



Worthy To Be Praised

By Lucy Wall

There are many times in life when praising God is an absolute joy and it feels like the easiest thing in the world to lift our hands high and sing His name! When life is difficult, stressful or upsetting however, praise may not come quite so naturally. Sometimes offering praises to God can feel like a sacrifice, perhaps when we've just received some devastating news or are feeling overwhelmed by disappointment or confusion.

Having journeyed through various different highs and lows throughout 2019, I was reflecting one day on the fact that no matter what we're going through in life, Jesus is always worthy of our praise. Our circumstances don't alter who He is and what He's done for us on the Cross. Whatever our current situation may be, it doesn't change the fact that our Heavenly Father loves us, died for us and has promised that He is always with us, even to the end of the age.

Our gentle Saviour understands our struggles and knows what it costs us to sing through the tears during those heartbreaking times in life. I've personally found that it's often in these dark moments that offering up worship to Jesus brings out a whole new level of gratitude from my heart as the Holy Spirit comforts my soul and meets me exactly where I am.

Regardless of how I'm feeling from day to day though, the truth of my redemption never changes. I know I have eternal life awaiting me in Heaven thanks to the blood of Jesus Christ. Not only that, I also have His love and wisdom guiding me through my time here on Earth. Our merciful Saviour truly is worthy to be praised.

Oh Lord my God, You are worthy to be praised, worthy to be praised are You.
Not "If You heal me or bless me this day"
But regardless of what I go through.

Oh Lord my God, You are worthy to be praised for Your mercy and grace towards me.
If Your love could be measured by waters so deep,
You'd show me an endless sea.

Oh Lord my God, You are worthy to be praised for the strength you provide to my soul.
Through every trial You bolster my heart,
Reminding me You're in control.

Oh Lord my God, You are worthy to be praised for I know that I'm never alone.
You comfort my spirit and lead by Your Word,
You reign in my heart from Your Throne.

Oh Lord my God, You are worthy to be praised, my Fortress in whom I will trust.
My Rock and my Shield who considers my frame
And remembers my flesh is mere dust.

Oh Lord my God, You are worthy to be praised for saving my soul with Your Son.
I worship You not just for things You will do
But because of the things You have *done!*



Oh Lord my God, You are worthy to be praised, mankind is no longer a slave
For You turned the tables and set us all free
When Jesus Christ conquered the grave!

Oh Lord my God, You are worthy to be praised, You did what no other could do.
You captured my heart and now I will spend
Eternity worshipping You!

Psalm 18:1-3

*"I will love You, O Lord, my strength.
The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust;
My shield and the horn of my salvation, my stronghold.
I will call upon the Lord, who is worthy to be praised;
So shall I be saved from my enemies."*

John 3:16-17

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

Psalm 103:12-14

*"As far as the east is from the west,
So far has He removed our transgressions from us.
As a father pities his children,
So the Lord pities those who fear Him.
For He knows our frame;
He remembers that we are dust."*