

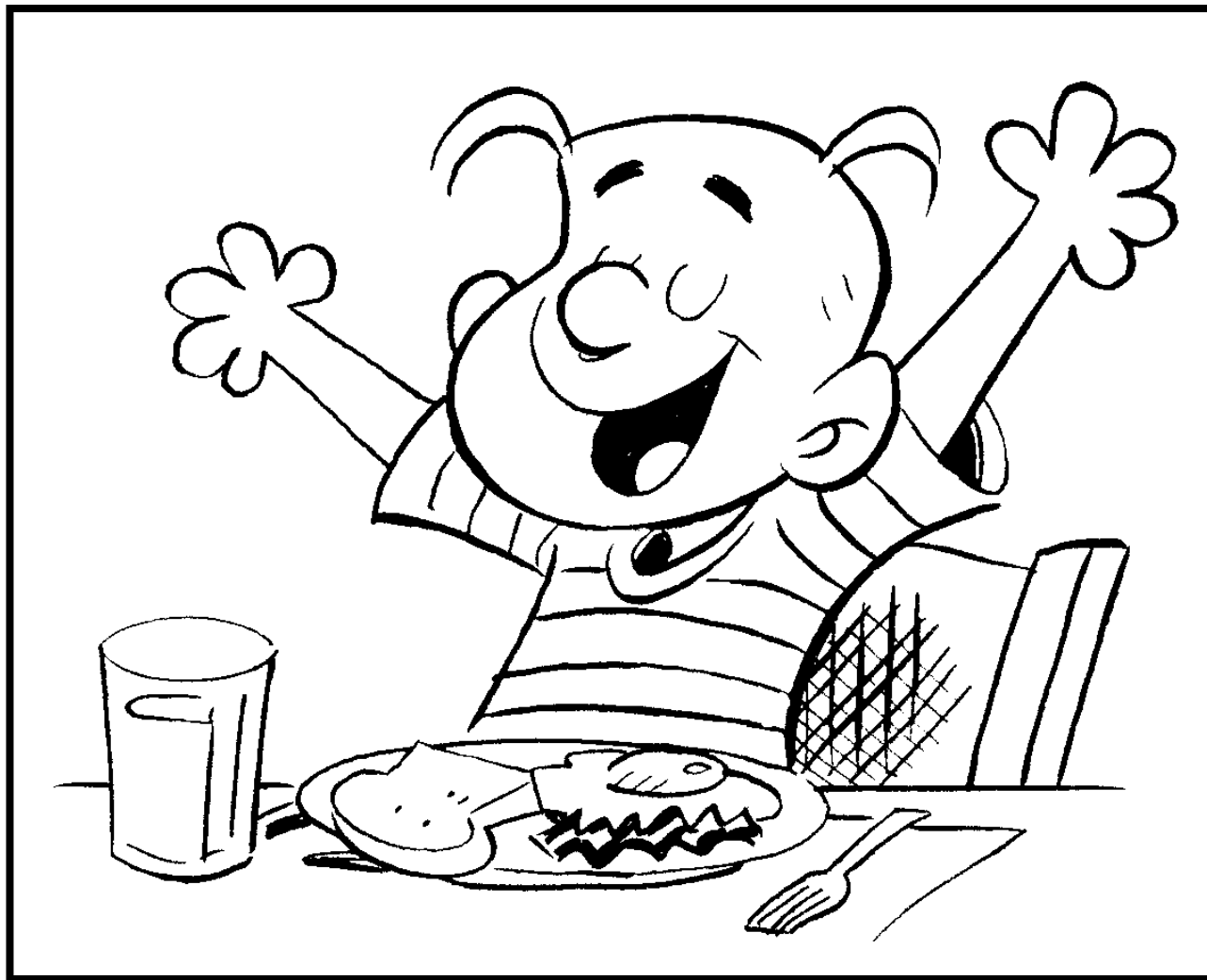
赞美

*Praise*



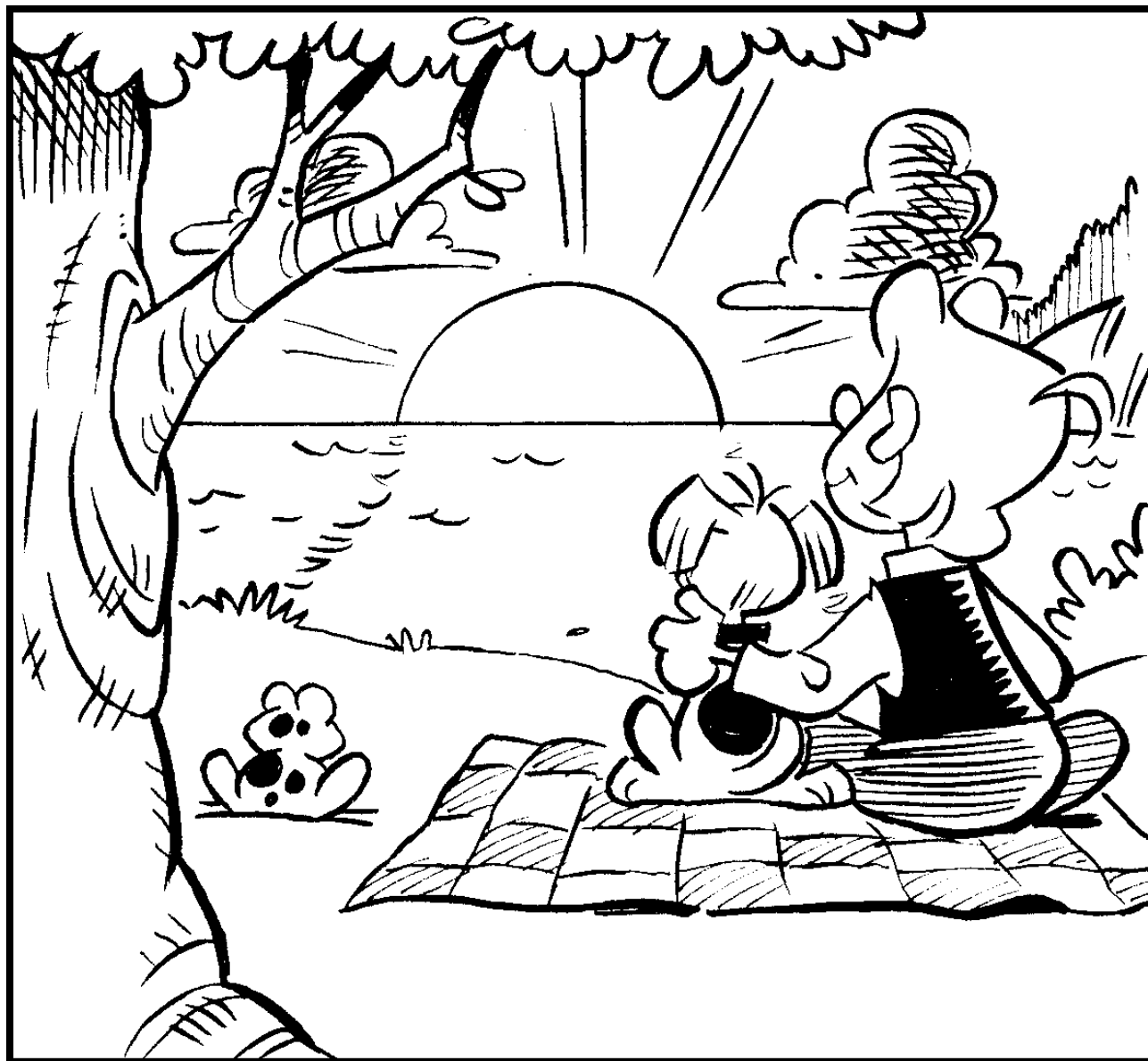
“赞美”是“充满感激的尊敬或崇敬。”赞美是在赞扬上帝的恩惠慈爱和恩典。

*"Praise" means "grateful respect or reverence." Praise is a celebration of God's goodness and grace.*



