

Seven Ways To Praise

Psalm 100:4

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

⁴ Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank him. Worship him. **(MSG)**

⁴ Be thankful and praise the LORD as you enter his temple. **(CEV)**

- ◆ **Regardless of your circumstance, whether it is good or bad,**
- ◆ **God is GOOD.**
- ◆ **Praise takes our focus off of our problem and places it on our good and faithful God.**
- ◆ **This first way to praise God tells us that in EVERY situation we can and should praise God.**
- ◆ **It is sacrificial praise. But for there to be a real sacrifice, something has to die. So, when we offer this sacrifice of praise, we die to our: *fears, worries, doubts, anger, offense, frustrations, aggravations, and we put our focus on God above everything else that is pulling our attention away from God.***

Your needs are met according to His Word. Our theme is **Power Thru Praise**. Power in His Word – for He sent His Word and healed... His Word became flesh... In the beginning was the Word.... Jesus. Power in His Blood.... Power in His Name.

Expect the Power and Presence of the Almighty Jehovah to surround you and bring you to our Destiny.

Isaiah 44: 1-4

¹ Yet now hear, O Jacob my servant; and Israel, whom I have chosen:

² Thus saith the LORD that made thee, and formed thee from the womb, which will help thee; Fear not, O Jacob, my servant; and thou, Jesurun, whom I have chosen.

³ For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring:

⁴ And they shall spring up as among the grass, as willows by the water courses.

Isaiah 49:1

¹ Listen, O isles, unto me; and hearken, ye people, from far; The LORD hath called me from the womb; from the bowels of my mother hath he made mention of my name.

Jer. 1:4-8

⁴ Then the word of the LORD came unto me, saying,

⁵ Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

⁶ Then said I, Ah, Lord GOD! behold, I cannot speak: for I am a child.

⁷ But the LORD said unto me, Say not, I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak.

⁸ Be not afraid of their faces: for I am with thee to deliver thee, saith the LORD.

Seven Ways To Praise

1. Towdah (towdah), it's the sacrifice -

- ◆ It means to show agreement with by extending the right hand. In today's society the closest thing we have is a handshake to seal a deal or pact. The idea is that it is usually associated with sacrifice (specifically things given up to show thankfulness to God).
- ◆ Praising God in spite the fact your world is in a vice –
- ◆ It's praise that pushes through the wall of all adversity -
- ◆ An offering that flows to heaven in our time of need.
- ◆ It is apparent in the Psalms and elsewhere in the Bible that it is used for thanking God for “things not yet received as well as things done and received.
- ◆ Regardless of your circumstance, whether it is good or bad, God is GOOD. Praise takes our focus off of our problem and places it on our good and faithful God. This Towdah praise tells us that it is a sacrificial praise. BUT for there to be a real sacrifice, something has to die. We offer Towdah praise commanding our fears, worries, doubts, anger, offenses, frustrations, aggravations to die, and we focus on God above all else
- ◆ Psalms:
 - 50:23 – Those who sacrifice thank offerings honor me, and to the blameless I will show my salvation

When we share this, we visualize offering our thanks to God (and our agreement with His promises) by visualizing the extended hand. Imagine shaking hands with God. Lift your hands (similar to the yadah, but instead of surrender the underlying notion is thankfulness and agreement).

2. Yadah (yawdaw), that means to lift your hands (lift your hands)

- ◆ In response to what the Lord has done throughout the land –
- ◆ An outward sign of what's inside for all the world to see.
- ◆ This is the demonstration of our love and submission to the Lord by the raising of our hands.
- ◆ Lifting your hands to the Lord in total submission and devotion.
- ◆ Psalms
 - 42:5 – Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.
 - 63:4 – Thus will I bless thee while I live: I will lift up my hands in thy name
 - 7:17 – I will praise (YADA) the Lord according to his righteousness: and will sing praise to the name of the Lord most high.

This means to show reverence or praise with extended hands. The word pictures associated with the root words for this type of praise is shooting an arrow or throwing a rock. It literally means to extend the hands, or to shoot an arrow.

The Dedication of The Temple in 2 Chronicles 7 uses this expression of praise (visualize Levites blowing the trumpets and calling everyone to worship and the “praise” that everyone is expressing is through standing and lifted hands).

