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Hebrews 13:15

15. “Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.”

In this passage the people of God are encouraged to offer up “a sacrifice of praise to God” through Christ Jesus. Then we are instructed how to do this--by giving thanks to Him with our lips. In other words we are to give praise to God by giving Him thanks--verbally and out loud.

One of the ways we can praise and thank our God is by reading back to Him praise from His own Word. Most of the Psalms provide us with beautiful words to do just that. One of my favorite Psalms of praise is Psalm 145, by King David. It reads as follows:

1. “I will extol You, my God, O King, and I will bless Your name forever and ever.
2. Every day I will bless You, and I will praise Your name forever and ever.
3. Great is the LORD, and highly to be praised, and His greatness is unsearchable.
4. One generation shall praise Your works to another, and

shall declare Your mighty acts.

5. On the glorious splendor of Your majesty and on Your wonderful works, I will meditate.

6. Men shall speak of the power of Your awesome acts, and I will tell of Your greatness.

7. They shall eagerly utter the memory of Your abundant goodness and will shout joyfully of Your righteousness.

8. The LORD is gracious and merciful; slow to anger and great in lovingkindness.

9. The LORD is good to all, and His mercies are over all His works.

10. All Your works shall give thanks to You, O LORD, and Your godly ones shall bless You.

11. They shall speak of the glory of Your kingdom and talk of Your power;

12. To make known to the sons of men Your mighty acts and the glory of the majesty of Your kingdom.

13. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations.

14. The LORD sustains all who fall and raises up all who are bowed down.

15. The eyes of all look to You, and You give them their food in due time.

16. You open Your hand and satisfy the desire of every living thing.

17. The LORD is righteous in all His ways and kind in all His deeds.

18. The LORD is near to all who call upon Him, to all

who call upon Him in truth.

19. He will fulfill the desire of those who fear Him; He will also hear their cry and will save them.

20. The LORD keeps all who love Him, but all the wicked He will destroy.

21. My mouth will speak the praise of the LORD, and all flesh will bless His holy name forever and ever.”

Our sacrifice of praise ascends to God as a fragrant aroma, just like the incense that was burned in the Old Testament tabernacle, then in the temple at Jerusalem. The alter of incense was located in the Holy Place directly in front of the veil and the Holy of Holies.

Praise God in deed for all He has done in Christ Jesus. To Him be the glory and the kingdom forever and ever, amen.