

Let's Take a **Praise Walk**

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The more

I learn

about God,

- * the more I want to know about Him,
- * the more I want to praise Him, and
- * the more I want to live for Him!

In the midst of a **busy life**,

PROBLEMS, **e-mails to answer**, **SICKNESS**, *sadness*,
HEARTACHES, *disappointments*, **mistakes**, *wrong choices*,
ANGER, *bitterness*, **disputes**, **PRIDE**, *gossip*, **family problems**,
work issues, *loneliness strikes*, **THE DRYER WON'T WORK**,
there is no more money, **hope seems lost**, *job loss*,
the phone keeps ringing, **death**, *broken friendships*,
job loss, **THE BILLS ARE PILING UP**, **depression**, **etc.**

a **Praise Walk** puts it in perspective.

I first learned about **Praise Walks** while visiting the Philippines in 1993.

It was not an original idea with my friends there;
they had learned it many years before from someone else—
but it was new to me.

So, let's take a **Praise Walk!**

Praise Walk

Start with **A** and think of a name, character quality, attribute, or action of God that starts with that letter.

(I'll give you a few possibilities to get you started!)

Almighty

Amazing

Awesome

Adonai

All, and in all

If you're doing this on a walk with a friend
or in the car with your children,
the next person will do the same thing with **B**.

Then, proceed through the alphabet.

Praise Walk

(Hint: You'll need to get a little creative with letters like **N**, **Q**, and **X**!)

The fun thing is that you can even do this alone!

Since that first **Praise Walk** in the Philippines, I have probably done hundreds of **Praise Walks/Sits/Drives** by myself or with friends.

To prepare my heart for worship on Sunday, I do this on my short drive to church.

And I often find myself looking in the Bible for new names, character qualities, attributes, or actions of God during my **God-and-I-Time!**

I encourage you to take a **Praise Walk** today—either by yourself or with a friend or family member(s).

I spent some time last night having a **Praise Sit** in my favorite chair while listening to the rain.

I was reminded again **just how truly amazing God is!**

On the next page are the names I came up with last night. See if you can think of some new ones as you take your **Praise Walk** today and let this time of praise help you to:

- * know more about Him,

- * praise Him more, and

- * live for Him!

AWESOME

BELOVED

Creator

DELIVERER

Enough

Faithful

Guide

Hope

Instructor

JESUS

KING

LORD

Merciful

Near

One and Only

POWERFUL

Quietness
of my soul

Refuge

Strength

Truth

Understanding

VICTORIOUS

Wonderful

excellent

YAHWEH

Zealous

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Brenda L. Strohbahn

Brenda loves to express herself through her writing and to help others do so as well. Her creativity, excellent proofreading skills, attention to detail, keen eye for content flow, and honest assessment of presentation helped her to launch PEP Writing Services (PEPWritingServices.com) in May, 2012.

Her love for writing and editing started in high school while writing for her school newspaper. With a major in Music Education and a minor in English, she graduated with a Bachelor of Science degree from a small, Christian liberal arts university. Brenda has written, proofread, and edited numerous brochures, e-mail blitzes, newsletters, and website articles and is a writer and editor in the field of print, digital and e-book publishing. She has written and published a bride's planning manual, a devotional book, and numerous short articles and has completed writing and editing assignments for communications firms, businesses, websites, churches, schools, and colleges.

Petals from the Basket (PetalsfromtheBasket.com)

The baskets of our lives are filled with petals from work, family, special events, hobbies, and much more! I believe that each petal—even the wilted ones—can represent blessings that God gives us through each season of life. My desire is that as I open my heart and transparently share ideas and resources for everyday Christian living via PetalsfromtheBasket.com, I will be able to point to the fact that the baskets of our lives are lovingly woven with the Weaver's touch and filled with His choice petals. Thank you for joining me on this journey! —Brenda