**I NEVER LOST MY PRAISE!**

I remember that old time song that the mothers at the church use to sing, and it still rings down in my soul today:

Praise him, praise him,

Praise him in the morning,

Praise him in the noon day,

Praise him, praise him,

Praise him when the sun goes down.

The scripture says in Psalms 34:1, “I will bless the Lord at all times: his praise shall continually be in my mouth.”

It was September 14, 2015, the day that I was going back to work for the first time in quite some time. I hadn’t worked in years due to an injury on the job. But I also had an appointment with an Oncologist that same day early in the morning. Well, to make a long story short, I was diagnosed with Multiple Myeloma Stage-4, which is a cancer in the blood. I had to start treatment immediately and quit a job that I never even had a chance to start. But, I NEVER LOST MY PRAISE!

My treatment phase often reminded me of our daily Christian walk. We may lose a lot physically and financially. We can be challenged mentally but, we still must continue to PRAISE THE LORD. Praising the Lord should not depend on our life circumstances. Our praise should be a natural response to God’s everlasting goodness and mercy.

Job is a good example of a person who praised the Lord through all of his trials and tribulations. Job 1:20-21, says, “Then Job arose and rent his mantle and shaved his head and fell on the ground and worshipped. And said, naked came I out of my mother's womb, and naked shall I return tither; the Lord gave and the Lord hath taken away, blessed be the name of the Lord.”

Towards the end of my treatment, I got sicker, felt weaker, and lost a lot of weight along with other things. While I was thinking over some things there was a knock on the front door. It was my nephew who had come by to see me. I recall him asking me, "Auntie, how are you really doing?" I said to him, "Nephew, this has been a really hard time for me, and I have almost lost everything but, I NEVER LOST MY PRAISE!

Today I praise God that I can say I'm in remission. Sing along with me this time:

Praise him, praise him,

Praise him in the morning,

Praise him in the noon day,

Praise him, praise him,

Praise him when the sun goes down

TRINA WAFER

Trina Wafer was born in Atlanta, Georgia, and raised in San Francisco from an early age. She is the proud mother of two. She worked for the San Francisco Unified School District as a Paraprofessional in various special education classes for 16 years. She also worked for non-profit schools as a Mental Health Counselor and as a Teacher for severely emotional disturbed students for six years. She was a member of Olivet Baptist Church in San Francisco, where Reverend Steven A. Bailey is Pastor. There she sang with the Voices of Life Choir and was Director of the Children's Ministry. She has been a member of the Daughters of Zion for many years. Trina now resides in Atlanta, Georgia where she continues to encourage children and young adults in her free time, and to humbly do the Lord’s work.