth to show grace, compassion, and mercy to me.

Though You have chosen to lower Yourself to walk with me, may I never lower my thoughts of You. May I never lose my sense of Your awesome majesty. May I always elevate my thoughts of You so that they are more and more worthy of You.

Incomprehensible Greatness

Great is the LORD*, and greatly to be praised; and His greatness is unsearchable.*

PSALM 145:3

Lord, I could never fathom the height, depth, length, and breadth of Your greatness. As I think about all that is true about You, I am moved to the depths of humility and the heights of praise.

In Your perfect wisdom, You never make a mistake. In Your perfect power, You are never defeated. In Your perfect knowledge, You are never wrong or unaware. In Your perfect faithfulness, You never break a promise. In Your perfect love, You are never unkind. In Your perfect holiness, You never sin. In Your perfect justice, You are never unfair.

I could say so much more…yet words could never suffice. I am so awed, I can only bow down before You in silent worship. Help me to be still and know that You are God.

God's Sovereignty

Even to discuss the authority of Almighty God seems
a bit meaningless, and to question it would be absurd.
Can we imagine the Lord God of Hosts
having to request permission of anyone or
to apply for anything to a higher body?
To whom would God go for permission?
Who is higher than the Highest?
Who is mightier than the Almighty?
Whose position antedates that of the Eternal?
At whose throne would God kneel?
Where is the greater one to whom He must appeal?[1]

A.W. TOZER

It's All from Him

The earth is the LORD*'s, and all its fullness,*
the world and those who dwell therein.

PSALM 24:1

Heavenly Father, thank You for the psalmist's affirmation that the earth is Yours—all of it. You ***created*** it out of nothing. You ***sustain*** it with a power too great for me to understand. You ***govern*** its ongoings according to Your perfect plans. And You ***provide*** for all the needs of Your creation through the resources of the land, sky, and sea.

I am richly blessed, Father, by the abundance You've placed all around me. Sometimes I don't notice it because I'm so busy or because I'm so preoccupied with the things that come from human hands rather than Your divine hands. Help me to always have a right perspective…and to begin and end every one of my days by acknowledging that ultimately, everything I have comes from You.

Achieving His Grand Purpose

Whatever the Lord pleases He does,
in heaven and in earth,
in the seas and in all deep places.

PSALM 135:6

I thank You, Lord, for the Bible's many reminders of Your complete power over all things. This truth is a source of comfort for me when I see the wicked attempt to somehow thwart Your plans. I admit that sometimes I'm tempted to believe You cannot anticipate their actions, and the best You can do is minimize the damage left in their wake.

But Your Word says otherwise. No corner of the earth is so remote, no living soul so rebellious that it can act separately from Your sovereignty. You have the power to orchestrate the affairs of men, nations, and even the natural world so that they achieve Your grand purpose. Whatever You please to do *will* happen. For that I praise Your name!

Nothing Can Overrule God's Plan

Heaven and the highest heavens belong to the LORD *your God, also the earth with all that is in it.*

DEUTERONOMY 10:14

Lord, thank You for the security and comfort that comes from knowing You are sovereign over all heaven and earth. Sometimes I get frustrated because the world seems so out of control or because I don't understand why You allow bad things to happen. Help me to not despair over what I don't understand, but instead, to trust in what the Bible says about You—that the earth and heavens belong to You.

Because of this truth, I can have full confidence that everything You plan *will* come to pass. That You *will* prevail over those who oppose You and Your children. That You *will* wipe away all sin and sorrow. And that You *will* set up Your perfect and glorious kingdom, which *will* last forever and ever.

A Sovereignty We Can Trust

Yours, O LORD*, is the greatness,*
the power and the glory,
the victory and the majesty;
for all that is in heaven and earth is Yours…
and You are exalted as head over all.

1 CHRONICLES 29:11

Heavenly Father, Your sovereignty has no limits. Words are not adequate to describe the extent of Your rule over the universe. Your throne had no beginning and will have no end. You are all-powerful over all things at all times. No greatness is higher than Yours.

Because You are in full control of all that is in heaven and earth, I can rest assured You are also in full control of every detail of my life. Nothing will happen to me without Your permission. Though I may not understand why some things come my way, I can trust that You have a purpose and that no person will overrule You. How comforting it is to know I will never be exposed to anything that is beyond Your control! Yours is a sovereignty I can trust.

More than Adequate

I know that You can do everything,
and that no purpose of Yours
can be withheld from You.

Job 42:2

Lord, my human perspective is so limited. Just because something looks impossible to me doesn't mean it's impossible to You. Just because I cannot see the answer doesn't mean You lack one.

You are sovereign, so I know You are supreme over every circumstance in my life regardless of how severe it is. Your good purpose will always win out. You will never be defeated…and consequently, neither will I. Help me to not become distraught by temporary tribulation but to be calmed by Your permanent providence.

Thank You, Father, that I can rest on the bedrock of Your sovereignty even in the harshest of life's storms. Your power is far more than adequate to handle my every need!

Supreme over All

In Your hand is there not power and might,
so that no one is able to withstand You?

2 Chronicles 20:6

Lord of all, every single one of Your decrees have been or will be fulfilled. Every person and every creature on this earth—willingly or unwillingly—is as wet clay on Your potter's wheel. You are able to use even the plots of Your enemies to accomplish whatever You please.

I praise You that Your power is so great none can defy it, Your throne is so high none can overthrow it, and Your counsel is so established none can change it.

That You are supreme over all gives me great security—for it means nothing can happen to me apart from Your plans, nothing can deprive me of Your promises, and nothing can interrupt Your provision from flowing to me.

Lord of the Possible

Oh, give thanks to the LORD*! Call upon His name; make known His deeds among the peoples!*

PSALM 105:1

Lord, from a human perspective, it should have been impossible to create something out of nothing. For the whole earth to be covered by a flood. For the Red Sea to part and close up again. For mere shouts and trumpets to fell the walls of Jericho. For Gideon's 300 to defeat an enemy of thousands upon thousands. For Daniel to survive a lions' den, and for his friends to walk unscathed in a fiery furnace. For a virgin to give birth. For the Lord Jesus to heal multitudes, walk on water, and rise from the dead to forever conquer death. And for me who was dead in sin to become alive in Christ.

Yet You have accomplished every one of these mighty deeds…and more. Whenever I doubt You, Lord, remind me of Your great works. You are the Lord of the possible!

God's Faithfulness

Far above all finite comprehension is the unchanging faithfulness of God. Everything about God is great, vast, incomparable. He never forgets, never fails, never falters, never forfeits His word.[2]

A.W. PINK

Always Faithful

Has God forgotten to be gracious?
Has He in anger shut up His tender mercies?…
I will remember the works of the LORD*;*
surely I will remember Your wonders of old.

PSALM 77:9-11

Father, sometimes I struggle and wonder if You've forgotten me. When I consider my circumstances, I see problems that remain unsolved. I feel as if, for some reason, You aren't at work in my life. I've even doubted Your love and care.

Yet I know Your track record of faithfulness. When I look back, I can remember those so very clear times You rescued me. Those times when You gave me a blessing greater than I ever expected. Those times when You answered my prayers in the most powerful way.

When life isn't going so well, help me to remember Your mighty deeds and wonders of old. They're written all over the Bible, and they're written on the tablet of my life. And may the confidence I receive from what You've done in the past give me renewed courage for the future.