

## Lesson 2

# PRAISE & WORSHIP

### LESSON OBJECTIVE

Upon completion of the lesson, the student will be able to:

- Define the scriptural basis of worship
- Explain the importance of worship
- List the differences between praise and worship
- Apply the practical aspects of praise and worship
- Use the guidelines in leading worship

### LESSON OUTLINE

- I. REASONS FOR PRAYER & WORSHIP
  - A. God is seeking worshippers
  - B. God created us to worship Him
  - C. The Word of God commands us to praise God
  - D. God is worthy of our praise
  - E. Worship brings repentance and cleansing
  - F. Worship unites us as we come into God's presence and prepares our hearts to receive God's Word
  - G.
- II. COST OF PRAISE
- III. DIFFERENCES BETWEEN PRAISE AND WORSHIP
  - A. Praise
  - B. Worship
  - C. We could say there are THREE elements in our praise and worship
- IV. HOW CAN WE PRAISE AND WORSHIP GOD?
  - A. In ways that can be heard
  - B. In ways that can be seen
  - C. The position of our body
- V. RESULTS OF PRAISE AND WORSHIP
  - A. Awareness of the Presence of God
  - B. Power of God Revealed
  - C. A Spiritual Weapon for Victory

VI. HOW TO LEAD PRAISE AND WORSHIP

- A. The need for a Leader
- B. Preparation of the Leader
- C. Some general guidelines
- D. Hand signals to musicians

## I. INTRODUCTION

Isaiah 43:18-21: - God wants to do a **new thing** in our praise and worship. Let's have open hearts and open spirits.

Psalms 16:11: - "In Your presence is fulness of **joy** ..."

Sometimes we build walls to protect us of: **tradition** (we've always done it this way); denominational or church **pride**; fear of something new, mistrust, etc.

## II. REASONS FOR PRAISE AND WORSHIP

### A. God is seeking worshippers - John 4:23-24.

- We should worship in **Spirit** - not tradition, intellect - but from the heart.

When we worship, God looks past our words to see the **attitude** of our hearts.

Isaiah 29:13 - the Lord says, "Their worship of Me is made up only of rules taught by men." No spirit.

Worship is your **spirit** responding to God's **Spirit**. Worship must be genuine and heartfelt. It is not just a matter of saying the right words; you must mean what you say.

1 Samuel 16:7: "Man looks on the outward appearance but God looks on the heart."

- In **Truth** - To "worship in truth" means to worship God as He is truly revealed in the Bible.

As we drink of the water of life it becomes like a fountain in us that can spring up in to abundant life.

**B. God created us to worship Him - Isaiah 43:21.**

Psalms 145:10-11 - Will TELL of His glory, SPEAK of His might. We praise God Himself, praise Him to others. Praise changes us.

The heart of worship is **SURRENDER** (Rom 12:1). It is the natural response to God's amazing love and mercy.

True worship - bringing God pleasure - happens when you give yourself completely to God. Offering yourself to God is what worship is all about. Worship is a **lifestyle**.

**C. The Word of God commands us to praise God:**

Psalms 34:1 - "I will bless the Lord at ALL times, His praise shall CONTINUALLY be in my mouth."

Psalms 103:1 - "Bless the Lord, O my soul, and ALL that is within me, bless His holy Name."

Psalms 150:1, 6 - "Let everything that has breath praise the Lord."  
Psalms 149, 148, 147, 146

Isaiah 61:3 - "Put on the garment of praise for the spirit of heaviness."

God does not ASK us to praise Him, He commands it. Why?

It brings us in to closer relationship with Him.

**D. God is worthy of our praise - Revelation 4:11, 5:9-13.**

When we praise God we declare His Kingship and enthrone Him in our lives.

We come to GIVE to God, not to receive. We tell God how great He is.

**E. Worship brings repentance and cleansing - Isaiah 6:1-9.**

Worship brought realization of sin and cleansing.

Then he could hear the voice of the Lord calling, and could respond - "Here am I, send me."

