**PSA.100:1** Make a joyful noise unto the LORD, all ye lands.

(Jesus says: ) I love the sounds you make, all kinds of sounds, that show pleasure or rejoicing. Shouting and cheering is one joyful sound. Singing is another. Words of encouragement to someone who did something special for you is another sound I love hearing. There are lots of ways to express something that you really appreciate or are happy about.

The sounds I greatly dislike are those that, in essence, are “booing” or putting down those who are doing good. Sounds of despair, of giving up hope, and making others feel there is no hope. Sounds that echo the voice of the destroyer and his lies. Songs that bring you and others down is a real ugly sound that gets me angry and upsets me, and makes me feel sad and missing the presence of your spirit coming closer to Me.

Sounds transport you and others up or down, forward or backward, over or under, moving or settling into a stop. The sounds you make with your mouth, whether they be words or other audible ones that express feelings and likes and dislikes, move you and others in some direction. I like the ones that move you up and over, forward and towards Me; that head you in My direction.

What did you say to day? What did you write about or express? Did you know that thoughts put out a sound to Me, the sound and feel of your heart? I can hear what you think; I can see what you feel. It’s a full sensory experience for Me. I can even smell and taste what you are thinking.

When you think thoughts, it’s like putting something on the table for me at a meal time. I can see it, smell it, taste it, and yes, hear the sound your heart is making. What do you want to feed Me with today? What you think and what you say will be detected in every way possible—and in some ways that are not possible to humans, for I am God and can do and experience things in ways that you can’t.

So, make a “joyful noise”. This is the most inspiring one of all, the sounds of praise, showing that you are happy with the things I have done for you and what I will yet do, if things are hard at the moment. You know, things don’t have to be all perfect for you to make a praiseful sound, because there are things I have don’t in the past that I am still awaiting to hear a joyful sound expressing gratitude for. So if things are hard now and you really don’t like what is happening, then ask Me to remind you, or just think for a moment about something I have done and am doing for you that you haven’t yet properly thanked Me for, and catch up with that. And if you can’t think of anything, then praise Me with a joyful sound for what is going to happen later for “those who love God, those who are the called” and how I’ll make all things work out together for good.

The world is professional at coming up with new words and expressions—or just using old ones in new ways—in order to express displeasure. Did you ever try to think up and utilise new words that express a good feeling? I have lots of words I can give you that will make a verbal exclamation and emphasise something great that I have done. When people say bad words that express their anger, hurt, dislike and displeasure, realise that there is an opposite way, and something that My children need to do instead. Whatever happens in the World, there is a better way I want you to do things. When I keep you from an accident, do you let out a new word of verbal thanks? Something You know I’d like to hear; something that gets your praise bones moving? Ugly words seem to pop out at as many opportunities as possible in the worldlings mouths, cause they are always looking at the wrong and hurtful things that seem to keep happening to them. But My children can be looking always for the good that I am always pouring out to them, and fun words, happy words, praiseful words, words of admiration and rejoicing can pop out all throughout the day.

Be known for your words of joy, in place of sorrow or discouragement. Here are some expressions in use today, and maybe I’ll give you new ones, better ones. If your heart is eager to “make a joyful noise” then new words and good sounds will come. “Oo, la la!” “Smart move” “Yippy!” “Oh, yea!” “Super duper.” “It rocks!” “Hooray” “Wonderful” “Far-out” “No way!” “Great” “Yes!” “Awesome”. “All right!”

**PSA.100:2** Serve the LORD with gladness: come before his presence with singing.

(Jesus says: ) Unlike some people’s impressions of Me, Your God and Lord, Saviour, Redeemer and Commander, I actually really want you to be happy! And I know the best ways to bring this about. Sometimes you do have to go through hard times and things that you very much dislike, but it’s all so that you can be very very happy when the good starts to roll in.

There is so much you can and should be very, very happy about. But it’s human nature to look to the more outstanding things that tend to bring you down. But realise that if you are noticing something that isn’t great about your life or work or those you are living with, that it’s because there is so much else that is good. Things only stand out when they are surrounded by the opposite. So if you notice something bad, it must be because there is good all around; good that you have perhaps grown accustom to and are no longer rejoicing over.

If all were black—as black and tough as the enemy likes to trick you into thinking that they are—then you actually wouldn’t be able to notice a dark mark or black blemish. But if you see something that hurts you, it must be that most of the time nothing is hurting you, and that’s why it stood out to you. Remember that the next time you are bothered and are seeing more minuses than pluses in life.

Get your focus off the spot on the white wall, and look at the whole big area that is good, like a white wall keeping you from the wind and weather. Not everyone has a wall, a place to call home, a warm and protected place. So even if yours has a bit of mud on it, at least you have one, and it must be white or you wouldn’t notice the dark. So it is if something seems rather dark and unpleasant to you, remember that it’s framed and surrounded by much good that you are very grateful for, that others don’t have.

