

“Praise the Lord! Praise God in his sanctuary; praise him in his mighty heaven! Psalm 150:1 NLT

## lectio // Psalm 150

David writes here... “grab whatever is in your hand and brag on God!” Grab something and make some noise, make some melody, just DO IT. Brag on him for his mighty works; brag on his unequaled greatness! Brag on him with a blast of the ram’s horn; brag on him with the lyre and harp! Brag on him with the tambourine and dancing; Brag on him with strings and flutes! Brag on him with a clash of cymbals; Brag on him with loud clanging cymbals. If you can’t grab any instruments, or something that makes noise then take a deep breath and brag on God with your own voice! Whatever you choose to use - BRAG ON GOD! When Moses was complaining and denying a call on his life, God asked him a question. “But Moses protested again, “What if they won’t believe me or listen to me? What if they say, ‘The Lord never appeared to you?’” Then the Lord asked him, “What is that in your hand?” “A shepherd’s staff,” Moses replied.” And boy did Moses’ staff ever make some noise every time he threw it down or raised it up. Capital One Bank commercials, in their tagline, asks “What’s in your wallet? David asks a much more profound question of our response to a wild and spectacular God - what’s in your soul? Grab something, grab anything and makes some noise bragging on God!

## oratio

Dad,

Any instrument will do, but the best instrument of all is my own breath that you give me every second I’m alive. And with every breath, I raise my voice to you and brag about your grace, goodness, provision, protection, life and legacy. I brag about how much your love has captured me and transformed my life from meaningless to meaningful! Let every part of my body brag on how great you are!!!

## contemplatio

rest in the presence of God, allowing the words revealed to take root