



## How to Use This Daily Reflection:

Each day we will very simply pray (P.R.A.Y.) ‘P’: PAUSING to be still. ‘R’: REJOICING with a Psalm and REFLECTING on a Scripture. ‘A’: ASKING God to help us. ‘Y’: YEILDING to His will in our lives, come what may. Allow this rhythm to deepen your awareness of God’s presence and guide you to live out His mission in your daily life.

Pause

Rejoice/Reflect

Ask

Yeild

## Week 02: Calling on the Lord in Praise

### Monday: Proclaim His Name (Psalm 105:1–2)

**Pause:** Breathe deeply. Become aware of God’s presence. Whisper: *“Lord, I lift up Your name in praise today.”*

**Rejoice:** Today I rejoice in the God whose name is worthy of praise, remembering Psalm 113:3

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From the rising of the sun to its setting, The name of the Lord is to be praised. — Psalm 113:3

**Reflect:** Worship begins with remembering. When we recall what God has done and speak it aloud, we are not only praising Him but also testifying to others. To call on His name in praise is to anchor our lives in gratitude and to proclaim His faithfulness in every season. This proclamation reminds us that even in ordinary moments, God’s greatness is present and His name deserves our attention.

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Oh give thanks to the Lord, call upon His name; Make known His deeds among the peoples. Sing to Him, sing praises to Him; Speak of all His wonders. — Psalm 105:1–2

**Ask for me:** Lord, how can I better proclaim Your works in my daily life?

**Ask for my community:** How can our community become more intentional in remembering and declaring Your faithfulness?

**Reflect:** As I reread, I listen for one word or phrase that stirs my heart to thanksgiving.

“ Oh give thanks to the Lord, call upon His name; Make known His deeds among the peoples. Sing to Him, sing praises to Him; Speak of all His wonders. — Psalm 105:1–2

**Yield:** Lord, I yield my voice to You today. Let my words be filled with thanksgiving and proclamation of Your goodness.

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## Tuesday: Remember His Wonders (Psalm 105:5)

**Pause:** Rest in God's presence. Let go of distraction and draw near to Him.

**Rejoice:** Today I rejoice in the God whose deeds are marvelous, echoing Psalm 9:1.

“ I will give thanks to the Lord with all my heart; I will tell of all Your wonders. — Psalm 9:1

**Reflect:** When we forget what God has done, our worship grows shallow. But when we remember His wonders, gratitude rises, and praise becomes natural. Recalling His mighty acts in the past strengthens our trust for today. Remembering His past faithfulness also gives us courage to trust Him with the unknown challenges we face now.

“ Remember His wonders which He has done, His marvels and the judgments spoken by His mouth. — Psalm 105:5

**Ask for me:** Lord, what do I need to remember today about what You have done?

**Ask for my community:** How can our church be a people who continually tell the stories of Your wonders?

**Reflect:** As I reread, I allow a specific memory of God's faithfulness to come to mind.

“ Remember His wonders which He has done, His marvels and the judgments spoken by His mouth. — Psalm 105:5

**Yield:** Lord, I yield my memory to You—help me not to forget Your goodness or neglect to tell it.

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## Wednesday: Gratitude in Prayer: Lifting the Cup of Salvation (Psalm 100:1–2)

**Pause:** Be still and breathe deeply. Invite the joy of the Lord into your heart.

**Rejoice:** Today I rejoice in the God who surrounds His people with joy, echoing Psalm 32:11.



Be glad in the Lord and rejoice, you righteous ones; And shout for joy, all you who are upright in heart. — Psalm 32:11

**Reflect:** Praise is not passive—it is an outpouring of joy that involves our whole being. True worship lifts our hearts and voices in gladness, not because life is easy but because God is good and faithful. As I celebrate Him, I am reminded that my worship can inspire joy in others, drawing hearts toward His presence and inviting community into shared gratitude.



Shout joyfully to the Lord, all the earth. Serve the Lord with jubilation; Come before Him with rejoicing. — Psalm 100:1–2

**Ask for me:** Lord, what keeps me from bringing You wholehearted joy in worship?

**Ask for my community:** How can our community model joy-filled worship that points others to You?

**Reflect:** As I reread, I imagine myself joining the whole earth in joyful praise.



Shout joyfully to the Lord, all the earth. Serve the Lord with jubilation; Come before Him with rejoicing. — Psalm 100:1–2

**Yield:** Lord, I yield my heart to Your joy—may it overflow in gladness and praise.

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## Thursday: Know the Lord (Psalm 100:3)

**Pause:** Quiet your soul. Rest in the knowledge that He is God.

**Rejoice:** Today I rejoice in the God who is our Maker and King, remembering Psalm 95:6.



Come, let's worship and bow down, Let's kneel before the Lord our Maker. — Psalm 95:6

**Reflect:** At the center of worship is this simple truth: the Lord is God, and we are His. This knowledge grounds our lives in security and belonging. Praise becomes a way of aligning our hearts with His reality. Reflecting on this truth helps me surrender control and trust in His guidance, knowing that I am made for His purposes.



Know that the Lord Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. — Psalm 100:3

**Ask for me:** Lord, how does remembering that I am Yours change the way I live today?

**Ask for my community:** How can our community better reflect that we belong to You as Your people?

**Reflect:** As I reread, I rest in the truth that I belong to Him as one of His sheep.



Know that the Lord Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. — Psalm 100:3

**Yield:** Lord, I yield to the truth that I am Yours. Lead me as one of Your sheep today.

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## Friday: Sing to One Another (Psalm 62:5–8)

**Pause:** Take a deep breath. Invite the Spirit to tune your heart to worship.

**Rejoice:** Today I rejoice in the God who puts a new song in our hearts, echoing Psalm 40:3.



He put a new song in my mouth, a song of praise to our God; Many will see and fear and will trust in the Lord. — Psalm 40:3

**Reflect:** Worship is both vertical and horizontal. When we sing together, we are not only praising God but also strengthening one another in faith. Our voices become instruments of grace, shaping us into a community marked by praise. As I offer my own song, I remember that worship has the power to transform hearts—including my own—into instruments of hope and encouragement.



Speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord. — Ephesians 5:19

**Ask for me:** Lord, how can my worship encourage someone else this week?

**Ask for my community:** How can our community grow in worship that builds one another up as well as glorifies You?

**Reflect:** As I reread, I notice how my song can build up both the Lord's glory and the faith of others.



Speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord. — Ephesians 5:19

**Yield:** Lord, I yield my song to You. Let my praise be both a gift to You and an encouragement to others.