

January 31 / Sunday

Don't Pout. Praise.

Read [Jonah 4:5-11](#) / [2 Samuel 22:1-7, 17-19, 47](#)



01 / Mon – Looking through different eyes | Read [Jonah 3:10](#) and [4:1-11](#)

What was Jonah's problem? He knew God would relent if they repented. Why was that such a big deal for Jonah? God's covenant was with the Jews. The Ninevites were Gentiles so they did not deserve God's mercy in Jonah's eyes. He and his fellow Jews forgot God's promise that, through them, all the nations of the world would be blessed (Gen. 12:3, 26:2, 28:13). When you see God spare someone from a calamity they might deserve, do you get mad or do you praise God?

02 / Tue – A sacrifice worth making | Read [Hebrews 13:15](#)

When life takes a wrong turn, it can be very difficult to praise God. And he knows it. Your natural reaction is to blow up, fall into self-pity or play the blame game. But if you choose to praise God in spite of how you feel, you are blessing him more than you can possibly know. Besides that, praise changes you. It moves the focus from what has happened to God and his greatness. How might this kind of sacrifice change outcomes in the future?

03 / Wed – Where to start | Read [Psalm 100:4-5](#) and [136:1](#)

Praise is closely linked to thanksgiving. Usually you thank people for what they have done but you praise them for the kind of person they are or for a specific quality you admire. It is the same way with God. Start by thanking God for what he has done and then ask *why* he did those things? What in his character or nature motivated him? Finding those answers helps you to know God better and increases your love for him. That's when praise begins to overflow. Try it and see.

04 / Thu – An example | Read [2 Samuel 22:1-7, 17-20](#)

Here is one man's example that you can personalize by filling in what *you* have experienced. Who is God to *you* (v. 2-3) and *why*? When have *you* called out to the Lord and he saved you? What did he save you from (v. 4)? How did he save you (v. 17-19)? *Why* did he save you (v. 20)? Writing down your experience can reveal new things about God you may not have thought about before. It might lead you to remember other things God has done in your life. These new insights are what build a more correct view of who God really is. How can this protect you from the enemy's lies?

05 / Fri – Praise God to his face | Read [Psalm 103:1-22](#)

As you see God's nature and character revealed in scripture and in your own life, tell him what you have come to admire. It will bless you both. When you find verses describing his goodness, speak them aloud and affirm how much you appreciate those things about him. Listen to worship music or sing songs that focus on how wonderful he is and the amazing things he has done. These things honor him. They also put life's problems in perspective. So, how will you praise God today?

06 / Sat – What you think will come out of your mouth | Read [Luke 6:45](#)

A heart filled with admiration and appreciation cannot help broadcasting it. Remember when you first fell in love with someone or found a new interest that excited you? You couldn't stop talking about that thing or that person, extolling their virtues, wanting others to know what a great person or thing you had discovered. That is what happens when your heart is full of love for God. It spills out all over. When was the last time you couldn't help telling someone how good God is?