

Creatively Process

PRAISING GOD THROUGH THE ALPHABET

Hands down one of the hardest things I do is wait. It can be so tempting to barrage God with requests for whatever I'm waiting on and get focused on that rather than him.

That's when I find it's extra helpful to praise God through the alphabet. I find being intentional to remember who He is helps me to rest in Him, it revives hope and enables me to more patiently wait.

I love how going through the alphabet helps keep me on track. If I get sidetracked, I think back to the last letter I prayed through and move on. I can do this anywhere, at any time and often do. I was out elliptigoing the other day and had so much fun doing this.

But when I'm first sharing this with someone, having a bookmark to pray through can really help. Especially when you get to X, Y and Z!

When I do this with someone, we each select three things from the list that stood out to us about God as we interacted with him and each other during our time, then go back and forth praising God for those three things and how they connect with your life.

As you do this, I highly recommend popcorn praying.

Have you ever prayed with someone and they go on and on and on? I sure can lose focus. I like to think of prayer when I'm praying with a friend as a three way conversation. It's not good social skills when you interact with people to talk for long periods of time. You want to keep it interactive. Besides God already knows what you want to say. When you popcorn pray, think of a kernel of popcorn how it jumps in the air, then another goes. What's extra fun is this can give you time to each pray for the other's three items too, so you can end up praying for six things each. Just tell God one brief reason why you appreciate an attribute he has then let your friend share with him another aspect of this then move on to the next one. Pop! Pop! :0)

Recently I was meeting with a friend and we did this as we walked. After we were done this friend shared she'd been struggling with feeling really anxious and was surprised at how much peace she now felt.

May the Lord meet you in special ways as you do this.

BTW this is not an exhaustive list. And, yes, I did get creative with some of the letters! ;0)

Praising God Through The Alphabet

Accepting, Afflicter, Almighty, Alpha & Omega, Author, Ancient of Days, Available, Awesome!

Beautiful, Blessed, Beginning, Builder

Caring, Caller, Chooser, Close, Comforter, Creator, Compassionate, Counselor, Celebrator

Delighter, Defender, Deliverer, Diligent, Director, Discipler, Drawer

Emmanuel, Eternal, Exalted, Encourager, End, Everlasting, Example

Father, Finisher, Faithful, Forgiving, Fisherman

Generous, Gentle, Giving, Glorious, God, Good, Gracious, Great

Holy, Hope, Humble, Healer, Higher,

I am, Innocent, Intercessor,

Jealous, Jehovah, Judge, Justifier, Joy Bringer

Keeper, Kind, King

Light, Love, Leader, Lord, Lamb, Loyal

Mediator, Miracle-worker, Messiah, Merciful, Maker, Most High, Marvelous

Never leaves, Noticer, Nocturnal (never sleeps), Name above all Names,

Omnipresent, Only True God, Owner, Omniscient, Omnipotent,

Persevering, Physician, Patient, Powerful, Promiser, Purifier, Peace, Planner, Priest, Purposeful, Potter

Quieter (He Quiets Us With His Love), Quintessential

Rock, Refuge, Resurrection, Redeemer, Rich, Rewarder, Reviver, Righteous, Refreshing, Rest

Savior, Sanctifier, Servant, Shield, Sovereign, Shepherd, Sympathetic, Stronghold,

Truth, Transformer, Teacher, Triumphant, Trustworthy, Timeless,

Understanding, Unfailing, Unmockable, Unchangeable, Upright, Unequaled

Victorious, Vine

Warrior, Waymaker, Wise, Way, Wonderful, Word, Worthy

eXcellent, eXciting, eXalted, eXtraordinary

Yearning

Zealous, Zenith