

# Praise

Expressing warm approval or admiration of.



There are about 250 commands and declarative statements regarding praising the Lord in the Bible. Anyone who has been a Christian for very long understands that praise and worship are an integral part of the Christian life. We are to praise the Lord our God for all the good He brings to our lives, but we are also to praise Him when things aren't going well. We see this throughout the Psalms where David praises God and even when he laments what is going on his life, he also turns it around to give praise to his God. Psalm 92 begins with; "It is good to praise the LORD and make music to your name, O Most High". Yes, we are to praise our great and awesome God, but we are also to praise our spouse.

Yet, too often, praise is left out of the marriage relationship. Certainly, we are not to worship our spouse, but giving praise; *expressing warm approval or admiration of* him or her should be a part of our daily lives. Don't tell me; *'but, you don't know MY spouse.'* We have heard that so many times in the past 30 years of counseling couples, it has become boring and trite. No spouse is perfect and yes, there are times when one spouse or the other doesn't do things right. He or she may even be a mean, nasty person. But, love is not conditional as we see in 1John 3:16: "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters". Often we react to our spouse rather than responding. Jesus didn't react; he always responded *in love*.

Praising your spouse will strengthen your marriage. With a little attention and purposeful watching, you can find *something* to praise your spouse for. Perhaps you have to look a little harder than others, but there is *something*. Praising your spouse will bring a positivity to your marriage that could very well be infectious. Carmen been praising me a lot for some time now and you know what? It makes me want to be a better husband; to respond to her needs and her wants and desires also. One writer said; "When we feel encouraged and uplifted by our spouse, commitment and loyalty naturally follow." Can you do that? Can you encourage your spouse; praise him or her; express warm approval or admiration for him or her?

**Helpful Resources:** *Fortified Marriages Resource page: [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)*

**Articles to check out:**

**5 Reasons to Praise Your Spouse** by Adam Robichaud - [radiantmarriage.com](http://radiantmarriage.com)

**The Power of Praise in Marriage** by richinrelationship - [richinrelaitonship.com](http://richinrelaitonship.com)