

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS

Wednesday, April 26, 2017

Today's Prayer and Reflection:

I will bless the Lord at all times. (Psalm 34:2)

Have you ever met someone who you just know has a relationship with the Lord? Something in the way they carry themselves or in the way they speak sets them apart and makes you think of the Lord.

Today's psalm gives us some insight into how this happens. The psalmist offers a three-step model: first, an attitude of praise permeates that person's heart. Then, he lets that praise issue forth from his mouth. And finally, it flows into his relationships and affects the people around him. Let's take a closer look at this model.

I will bless the Lord at all times. The psalmist starts out by making a promise to keep the Lord's goodness in his mind all the time and to praise God for it. This doesn't necessarily mean that he goes around singing worship songs and blessing the Lord all day long. Rather, he has made it a habit to honor the Lord in his thoughts and actions.

A similar attitude can blossom in us when we take time to meditate on who God is and what he has done in our lives. It can even help us find joy in the more difficult times of life.

His praise shall be ever in my mouth. The psalmist next moves on to focus on his words. When our hearts are praising, our speech follows suit. Complaining gives way to thanksgiving. Words of frustration give way to statements of hope. Anger and resentment give way to patience and words of blessing. All because we know that God is in charge, even if we can't always see it.

The lowly will hear me and be glad. Finally, the psalmist believes that his attitude and speech will inspire the people around him. They will rejoice that someone is honoring God, and they will begin to praise him too.

That's just the kind of impact we can have when we praise God.

Take today to focus on just the first step. Write the word "praise" on a sticky note, and put it where you will see it frequently. Every time you see it, praise the Lord for just one thing. Don't worry if you have to repeat the same thing a couple of times. Just practice praising the Lord, and watch to see the impact it has!

"Lord, pour your grace into my heart so that I may bless you at all times."

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Today's Announcements:

- Varsity and junior high track members who are not participating in South State, please turn in your uniforms to Coach Dellenger.
- Mr. Lee's second and third period classes will meet in the library today.
- Congratulations to the Rotary Club RYLA Scholarship winners, Shannon Kirkpatrick and Matthew Bisner. The alternate is Richard Springer. The winners will attend the Rotary Leadership convention this summer.