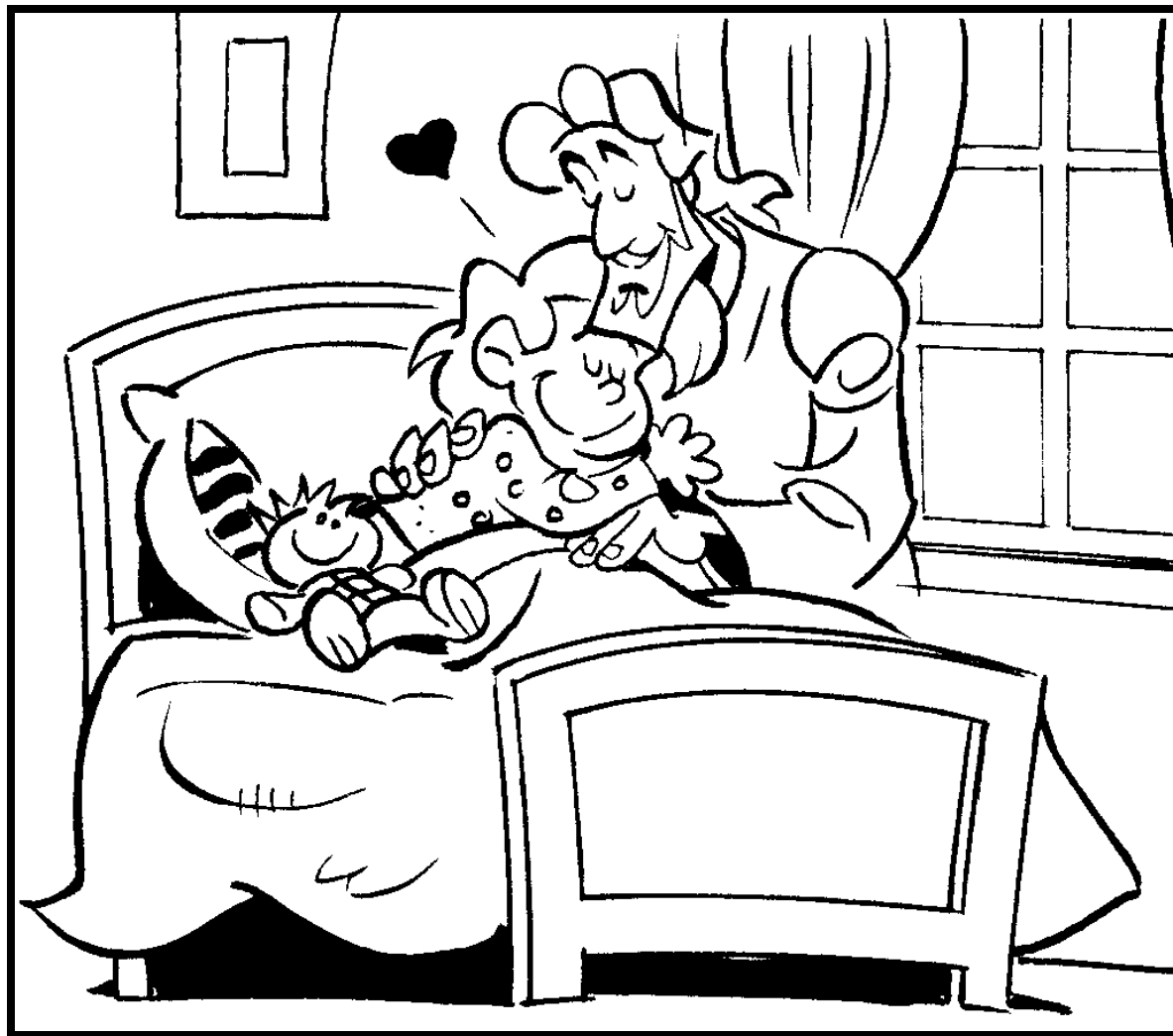
圣经上说，一切造物都赞美上帝。它还说，这是因为他本该受到赞美。

*The Bible tells us that all of creation praises God, and that it's because He deserves to be praised.*