I like to see you glad. You don’t have to display your displeasure just to try to get Me to have sympathy and give more to you. In fact, it may make the opposite happen. Instead of a blessing I might give a correction or let the enemy do it, as it often happens when grumbling sets in. I can’t bless you as I’d like to, when you aren’t “entering into My presence with thanksgiving”, (as verse 4 says).

So if you want more from My hand, then sing, praise, and exclaim the goodness of God—this will inspire me to do more and more. But if only grumbles are coming out of your mouth and sounding in your heart, this makes me contrive ways to get to you to stop and to look and to once again be happy.

See, if giving you abundant good things doesn’t do it, and you still are unhappy, since I really do want you to be happy and living in love and joy together with Me, then there are other ways—and sad ways to do it. But it sometimes works better to give you hard times first, then it makes you appreciate what you had and still have all along. You really rejoice then when something is given back or restored, like health and friends, and all sorts of things.

But if you can be joyful and have a reaction of praise, first off, it might save you a world of trouble.

See what you can rejoice about today. And then come before Me telling Me about it. You’ll probably find that in My hands is another gift ready to give to you, because you entered into My gates with praise, and with a song in your heart and on your lips. And things just get better from there.

**PSA.100:3a** Know ye that the LORD he is God: it is he that hath made us, and not we ourselves.

(Jesus says: ) The first lesson to be learned in the school of life is that you belong to your Maker—and that you even have a Maker, someone you came from, that you proceeded from. You didn’t just happen, or exist suddenly. And better yet, aren’t just going to vanish into a non-existent form. I made you, and this life, and you need to know that as step one, lesson one, first class of the day, first training period.

Lesson one: God is. God makes. God made me.

Then, if you know that, you can go on to more complicated lessons of life, like learning to love even when you don’t feel like it. Or learning to share and give, even if you don’t have all that you’d like to have yet for yourself. Or learning to forgive what others do that bother you, and so forth.

If you don’t first have the lessons learned of Me, as your Lord, Creator, and God, you won’t be able to take the next steps of learning to love others, because you won’t know what real love is.

Real love is having and caring for children. That is a giving; a total giving. You give of your time and attention and concern. Your whole life then is based on what good you can do for them, how you can give them the best start in life. And that is what it is like for the One God who made you. I am constantly thinking about how to make things better and enrich the lives of those I have created.

Yes, I do have a whole lot of children, and I need each one too. Each one has a purpose and reason for existing—or I wouldn’t have created them. It’s not like a thing or a piece of food, but a living soul lives on and has on going needs, like a child. I made each one knowing what it would cost Me in time and effort and love and giving and all that it would take to keep that soul moving forward. I wouldn’t have done so if I didn’t have a very good reason, and something about them that made me happy as well, or some role in My plan for them to fill. No one could be formed by accident; each one is a deliberate work of My hands, and I have a plan to keep them progressing spiritually.

Planet Earth is one place you can learn things on, but it’s not the only place in existence. I have lots of places where a soul can learn—sometimes good lessons, other times unwanted troubles to teach them what they refused to learn, and need a different approach. I have all kinds of “schools” and all kinds of reward systems, and graduation-to-the-next levels.

Life—the lives that I made—do all have a purpose. What is your reason for being here? Primarily to learn what I want you to learn. If you do well, then you’ll get to the next grade more promptly.

It helps to think of Me as a dad who is has put their children in a special school to learn, and the dad is the teacher too, and he built the place and made all kinds of learning programs. So is Earth. And yes, there are bullies in the school of life, and in time that will need to be purged from the school home of Earth. But for now, just talk to your father in Heaven and “learn of Me” like I said. I’ll teach you things that many others might not have learned just yet. Sit up close to the teacher, Me, and I’ll give you tips how to pass the grade.

I need you to graduate with wisdom and knowledge and a good sense of what life is for, then I can employ you in some far-out places that will really thrill you. But you have to learn your class lessons now.

And if you have learned the first one—Who is your Maker—then you are off to a very good start. Once you learn that, you’ll make fast and good headway. Have faith that I do all things well, and can make all that you learn and go through be a benefit later on.

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**PSA.100:3b** We are his people, and the sheep of his pasture.

(Jesus says: ) Who are my people? Those who are wanting the destruction of the Earth and its people? Those who try to tear down all that I am building up? Those who wish to stop and hinder all those who are following Me faithfully, in spirit and in truth? Can I call those My own? No. I am talking about those who follow Me. I said, “My sheep hear My voice, and I know them and they follow Me” (in John 10). Who are My people? Those who wish to follow My voice. Where is My voice? Where to do you find it, so you and others can follow?