Imagine a small child who wants to be picked up. They extend their hands high above their heads in a sign of surrender and desire to be held. Lift or extend your hands to God.

3. Barouch or Barak (barouch), that simply means to bow –

- ◆ In the awesome presence of the Lord and all His power –
- ◆ To just be ‘overwhelmed’ because you hardly can believe –
- ◆ That you've been given favor by His Holy Majesty.
- ◆ It implies a continual, conscious giving place to God, bring attuned to walking in the Spirit.
- ◆ It means to kneel down. It means to bow low as a sign of adoration and reverence. It carries with it the idea of humbling yourself to a place that is lower than the recipient of your worship (God).
- ◆ At times it is translated as BLESS. i.e. Bless The Name of Jesus
- ◆ Psalms

- 72:15 – And he shall live, and to him shall be given the gold of Sheba: prayer also shall be made for him continually; and daily shall he be praised (BARAK)
- 95:6 – Come, let us bow down in worship, let us kneel before the Lord our Maker
- 103:6 – 103 Bless the LORD, O my soul; and all that is within me, bless his holy name. ² Bless the LORD, O my soul, and forget not all his benefits: ³ Who forgiveth all thine iniquities; who healeth all thy diseases; ⁴ Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; ⁵ Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. ⁶ The LORD executeth righteousness and judgment for all that are oppressed. ⁷ He made known his ways unto Moses, his acts unto the children of Israel. ⁸ The LORD is merciful and gracious, slow to anger, and plenteous in mercy. ⁹ He will not always chide: neither will he keep his anger forever. ¹⁰ He hath not dealt with us after our sins; nor rewarded us according to our iniquities. ¹¹ For as the heaven is high above the earth, so great is his mercy toward them that fear him. ¹² As far as the east is from the west, so far hath he removed our transgressions from us. ¹³ Like as a father pitieth his children, so the LORD pitieth them that fear him. ¹⁴ For he knoweth our frame; he remembereth that we are dust. ¹⁵ As for man, his days are as grass: as a flower of the field, so he flourisheth. ¹⁶ For the wind passeth over it, and it is gone; and the place thereof shall know it no more. ¹⁷ But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; ¹⁸ To such as keep his covenant, and to those that remember his commandments to do them. ¹⁹ The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all. ²⁰ Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. ²¹ Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. ²² Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

It is our duty to daily make sure we offer BARAK praise to God: Kneeling or bowing before Him in His presence. You will be amazed at how this will quiet your heart in the midst of even the worst storm you face. This one might be the most physically “uncomfortable” expression you use in your Praise and Worship. Think about a royal court of years gone by. What would be the first thing you'd do before approaching the throne to have an audience with a king or queen. You would bow low as a sign of reverence and deference to their power. The same applies here: we bow and kneel to outwardly express our awareness of God's greatness.

4. Shabach (shabach), it is what we call the shout. Are you ready to get loud? Shabach means to address in a loud tone. It's typically associated with freedom or triumph. But it's more than just a loud shout, it's the idea of putting everything you have into it. An attitude of wholehearted praise.

- ◆ It is praise that is given way before the answer comes about.
- ◆ A loud adoration, jubilation, and shout proclaiming with a loud voice the glory, triumph, mercy and love of the Lord.
- ◆ Psalms:
 - 117:1 – O praise (SHABACH) the Lord all ye nations: Praise (SHEBACH) Him all ye people.
 - 63:3-4 – ³ Because your love is better than life, my lips will glorify you. ⁴ I will praise you as long as I live, and in your name I will lift up my hands.

The words in these verses literally mean to SHOUT praises!

It is the SHOUT OF FAITH!!! When the children of Israel were marching around the walls of Jericho, they were told to “SHOUT” for God! They shouted praises BEFORE they saw the answer. Again let me say, “the shout of faith”!