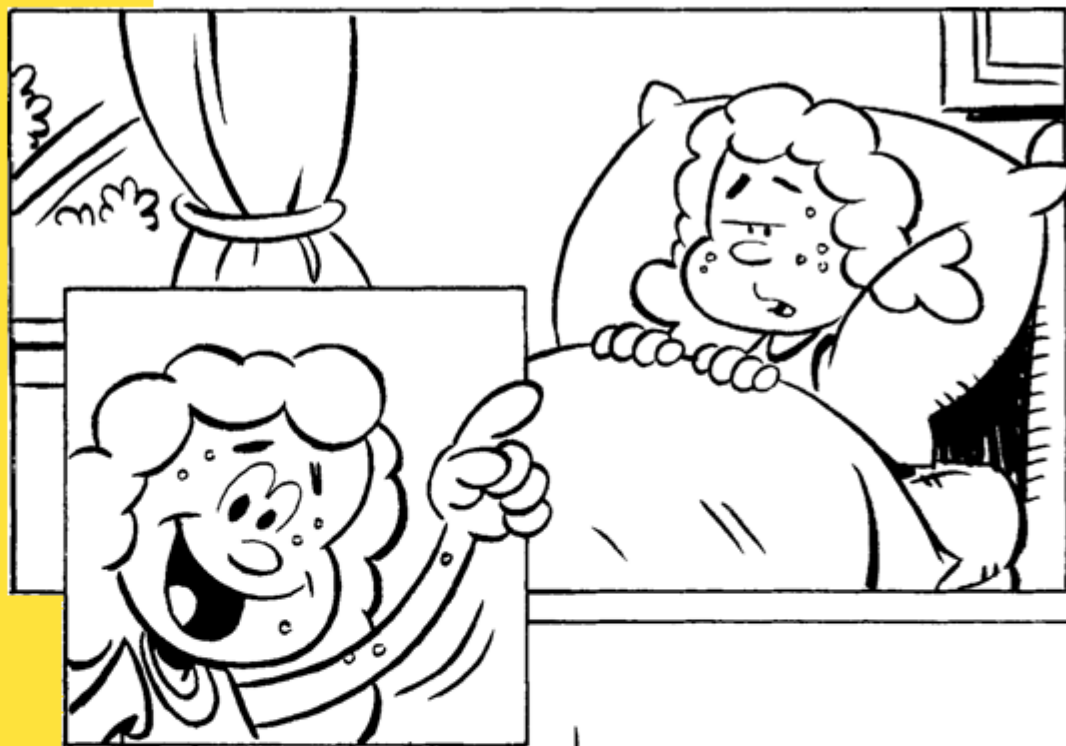


赞美也对我们有益。它推动我们，让我们来到充满慈爱的上帝面前，加强我们与他之间的关系，并使我们的灵性变得坚强。当我们一心想着上帝，赞美他的恩惠慈爱时，他会更新我们的灵性，增加我们的信心，使我们充满平安和满足。

*Praise benefits us too. It propels us into God's loving presence, strengthens our relationship with Him and strengthens us spiritually. As we focus our thoughts on God and praise Him for His goodness, He renews our spirits, increases our faith, and fills us with peace and contentment.*



在我们最不想赞美的时候赞美上帝，会很困难，但其实，那才是我们最需要赞美的时刻，而且也是赞美会产生最大效果的时刻。



*Praising God when we least feel like it is difficult, but it's at these very times when our praises are most needed and can have the greatest effect.*





在你心中默默地、或是出声对上帝说话。祷告、歌唱、呼喊，甚至欢喜跳跃，无论你想用什么方式来表达感激之心都行。如果你不知道该赞美上帝什么，以下有些点子，可让你作为开始：

- 赞美上帝的恩典。
- 赞美上帝的美善。
- 赞美上帝的慈爱。
- 赞美上帝的救恩。

*Silently in your heart or out loud, talk to God. Pray, sing, shout, even jump for joy—whatever you feel like doing to express gratitude. If you don't know what to praise God for, here are some ideas to get you started:*

- *Praise God for His grace.*
- *Praise Him for His goodness.*
- *Praise Him for His kindness.*
- *Praise Him for salvation.*