You don’t find it when filled with your own thoughts and inventions that go against My plan for your life and for the lives of those around you. But you find it in the stillness, the quiet times, where you can hear the voice of the one Who loves you. You have to get quiet to hear the voice of God calling you, telling you where to go and what to do.

You have to take time daily to feed near Me, eating spiritually the nourishment I have provided—My written words, and those others have written for you. Then you are close enough to hear what I want to say to you, where I am calling you. And because you took good feeding time, you are strong enough to actually do the things I ask of you. It’s not enough to just be running around thinking about Me, like sheep bounding around but who aren’t eating the food they need nor drinking the pure waters. They need to rest and feed nearby. Otherwise they won’t hear the voice of the shepherd, and even if they did, they wouldn’t have the strength to walk the long distances to go where I lead.

So it is with you. Just going about your day, kind of half thinking about Me being around, and saying words at prayer time, talking to someone or something that you have heard exists, isn’t going to make you strong, or able to hear where you are to go, and what you are to do.

“We are His people”. What a wonderful declaration for Me to hear, those who want to be part of My team, want to be in My family and belong to Me. And it goes on to say “the sheep of His pasture”. This is a humble, a very humble expression. It didn’t say “we are the strong lions of the team”, or the mountains of strength, nor even children of the Lord. But something lower, sheep, who are made for the maintenance of those on Earth—to clothe and feed people. Humble animals who just do what they are led to do. They can’t make a great name for themselves. They can easily get lost. They need a shepherd. So in this statement it’s like saying:

“We belong to the Great Shepherd, and are willing to follow Him and do whatever He says. He knows best and we don’t. We’ll let ourselves be used of God to help others in whatever way He needs. We give ourselves to Him for His benefit, as He sees fit, however He needs us.”

Can you say that to Me today, that you are Mine and want to listen to My voice and follow Me closely? Will you do and give whatever it takes to help others, even if it costs you something, and seems to take away from your own needs?

My sheep hear My voice, and will do as I do—give of themselves to help bring others into the fold of God, into God’s kingdom. I am your Pastor the feeder—like the pasture feeds the sheep, so do I feed you and nourish you with My Word, with My love deeds I do for you, with the love I give you from others, with the care I give for your body, with the miracles and deeds of supernatural love that cheer your heart, with good mind food that teaches you amazing things. I feed you in so many ways, even through the love of others, through hugs and cheer and encouragement. I’ll feed you today, in many ways, as you stay close by Me.

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**PSA.100:4** Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

(Jesus says: ) Have you lifted up your arms in praise to Me today? I let the sun be lifted up in the sky. I create the trees to lift up their branches up to the light. I make plants to grow up and up. I cause the growth of a human body to go up, taller and straight. Buildings are made to stand up with beams that go upward. Is this not all an example that growth and strength come from a lifting up of your arms in praise?

Lift up your arms to Me, reach out to Me, and I will cause new fruit to form in your heart and mind—the good fruits of the spirit. Did you get upset about something? Lift up your arms in praise, and this will generate the right things in your mind. Good fruits rather than bad will come into your life. If you keep your arms hanging down all the time, and let your thoughts reach down, then soon you just droop.

It takes effort to reach up, just as plants have to go against gravity and reach for the light rather than the earth that tries to pull them down. They use the Earth as a base, but only to keep them reaching upward. Can you do that too? You are in the world, but don’t only reach towards it, or you will fall. Use your experiences and your heartaches to get you reaching upwards.

Trees provide shelter when they are still growing, and when they are cut down. But either way they reach upward to make a place for young ones to be raised in—whether it’s a family with children, or a bird’s nest. So as you lift up your arms in praise and rejoice, not only do you grow in spirit, but you can help provide shelter for others from the storms of life, and help others to grow as well.

Praise beautifies and makes you shine. Did you lift your arms up today, real high, in praise? Let not a day go by where you have forgotten this. If your day is going down, take a look at your arms. They say a day goes the way the corners of the mouth turn. I say a day goes the direction of the arms and eyes. Look up. Lift up. Reach up. –And things will pick up and you’ll be on the up and up.

And did you know that you don’t have to wait until you leave this world to “enter into My gates”? You can come and get a touch of heaven right here and now. In fact you should! Just start praising. Start rejoicing, and like a person makes their way into someone’s heart by speaking kind and nice words to them, so will you enter right into My Heavenly realm.

The things you see then, the sounds you can even hear, the things you will be shown will be far better for your spirit than anything made on Earth, even better than nature that is around you, in its most beautiful state. Come. I’m inviting you to come and get a touch of Heaven. You need it, especially now. The more of hellish sights and sounds and pictures that move into Earth, the more desperately My children need to get their inspiration from above and take time in the courts of the living God, crying out for them as King David did. And he got them. He was able to get glimpses into Heaven, because he sought Me out, He wanted to be in My courts. That’s why He praised so much, he found it brought him right to My side, spiritually, and many wonderful things He saw and heard and experienced, even though suffering in many ways while still on Earth.

