

☛ Principles of Praise series

Review The **Purpose of Praise**... We were created to proclaim God's praises.

The **Practices of Praise**... We can learn some new ways to praise the Lord.

The **Power of Praise**... Praise is spiritual warfare which can repel the enemy and give you peace.

The **Product of Praise**... Praise invites God's presence and helps us to hear him; Praise is an important part of keeping filled with the Holy Spirit.

The **Perks of Praise**... Praise gets our focus on God instead of ourselves; it releases stress; scientific studies have even proven that gratitude changes our brains enabling us to sleep better and have lower levels of anxiety; praise renews us as we enter into his presence.

☛ Preparing to Praise

Praise affects you, it affects the devil, and it affects God. It touches everything and every part of your life. Likewise, a lack of praise affects you in a negative way, turns the devil loose in your life, and doesn't bless God.

We can choose to speak forth praise to God by faith. Learning to praise God even when everything is going badly will change our hearts, make us much more effective, and cause our faith to abound. We can choose to say that we are going to give thanks and rejoice in the Lord in spite of our circumstances.

☛ Ready yourself

In Exodus 19 God told Moses to consecrate the people so that they would be ready when the Lord visibly came down to them. In Joshua 3 Joshua told the people to consecrate themselves because God was going to do amazing things the next day.

Consecration is all about getting ready for God. *(Imagine going on a first date; you spend some time in advance to get ready for that person)*

Paul said, "Whenever you come together, each of you has a psalm" (1 Corinthians 14:26). He gives the indication that we should have our gifts of worship ready when we come to church. We should ready ourselves and prepare to praise before arriving at church.

In Joshua 7 God told the Israelites to consecrate themselves in preparation for the next day. In this particular case, there was sin that needed to be dealt with. Somebody was

holding on to something that they shouldn't have and it needed to be removed. We would call this **repentance**.

In preparing for church each Sunday, we should examine our hearts, confess our sins, and repent so that we are fully prepared to meet with God. Sometimes when you don't feel anything during the praise and worship, it's simply because there's a roadblock of sin that needs to be dealt with first. Sometimes, when you're not experiencing the victory that you want or the breakthrough that you need, it's a matter of repentance. **GROJ... Get Rid Of Junk**. Ready yourself to meet with God and praise him.

☞ **Offer yourself to God**

Romans 12:1

I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship.

When we give ourselves fully to God, that is true worship and he is pleased. What does that look like?

“Lord, whatever you will; wherever you say; whenever... I surrender; I say yes to you.”

The scripture deals with all sorts of things that we are to surrender to God... our families; our own minds; money and possessions; plans and priorities; even our own rights. We give all of these to God. We offer ourselves to him and we **choose to praise**. It's an act of the will.

1 Corinthians 14:15 says, “I will sing with my spirit, but I will also sing with my understanding.” Notice the repetition of “I will” here. It is something we choose to do. At times we must challenge and encourage ourselves in worship.

Psalms 103:1 and Psalm 146:1 say, “praise the Lord my soul” and “bless the Lord oh my soul.” The Psalmist was determined to worship the Lord and even gave himself a pep talk. We also must be determined to praise the Lord as a choice.

Praise is a command; an act of obedience. Psalm 150 commands us to praise God, and it says it 12 times! We can choose to obey and praise.

☞ **Louie Giglio video**

So, we ready ourselves and we offer ourselves, choosing to praise...

☞ **Recognize who God is**

Psalms 100

Know that the Lord is God. It is he who made us, and we are his... For the Lord is good and his love endures forever; his faithfulness continues through all generations.

☞ He made us = he is **the Creator**; he fashioned and formed us. He is over and above all.

☞ the Lord is **good** and his **love** endures forever; his **faithfulness** continues through all generations. Psalms 136 says "His love endures forever," twenty-six times.

What else do we know about God the Father?

Nehemiah 9:17

☞ ...a **forgiving** God, **gracious** and **compassionate**, slow to anger and abounding in love.

Joel 2:13

...and he relents from sending calamity.

God is good...

☞ **Remember who you are**

We are His people, the sheep of his pasture. Our perspective is that of sons who have been rescued by our father. We honor him.

☞ **1 Peter 2:9-10** (*princes and princesses*)

But you are a chosen people, a **royal** priesthood, a **holy** nation, a people **belonging to God**, that you may declare the praises of him who **called you out of darkness** into his wonderful light. **10** Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

John 1:12

Yet to all who received him, to those who believed in his name, he gave the right to become children of God.

Have you received Christ? Do you believe that he died for you? Then you are a child of God! 1 John 3:1 says that he has lavished his love on us.

Romans 8:16-17

The Spirit himself testifies with our spirit that we are God's children. **17** Now if we are children, then we are heirs — heirs of God and co-heirs with Christ.

Now, think about this... Biblically, children receive an inheritance from their parents.

☞ Many still do today. As followers of Christ, **we are God's children...** and **we receive an inheritance from him!** That should fuel your praise!

☞ Rejoice

Psalms 122:1

I rejoiced with those who said to me, "Let us go to the house of the Lord."

Psalms 84:1-2, 10

1 How lovely is your dwelling place, O Lord Almighty! 2 My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God... 10 Better is one day in your courts than a thousand elsewhere...

Paul said in Philippians 4:4, "Rejoice in the Lord always: and again I say, rejoice." Paul said it twice. He didn't want anyone thinking he had made a mistake or that there were exceptions to what he said. We are always supposed to be rejoicing in the Lord. (*Rejoice in the Lord always...*)

☞ **Psalm 100:1-2 Shout for joy** to the Lord, all the earth. **Worship** the Lord **with gladness**; come before him **with joyful songs**. (make a joyful noise = to split the ears.)

It is the same word we see when Joshua fought the battle of Jericho. The people shouted when the trumpets sounded. And it happened... that the wall fell down flat.

Vance Havner used to say, "The same church members who yell like Comanche Indians at a ball game on Saturday, sit like wooden Indians in church on Sunday." We need to get charged up about our faith in Christ. I'm not saying that we all have to yell and scream, whistle and shout, etc. but there should be some sign of enthusiasm to our Christianity.

If you are happy about your relationship with the Lord; if you're finding peace and joy in Him, knowing that you are heading to heaven, then you ought to be able to find joy in praising him when we come together each Sunday.

Think about this... God has forgiven you; You can keep coming back to God for forgiveness; God has welcomed you into his family; You're a child of God; You have an inheritance in heaven; You have a lot to be thankful for; God is worthy of all our praise! Before church each Sunday, we should take some time to prepare to praise.

☞ **Psalms 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 tambourine and dancing, praise him with the strings and flute, 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.

10,000 reasons