**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 25: Zeal in Amending our Lives**

**Definition and Scriptures:**

**Praise:** Meaning of praise According to the dictionary, praise is defined as the expression of one’s gratitude and respect towards a deity, especially in a song. So, Christian praise can be defined as the expression of gratitude and respect towards God, especially in a song. There are three Hebrew words in the Bible that are translated as praise. One is “yadah”, which means “praise or give thanks or confess”. Another one is “zamar” which means “sing praise.” And the third one is “halal” (which is the root word for hallelujah), which means to praise, honour, or commend.  (<https://www.legit.ng>)

**Ephesians 5:20:** always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;  
  
**1 Chronicles 16:8:** Oh give thanks to the Lord, call upon His name;  
Make known His deeds among the peoples.  
  
**Psalm 103:1-5:**

Bless the Lord, O my soul,  
And all that is within me, bless His holy name.  
Bless the Lord, O my soul,  
And forget none of His benefits;  
Who pardons all your iniquities,  
Who heals all your diseases;

**Hebrews 13:15:** 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.  
  
**Psalm 96:1:**  
  
Sing to the Lord a new song;  
Sing to the Lord, all the earth.

**Quote:**

“How do so many other religious who are confined in cloistered discipline get along? They seldom go out, they live in contemplation, their food is poor, their clothing coarse, they work hard, they speak but little, keep long vigils, rise early, pray much, read frequently, and subject themselves to all sorts of discipline. Think of the Carthusians and the Cistercians, the monks and nuns of different orders, how every night they rise to sing praise to the Lord. It would be a shame if you should grow lazy in such holy service when so many religious have already begun to rejoice in God. If there were nothing else to do but praise the Lord God with all your heart and voice, if you had never to eat, or drink, or sleep, but could praise God always and occupy yourself solely with spiritual pursuits, how much happier you would be than you are now, a slave to every necessity of the body! Would that there were no such needs, but only the spiritual refreshments of the soul which, sad to say, we taste too seldom!”

**Discussion:**

To live as God designed us or to live as we want to that is the question. The belief is that if we live as God designed us to live, that things will go more smoothly but when we live the way we want to, we find ourselves in torment. What does it mean to you to live as God designed you and how is it easier to praise God when you live as God designed you rather than pursuing your own desires of the life that you think you want to live?

A corporation produces goods and services by finding different people to fulfill different roles in the process of producing the intended goods and services. For a marriage to be healthy and strong, both the husband and the wife need to have an understanding of who their mate is and how they function. What is the difference in praising God because you connect with him and his purpose vs. just going through the motions of praising and worshipping God?