Psalm 119:164

~Other Speakers A-F: Dan Biser:

"Seven times a day do I praise Thee because of Thy righteous judgments."

word for law - judgments; As a reflection of the previous verse, he hates lying, but loves the law, God's Word. And out of that love we see this verse as a response. seven times a day do I praise Thee - the number seven brings us to completeion, to perfection in our praise of You, O Lord; When I first memorized this Psalm and began to repeat at this section, I was left with the question, 'do I praise the Lord 7 times a day?' In a 24 hour day, that is roughly every 3 hours. And it far more than an earlier verse in the psalms that references prayer of, 'morning, noon and night will I lift up my prayer unto Thee'. Do you consider your response of praise like this? Surely the Lord is worthy fo all praise that we offer. He has done so much, we have so much to be grateful and thankful for, that our praise should be offered this often for His wondrous works. It is not simply a matter of counting the number of times either. A discplined routine and pracitce of setting our minds and hearts to see His hand and acknowledge it that often in our daily lives is natural.

The Christian needs to understand the great work of prayer is carried by worship of Him. I fear that many have not been taught Who the Lord is or what HE has done and do not know the art of praising Him. It is the acknowledgement of His greatness and that which has proceeded from Him to us. 'Look what the Lord has done' and praise is a natural response. 'A day' - as the number is not the relevant point of our being 'bound to do it only 7 times', it is imperative that we understand we should not go one day without praising Him. Before His throne, prasie is constant. WE will have part in that some day, and we should begin our learning and practice of it now. As we have said, the number 7 is not simply to count it, but to complete it. Learn to have a heart, soul and mind given to the perfection of praise in your life. How joyful to the soul that brings it from the overflow of the soul. 'I am so full that my cup runneth over and I have to praise Him.'