

Title: “The Power of Perpetual Praise: Unlocking Heaven with a Thankful Heart”

Introduction: Living in the Overflow of Blessing

Do you realize that you're already blessed? You don't have to beg or bargain with God to bless you—He already has. According to His Word, we are blessed going in and blessed coming out, our baskets and storehouses are overflowing, and everything we touch is favored by His hand. But the key to walking in these blessings is this: praise.

Psalm 103:2 (NKJV) declares:

“Bless the Lord, O my soul, and forget not all His benefits.”

This psalm is not just a song—it's a spiritual key. It's a weapon. It's a road map to breakthrough. And it's not a request for help—it's a call to worship. David didn't say, “Ask the Lord for blessings,” but instead, “Bless the Lord.” Why? Because when you praise, you access heaven's supply. When you praise, you shift the atmosphere. When you praise, God shows up.

I. Praise Is a Command, Not a Suggestion

David repeatedly told his soul to bless the Lord. Why? Because the soul—our mind, will, and emotions—needs reminding. We forget. We focus on problems, not promises. But praise redirects our attention from self to Savior.

Psalm 103:1 (NKJV):

“Bless the Lord, O my soul; And all that is within me, bless His holy name!”

- ◆ Praise is not about feeling—it's about obedience.
- ◆ You don't need a worship band; you need a willing heart.
- ◆ Praise is powerful whether in the church, in your car, or walking through your home.

Let everything within you—your thoughts, desires, imagination, and decisions—join in praise!

II. Praise Unlocks the Benefits of God

David didn't want us to forget God's benefits—and there are many.

Psalm 103:3-5 (NKJV):

“Who forgives all your iniquities, Who heals all your diseases,

Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,

Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.”

- ◆ He forgives ALL sin.
- ◆ He heals ALL disease.
- ◆ He redeems and restores.
- ◆ He satisfies and renews.

You don't need a new promise—you need a new praise!

When you bless the Lord, you're reminding your soul of what God has already done. This is how you break out of discouragement, defeat, and despair.

III. Praise is Your Personal Weapon

When you praise, you are making war in the spirit. You are confusing the enemy. The devil expects you to be silent, to mope, to feel sorry for yourself. But when you lift your hands and say, "Glory to God anyway!"—you give him a mental hernia!

- ◆ Praise brings healing—without anyone laying hands on you.
- ◆ Praise defeats demonic oppression.
- ◆ Praise lifts depression and breaks heaviness.
- ◆ Praise brings joy into your home and mind.

Psalm 34:1 (NKJV):

"I will bless the Lord at all times; His praise shall continually be in my mouth."

When? All times. Not just the good times.

IV. Every Part of You Was Made to Praise

David didn't just say "Bless the Lord." He said, "All that is within me". That means:

- ◆ Let your memory bless Him—remember His goodness.
- ◆ Let your conscience bless Him—live in purity.

- ◆ Let your judgment bless Him—make decisions aligned with His Word.
- ◆ Let your imagination bless Him—think on what is holy.
- ◆ Let your desires bless Him—seek first His Kingdom.
- ◆ Let your mouth bless Him—speak truth and life.
- ◆ Let your actions bless Him—walk with integrity.
- ◆ Let your senses bless Him—offer every part of your being to God.

Romans 12:1 (NKJV):

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

V. Praise Until the Breakthrough Comes

David didn't stop with “three times a day.” He upgraded his own praise to seven times a day. That means you can praise Him when you rise, when you eat, when you drive, when you work, when you're on break, when you're resting, and even when you can't sleep.

- ◆ Praise is not a song; it's a lifestyle.
- ◆ Praise is not an event; it's a weapon.
- ◆ Praise is not conditional; it's constant.

And when we offer perpetual praise, the Holy Spirit begins to move. He brings healing. He brings deliverance. He brings the manifest presence of God right into your situation.

VI. You Are Already Blessed—Now Praise Like It!

Deuteronomy 28:6 (NKJV):

“Blessed shall you be when you come in, and blessed shall you be when you go out.”

Deuteronomy 28:8 (NKJV):

“The Lord will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the Lord your God is giving you.”

You don't have to ask God to bless you—you already are. Now walk in it. Speak it. Praise Him for it!

- ◆ Praise Him for your family.
- ◆ Praise Him for your job.
- ◆ Praise Him for your healing.
- ◆ Praise Him for your provision.
- ◆ Praise Him for your salvation.

Final Charge: Don't Wait for the Breakthrough—Praise Like It's Already Done

Do you need a miracle? Start praising. Do you need healing? Start praising. Do you need breakthrough in your family, your finances, or your ministry? Start praising!

Psalms 150:6 (NKJV):

“Let everything that has breath praise the Lord. Praise the Lord!”

Follow-Up Prayer: “Igniting a Life of Praise”

Father God, in the name of Jesus,

I come before You with thanksgiving in my heart. Lord, I praise You not only for what You’ve done, but for who You are. You are good, and Your mercy endures forever. I bless You with all that is within me—my thoughts, my words, my heart, my body, my soul. Lord, forgive me for the times I’ve complained, grumbled, or focused more on the problem than the Provider.

Today, I choose to live in perpetual praise. I will bless You in the morning, bless You at noonday, and bless You at night. Let my home be filled with worship. Let my car become a sanctuary. Let my life be a song of thanksgiving to the One who redeemed me from destruction and crowned me with lovingkindness.

Let every organ in my body line up and give You praise. Let my memory, my mouth, my hands, and my feet glorify You. Even when I feel pain, I’ll say “Glory to God!” Even in the face of trials, I’ll say “Hallelujah!”

Lord, I thank You that I am already blessed. I thank You that I’m the head and not the tail. I thank You that You’ve healed me, delivered me, and provided for me. I praise You now, not for what’s coming—but because it is already done!

In Jesus’ mighty name,

Amen!

Pastor Nate Thompson Deliverance Revolution Ministries

DeliveranceRevolution.org Contact us If you need deliverance:

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📺 Whether you're battling oppression, possession, depression, or suicidal thoughts, we've seen Jesus transform lives. Our YouTube channel is filled with real testimonies—people who walked in broken but came out victorious.

Our website, DeliveranceRevolution.org, is loaded with life-changing prayers, training, and tools to help you grow into everything God has called you to be.

☐ But hear this: Your freedom starts with your will. You must want it. Pursue Jesus with all your heart, and He will meet you. He will break every chain. This isn't about religion—it's about relationship and relentless pursuit of the King of Kings.

🙏 So, in the mighty name of Jesus, I pray right now: Father, surround them with Your protection, stir their hunger, and draw them into deeper freedom, in Jesus' name. Amen.

➡☐ Don't wait. Get connected. Get trained. Get free. Full-On Jesus is the only way.