

I will bless the LORD at all times;
his praise shall continually be in my mouth. Psalm 34,1

It is good to praise the Lord always. Sometimes we think it is not possible to praise when we are in dire straits or in real trouble. But see the situation in which David wrote this Psalm. The header of this Psalm states, **Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.**

So David literally sang this song, when he was acting up mad before another king, when he was outlawed and hunted by Saul. If in such a situation David could sing that he will bless the Lord at all times, it should also be possible for us.

Very recently I went to see a very old grandmother of my church in Madurai. She is 97 years old, but has such a sharp memory. In fact her phone call was one of the very firsts on my birthday. So I went to see her to be prayed for.

Everyday she prays for six hours and this is minimum and am not exaggerating. Every day she wakes up at 3 prays till 6 am and in the afternoon her prayer time is 2-4 and evening it is 6-8pm. And she only prays on her knees. In church, we share a pew(same bench) for years now. And for every prayer she kneels and am ashamed when sometimes I sit for prayer , I slowly slip to my knees, seeing her kneeling.

Actually when I went to see her she was praying and did not come out till 8pm. When she came out she was happy to see me. Then she prayed for me. After that, all that she said to me was this verse. She said, "Laura bless the Lord at all times." Then she added, " Everyday when I pray for you, I ask the Lord to be with you, so that you don't feel lonely. But you keep blessing the Lord always. He knows what you need and will provide."

Coming from a person who is so intimate with the Lord and that for almost a century, I knew it is all that I need to know. That is, to bless the Lord at all times.

Bless the Lord when you are sad or glad, bless Him when you grieve or smile, bless His Holy name when you are in deep trouble, bless Him always and ever. Bless Him even when it is hard to thank. Bless Him for this lovely month. Bless Him for the month to come.