5. Samar (samara)

- ◆ TO SING WITH INSTRUMENTS, A SONG OF PRAISE.
- ◆ This literally means to pluck the strings, to celebrate in song and music. Basically it's probably the most common form of “praise” we have across the world in our churches. It's just singing songs put to music. What's neat about it though, is that it can also refer to JUST PLAYING, as well. It is usually translated as “sing praises.”
- ◆ Psalms:
 - 57:7 –O God my heart is fixed: I will sing and give praise (ZAMAR)
 - 150 – Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. ² Praise him for his acts of power; praise him for his surpassing greatness. ³ Praise him with the sounding of the trumpet, praise him with the harp and lyre, ⁴ praise him with timbre and dancing, praise him with the strings and pipe, ⁵ praise him with the clash of cymbals, praise him with resounding cymbals. ⁶ Let everything that has breath praise the LORD. Praise the LORD.

There is POWER in praise and worship music. Every day I pray while listening to CDs of Praise music. In the vehicle, at home, wherever you are, you can praise and worship. It is amazing how praise music can lighten the heart. Remember when Saul was king and David would go and play his harp and sing to him to quiet the spirits that troubled him? He's the same today, yesterday and forever. There is power in praise and worship. Don't discount that for one second! If you have a battle going on in your life, take the time right now to turn on some praise and worship music and begin to offer ZAMAR praise to God. You will feel yourself calm down in God's wonderful, awesome presence.

6. Halle (hall), Halal is a primary Hebrew root word for praise. Our word "hallelujah" comes from this base word. It means "to be clear, to shine, to boast, show, to rave, celebrate,.." This might be one of the most "fun" forms of praise because it requires one to step outside of "dignity" for a moment. It means to be clamorously foolish. To boast. To shine. This is the kind of praise that David exhibited when he danced for joy at the return of the Ark of The Covenant to Israel. It's also the form of praise that prompted his wife to ridicule him for his lack of dignity.

- ◆ To boast, to show, to rave, to CELEBRATE!!!
- ◆ HALLELUJAH!!
- ◆ Psalms:
 - 113:1-3 – Praise (HALAL) ye the Lord, Praise (HALAL) o ye servants of the Lord, praise (HALAL) the name of the Lord.
 - 150:1 – Praise (HALAL) the Lord! Praise (HALAL) God in His sanctuary; Praise (HALAL) him in the firmament of his power. ² Praise him for his mighty acts: praise him according to his excellent greatness. ³ Praise him with the sound of the trumpet: praise him with the psaltery and harp.
- ◆ 1 Chronicles:
 - 16:4 – He appointed some of the Levites to minister before the ark of the LORD, to extol, thank, and praise the LORD, the God of Israel.
- ◆ Nehemiah:
 - 12:24 – And the leaders of the Levites were Hashabiah, Sherebiah, Jeshua son of Kadmiel, and their associates, who stood opposite them to give praise and thanksgiving, one section responding to the other, as prescribed by David the man of God.

This is also where we get the word *Hallelujah* from. It literally means "Praise the Lord" but even more literally it means to BE CLAMOROUSLY FOOLISH unto the Lord! This includes dancing and laughing and leaping and twirling before the Lord, but it also (and probably more accurately) includes the state of the heart before God. A heart that is turned towards God and not afraid to BOAST in and of God is a "halal" heart. Halal is not only demonstrative praise, but can also be the force behind any of these other forms of praise. You can sing or shout or even play an instrument as a halal.

7. Tehillah (tehillah), A spontaneous new song. This type of praise is singing, but not just any type of singing. It's the singing that bubbles up from our hearts. It's a spontaneous type of singing. These songs are unrehearsed and unprepared. They are straight to God.

- ◆ Singing from a melody in your heart by adding words to it.
- ◆ Singing straight to God. This type of praise takes some time. It is where you set aside your watch, phone, schedule and just wait in God's presence. What a time of refreshing this brings into your soul.
- ◆ Usually your private time with God
- ◆ Psalms:
 - 22:3 – Yet Thou are holy, O Thou who are enthroned upon the praises (TEHILLAH) of Israel.
 - 33:1 – Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.

These are the types of "praises" that God enthrones or inhabits, which is interesting because it's so specific: God literally lives in the SPONTANEOUS praises of His people! This type of praise is "fitting" for God's people, or it literally makes them "look good". When Isaiah talks about trading garments of ashes and mourning for garments of joy and praise, the word praise their literally means SPONTANEOUS praises!

This is also a tough one to get people to just do because of the spontaneous nature of it. But try it! Just stand up blurt out a praise to God!