##### Freedom Inside

**Warning: Contents Can Be Life-Changing**

***Share this with your family and friends***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

How do we free, remove, or minimize the focus and concerns from ourselves such as worry, stress, pride, sinful temptation, or evil desires?

How do we receive peace, guidance, direction, hope, love, kindness, and goodness?

**It is difficult to be distracted with negative or prideful thoughts while we are truly praising the Lord.**

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**How often do you praise the Lord?**

There are 216 verses in the Bible praising or referencing praise to the Lord.

**The Lord is glorified by our praising Him*.***

 *“Praise the Lord. How good it is to sing praises to our God. How pleasant and fitting to praise Him”* ***Psalm 147:1***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**Only God is good**

*“No one is good except God alone”*

***Mark 10:18f***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**God demands our worship.**

*“You shall have no other God before me. You shall not make for yourself and idol or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. You shall not worship them or serve them”* ***Exodus 20:3-5a***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**Praise the Lord in everything and all situations, good or bad.**

*“I will bless the Lord at all times;*

 *His praise shall continue to be in my mouth.*

*My soul will make its boast in the Lord;*

 *The humble will hear it and rejoice.”*

*Magnify the Lord with me.*

 *And let us exalt in His name.*

*I sought the Lord, and He assured me;*

 *And delivered me from all my fears.*

**Psalm 34:1-4**

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**God gives us everything, tangibles and intangibles.**

*“For God has not given us a spirit of timidity, but of power and love and discipline”*

***2 Timothy 1:7***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**We get busy in our everyday lives and forget to praise Him.**

Ask the Lord to give you a reminder of something to praise Him for and praise Him often. Perhaps a certain color, a word you see or hear, or a series of numbers for example, as a reminder to praise, not to worship these in any way, but as a reminder to praise and worship Him at that very moment when your personal reminder is given to you. See **Numbers 15:39**.

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

***Brief Song of Praise***

*Praise to you Lord God in Heaven from where all blessings flow.*

*Praise to you dear Lord God in Heaven for blessing us here below.*

*Praise to you Father Son and Holy Ghost.*

*AMEN*

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**By praising the Lord you will continually grow closer to Him:**

*Praise to you Dear Lord God in Heaven for your word, for making it available to us so that we may read it, memorize it, and meditate on it and use it as our life map.*

*Praise to you Dear Lord God in Heaven for your Holy Spirit, for his protection, direction, interpretation, and intercession.*

*Praise to you Dear Lord God in Heaven for sending Jesus to live a perfect life here on earth so that we know how to live our lives, and for him dying on the cross for us to overcome sin so we don’t have to live a life of sin. For rising from the dead, to overcome death so we don’t have to die a spiritual death, and for living in our hearts when we invite Him in.*

*Praise to you Dear Lord God in Heaven for Heaven what an awesome, awesome place.*

*Praise to you Dear Lord God in Heaven for eternal life, for letting us live with you for ever and ever.*

*Praise to you Dear Lord God in Heaven, for forgiveness of sins, when we confess them and you place them as far from us as the East is from the West.*

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

*Praise to you Dear Lord God in Heaven for Heaven what an awesome, awesome place.*

*Praise to you Dear Lord God in Heaven for eternal life, for letting us live with you for ever and ever.*

*Praise to you Dear Lord God in Heaven, for forgiveness of sins, when we confess them and you place them as far from us as the East is from the West.*

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

*Praise to you Dear Lord God in Heaven for your power, your mercy, your grace, your glory, your kindness, your patience, your wisdom, and the love that you have for us.*

*Praise to you Dear Lord God in Heaven for never leaving us or forsaking us, for always providing for us, for letting us have fellowship with you, for letting us have a personal relationship with you, for allowing us to pray to you and for answering our prayers.*

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

*Praise to you Dear Lord God in Heaven for all of your creations. Praise to you Lord God in Heaven for the stars, the rain, the sun and the moon, the earth and the entire Universe.*

*Praise to you Dear Lord God in Heaven for the animals, the birds, the trees, the grass, the rivers, the oceans and the lakes.*

*Praise to you Dear Lord God in Heaven for the air we breathe, the food we eat and the water we drink.*

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

*Praise* *to you Dear Lord God in Heaven for our children, families, and friends. Thank you for each of my family members. I pray that we will always be a family and always be together. Thank you for keeping everything and everyone in your grasp. I pray that we will always honor you and glorify you in all we say and do, in Jesus name.* ***AMEN***

––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––––

**Please share this booklet with your family and friends.**

For more information, or to order additional tracts write or call:

## UTANAP 2701 W 15th St. Box 317 Plano, TX 75075

214-738-4463

[www.completedCatholic.com](http://www.completedCatholic.com)

(Bible verses are from the NIV)