So can it before you, as you praise, and cry out in prayer for a glimpse of life in Heaven. Get it daily, and rejoice that the Kingdom of Christ is the one that really rules, and it will be established on Earth as well, when the time is right. Long for Heaven and slip in for a refreshing visit, daily. Enjoy sitting in the presence of Jesus, though you still are on Earth for a time yet appointed. You can be in two places at once, kind of, at least in spirit and mind and heart. And the worse this world gets, the more you’ll need it. It is what will feed you and inspire you. And you need spiritual nourishment to go on living and carrying out God’s will.

Be brave though things get darker and more difficult. Take a spirit trip to Heaven. You can even eat of the Heavenly food if you like, while your spirit takes a trip. If there is something you are not getting on Earth, something that might even be good for you? Well, ask Heaven to provide it. We’ve got more than enough here to share. We can get it directly to your spirit and heart, and it will seem like you got it physically too. God provides all that is needed for his children, especially those who are not satisfied with the things of this world and who long to serve Him in His courts—and who praise God daily so that they might enter in.

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**PSA.100:5** For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

(Jesus says: ) Truth equals good. Mercy is good. These are some of the ways I am good. I don’t tell you lies; I don’t mislead you to a path of life that will tear you up and bring you down. I am good. I am God. I give you lots of chances to try again to do things right, when you do start to go down the wrong roads. My mercy might be shown in a lot of different ways, all for the purpose of giving you a new and better start.

Lean on Me, like a staff when you are going up a mountain trail that is steep and rocky. Lean on Me like a child being held who is tired. Lean on Me like a person does to the back of a chair when resting. Lean on Me. I can support you in any situation. I can hold you up. I know your weakness, for I made you just so. I plan to give you all the support you need to go in the right direction.

You can rest your full weight on the truth of My Word. You can lean over in prayer as you bow to Me asking for My help in your time of need. Lean over in prayer. Lean back in trust. I like it when you can put your full weight down on Me out of trust.

I am good, I am true, and I will do what is best for you.

Is truth being known to your generation? Are you helping to declare it? Make sure you are. My truth is still true, and what I say will still happen, even if people don’t know it or haven’t heard about it. Are you passing on truth more than anything else you pass on? Or are your words and deeds filled with just echoing the troubles around you, or the sayings of mankind? These things will all pass away. But those prophets of God who have dared to speak the Word of God, the truth of God, will be held up as shining examples. They will get their name in lights and their honour.

If, through deceit you try to get honour for yourself now, or through sneaky ways try to get others to praise you, this will be very short lived. The truth goes on, and whoever has spoken up for it, even if it made them be the most unwanted or persecuted person around, these will get lasting honour. Those who lie and cheat and steal all to get themselves glory here and now, will go down through the history pages as pitiful, weak, and sad stories to be learned from what not to do.

Do you want to be famous or infamous? Those on the truth team will seem like they are either not heard about, or put down here and now. But the eternal records written will prove that they really are the ones who made the right choices. God’s Truth will endure, whatever man may say, and so will the eternal rewards and fame of those who declared it, to their own hurt, or humiliation here and now. If you want your fame and your name to endure, choose truth above the froth and frivolous words of mankind, and the silly games they play to get a bit of honour now, that will pass away like leaves on a tree when the season changes, and the leaves are brown and lying on the ground, changing into dirt.

What is truth? Everyone wants to know this. That is why there is such a plague of lies, to keep it from being known. Who is free? Those who have found the truth. That is freedom, and will result in freedom from death, and from the weights that mankind has to carry while labouring in this life. When you hear God’s Words of life spoken to you, this sets you free from burdens of the heart and mind. You see things God’s way and it’s like you have wings. You fly above the problems and get a whole new perspective. You feel lighter. You feel better. You feel you can do whatever I, God’s Word, have asked of you. Truth brings freedom, and should be sought out and desired above all things. Proverbs talks about it as “wisdom” and that is to know the truth and God’s thoughts about things. Seek it out, want it more than any riches or pleasures. To know truth and to submit to it and do what it says, is the way to live a full and noble life, without waste. Those who don’t know truth waste so much. They waste time, they waste money, they waste people, and their health and life waste away. But truth, the truth that I, the Lord of love, tell you, leads to life. I save you time. I restore your health. I give you the supply of your needs as you listen to, receive, and follow My Truth.

Don’t heed to folly and to lies and to the mere distractions. For you only live this life once, and I will hold you accountable for what you used your little time for. Use it to pursue truth at all costs, and hold to it, faithfully, and denying anything the world says if it is against that truth. Let My truth help you to endure, and let My truth endure in your generation, and let you live long.