



Meditation #5

Fill It Up

Experiencing the Fullness of God in Every Way!

The Lion in You

“Let my mouth be filled with thy praise and with thy honor all the day.”

Psalm 71:8

One of my favorite musical drama presentations is the acclaimed *Wizard of Oz*. Those of us who are more contemporary may be more familiar with the version called *The Wiz*. Since childhood I have always been fascinated by the Lion who had no courage. Like most of us I would become so filled with frustration, and sometimes even pity, at the sight of this creature who was supposed to be the reigning, ruling king of the jungle. Yet, fear ruled his heart and dictated his every move. His problem was two-fold:

1. He knew not who he was.
2. He knew not what he had.

He was a lion, the strongest, most fierce animal God created. And thus, he had courage, which was the greatest asset, God deposited within him. Though he had it he didn't know it. Somebody had to pull it out of him.

It is like that too with us. We have a mighty weapon that rests not in guns or intellect or capital or fame. We have a mighty weapon that rests within the power of our mouths. It is in your praise where God dwells and inhabits. It is in your praise, where the enemy cannot abide. It is your praise that confuses and thwarts the enemy's attempts to bring you shame and ruin your game. It is your praise that lifts your spirit and hooks you up to the joy of the Lord wherein lies your strength. It is your praise that releases the glory of the Lord to rest in your situation and bring about a change that no man can perform. Your victory is in your praise! My task is to bring it out of you!

Right now take a praise break. Whatever you're doing, where, you are, right now take a praise break. Right now let your mouth be filled with the praises of our God and observe how your courage returns. Watch how your spirit begins to dance. And see how the lion in you arises to courageously face whatever your day may bring! Take a praise break!

Pray this:

Lord, right now I break to praise you. As I praise you my courage returns, my spirit is lifted, and my heart is filled with joy.

(COPYRIGHT DR. VERNON PERCY HOWARD JR.)

