

Did you realize that you have the Power of Praise? No, I'm not talking about singing the Praise Songs, although that's a great way to Praise God. I'm thinking more about the power that each of us has to uplift each other. Everyone craves a pat on the back—approval for good behavior or good work. Sometimes it's just the acknowledgment that somebody else noticed! Acknowledgment should be heartfelt and authentic, with no ulterior motives. It throws the spotlight on another person's talent, thoughtfulness, hard work or some other quality. It has the power to energize and inspire the person being recognized while making your own life more joyful. When you add to people's well-being by telling just how good they are, you'll see them light up, literally. Faces brighten or get teary. It's quite moving and you have that power each day.

Even when you're well-practiced at acknowledging others, you may get so busy or so frantic that you forget how encouraging your words can be to others. If we could each just remember to make the other person feel important, those people that we see in a day's time, may smile and then pass it on. Acquiring the ability to praise others means simply that we find ways of saying something positive to highlight their strong points. The benefits of praising others are similar to expressing gratitude for someone's ability, time and responsible nature.

If you are a little rusty in this department, here are some tips; **Make it specific; Make it private; keep it honest and don't exaggerate; Be sincere; Be appropriate; Make it spontaneous, the result of your own emotions; and Watch what you say.** The cliché of "Thanks for all you do" is used so often that it carries little value. Compliments are free so why not give them away any chance you get. Allow yourself to get into the habit of giving sincere praise and you will realize that the free flow of praise can help build relationships and allow you to be a better Christian witness.