



Praising God

Psalm 34:1-3 RSV

I will bless the LORD at all times; his praise shall continually be in my mouth. **2** My soul makes its boast in the LORD; let the afflicted hear and be glad. **3** O magnify the LORD with me, and let us exalt his name together!

I think it would be fair to say that for most of us our time of prayer is spent making request of God. This is good, for God is a loving Father that longs to bless us (Isaiah 30:18). Yet, shouldn't there be a significant part of our time in prayer that we spend adoring the Lord and thanking Him for who He is and what He has given?

A central part of charismatic spirituality is to praise and worship God. The Baptism of the Holy Spirit leads believers to see how wonderful the Lord has been to them and they cannot but speak His praise. For many new comers, they are amazed at the way charismatics so freely sing, sway, clap, dance, shout, and speak forth the praises of God. It is simply because they are in love, for when you love you easily speak of the beauty of your beloved! How much more true should this be of God who has loved us first (1 Jn 4:10).

Use the Psalms

If you are new to praising God then the Psalms are a great place for you to start. Here are some suggestions:

34, 98, 100, 113, 117, 146, 147, 150

As you read the psalms, stop and make them personal.

7 Hebrew Words for Praise

1. YADAH

Definition: Yadah is a verb with a root meaning, "the extended hand, to throw out the hand, therefore to worship with extended hand." According to the Lexicon, the opposite meaning is, "to bemoan, the wringing of hands."

Example: Ps 63:4, Ps 134:2, Ps 141:2; II Chron 20:19-21

2. TOWDAH

Definition: Towdah comes from the same principal root word as Yadah but is used more specifically. Towdah literally means,

"an extension of the hand in adoration, avowal, or acceptance." By way of application, it is apparent in the Psalms and elsewhere that it is used for thanking God for "things not yet received" as well as things already at hand.

Example: Ps 50:14, II Chron 29:31; Jer 30:19; Ps 26:7

3. HALAL

Definition: Halal is a primary Hebrew word for praise. Our word "hallelujah" comes from this base. It means, "to be clear, to shine, to boast, show, to rave, celebrate, to be clamorously foolish."

Example: Ps 113:1, Ps 104, 105, 106

4. SHABACH

Definition: Shabach means, "to address in a loud tone, to commend, to triumph, to exclaim, glory, shout."

Example: Ps 145:4, Ps 63:1,3,4; Ps 117:1; Ps 35:27; Is 12:6; Ps 106:47

5. BARAK

Definition: Barak means, "to kneel down, to bless God as an act of adoration." When used in the scripture it implies, "expecting to receive a blessing from the Lord."

Example: Ps95:6, I Chron 29:20; Neh 9:5

6. ZAMAR

Definition: Zamar means, "to touch the strings" and is used concordantly with instrumental worship.

Example: Ps 150, Ps 21:13, Ps 66:2,4; Is 12:5

7. TEHILLAH

Definition: Tehillah simply means, "to sing, to laud".

Examples: Ps 33:1, Ps 34:1, I Chron 16:35; Is 42:10,12; II Chron 20:22



WAYS to PRAISE

Verbal	Ps 22:23 (Command to praise); Ps 50:14 (Lifting hands); Ps 47:1 (Shouting); Ps 34:1 (Spontaneous); 96:1 (Singing); Ps 144:9 (Use of Instruments)
Action	1 Chr 15:20 (Whirling); 2 Sam 6:14 (Dancing); Ps 5:11 (Jump); Ps 98:8 (Clap) ; 1 Sam 30:16 (Group Dance in Circle)
Position	Ps 100:4 (Kneel); Ps 95:6 (Lay Prostrate)

Resources:

Praise: A Way of Life by Paul Hinnebusch

Prison to Praise by Merlin Carothers

www.BrendanCase.com Click on "Tools for Growth" and then go to "*Praise Booklet*." This booklet contains all the Hebrew Names of God as well as titles for the Father, the Son, and the Holy Spirit.

Buy Praise and Worship CDs and listen to them during your prayer time.

Praise Phrases

Blessed be the Father, the Son, and the Holy Spirit
Alleluia
Be Blessed, O God
Be Magnified, O God
You are All Present
You are Eternal
You are All Good
You are Holy
I bless You
I glorify You
I Love You
Praise you
Mighty are You
My Lord and My God
My King and My All
You are Vanquisher of Hell
We Worship
Great are You
Holy, Holy, Holy Lord
Blessed be His Most Precious Blood
Blessed be the Name of Jesus
Blessed be the Sacred Heart of Jesus
Blessed be Your Name
Glory, Honor, and Praise to You
Glory to God in the Highest Glory to You
Holy, Holy, Holy is the Lord, Who Was, Who is and Who is to Come
You are Great You are Holy
You are My God You are My king
You are Seated at the Right Hand of the Father
You are the Name Above All Names
You are the Resurrected One
You Take Away the Sins of the
Worthy are You You are All Knowing (*Omniscient*)
You are All Powerful (*Omnipotent*)
You are Immutable (*Unchanging*)
You are Incomprehensible
You are All Merciful You are Self-existent
You are Self-sufficient You are Sovereign
You are the Supreme Being You are Transcendent

Write your own praise phrases here:

Personal Reflection

As you read these Psalms, what do you learn about praising God?
98, 100, 113, 117, 146, 147, 150.

Read these passages. What do they teach you about praising God?

Phil 4:4

1 Thes 5:16-18

Ps 100: 4

Heb 13:15

1 Pt 2:9

How do you think your life would change if you began to spend more time praising God?



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