# Equilibrium in Lock Up! Ephesians 1: 3-10

Praise – ghdd - is an avid expression of gratitude as an act of worship.

#### Praise is the counterpoise that steadies us!

#### A heart of praise is a planned heart!

## A heart of praise is a parented heart!

## A heart of praise is a peaceful heart

## A heart of praise is a positioned heart!

## A heart of praise is a purposed heart!