- F. **Worship unites us as we come into God's presence and prepares our hearts to receive God's Word.**

### III. COST OF PRAISE

"We bring a sacrifice of Praise":

1. **Energy** : Sometimes we feel too tired, or don't feel like it.
2. **Preparation** : "Who may ascend ...?" "He who has clean hands and a pure heart." (Psalm 24:3-4)
3. **Time** : We can be so busy *for* God we don't spend time *with* the Lord, cf. Mary and Martha. (Luke 10:40-42)

Chronicles 21:24: King David said he "*wouldn't sacrifice an offering that didn't cost him anything.*"

### IV. DIFFERENCES BETWEEN PRAISE AND WORSHIP

#### A. **Praise**

Expressing admiration, applauding, making someone great

**Praise** is something we direct towards God or express to others about God.

**Praise** is occupied with Who God is, and what He has done for us.

#### 1. **Judah And Praise**

Genesis 29:35 - God decided to show special favour to Judah, for from that tribe the Messiah was born. "*This time I will praise the Lord, so she called him Judah.*"

Judah = praise.

Judges 1:1-2 - First to fight against the Canaanites was Judah.

Psalms 114:2 - Judah became God's sanctuary.

Psalms 76:1-2 - In Judah God is known.

## 2. We can praise God from the PSALMS:

- Psalm 46:1 - My refuge and strength
- Psalm 18:2 - My Rock, Fortress, Deliverer, Shield, Salvation, Stronghold.
- Psalm 23:1 - My Shepherd
- Psalm 145:8-9 - Gracious, compassionate, slow to anger, rich in love, good to all
- Psalm 95:1-5 - A great God, great King, Creator
- Psalm 96:4-6 - Great, worthy to be praised, to be feared, Maker of the heavens.

In these verses we are not telling God what we want, but exalting Him. We need to TELL a person that we love them, not say "They know". They want to HEAR it.

### B. Worship

Matthew 4:10 - "Worship the Lord your God, and serve Him only."

**Worship** : "To give worth or value to, to count worthy."

**Worship** requires a relationship because it is two-way.

**Worship** is intimate communion between man and God - God is seeking worshippers.

**Worship** is giving of ourselves to the Lord, cf. woman with jar of ointment. An unashamed pouring out of her inner self upon the Lord in loving devotion. (Matt 26:7)

We can worship God in our darkest hours, declaring that He is Lord regardless of the circumstances and expressing our love to Him:

**Abraham** - when offering Isaac, worshipped  
(Genesis 22:5, cf. Romans 12:1)

**Job** - family killed (Job 1:20)

David - son of Bathsheba died (2 Samuel 12:20)

C. **We could say there are THREE elements in our praise and worship**

**THANKSGIVING** for God's goodness

**PRAISE** for God's greatness

**WORSHIP** God for His holiness

**BUILD** on theme to lead in to worship. (Psalm 100:4)

**V. HOW CAN WE PRAISE AND WORSHIP GOD?**

A. **In ways that can be heard**

**Psalm 66:8** - *"Let the sound of His praise be **heard**."*

Others know that praise is taking place.

1. **Clapping** - Psalm 47:1.

An expression of joy, clap offering to Lord.

2. **Shouting** - Psalm 47:1

Israel was famed in Canaan for their battle cry. When they shouted the enemies trembled with fear. A shout of praise initiated victory at Jericho and with Gideon.

3. **Speaking** - Psalm 47:1:24a - "My tongue will speak your righteousness all day long."

4. **Singing**

A **NEW** song - Psalm 98:1; 149:1; Isaiah 42:10a; Revelation 14:3

A song previously unknown to you or anyone else.

A spontaneous song of praise to God.

Try singing **Psalm 100** or **98**.

Mary's Magnificat - **Luke 1:46-49**

Paraphrase Scripture or sing it as written

**B. In ways that can be seen**

1. **Lifting hands** - Psalm 141:2; 63:4; 134:2.

Surrendering to God

**"With my hands lifted up"**

2. **Dancing** - Psalm 149:3; 150:4; 30:11.

Miriam rejoicing at deliverance - Exodus 15:20-21

Prodigal Son - rejoicing at salvation

Crippled man leaping - Acts 3:8

King David rejoicing in presence of the Lord, with all his might. -  
2 Samuel 6:14-16, 23

Dancing shouldn't be part of every service, but it should be considered as a ministry unto the Lord. It brings a release in our spirits. Remember David's wife who criticized him for dancing before the Lord, and she was barren. We don't want our spiritual lives to be barren!

**"When the Spirit of the Lord ..."**

**C. The position of our body**

1. **Standing:** respect, alertness. "Stand up .. for Jesus"

Tabernacle had no chair. Priests stood to minister to Lord.

**Nehemiah 8:5-6** - stand, lift hands, shouted 'Amen', bowed down in response to Word.

2. **Kneeling:** awe - Psalm 95:6-7 "He is Lord"

3. **Lifting up head:** adoration



**Psalm 123:1** - "To you I lift up my eyes ..."

**Psalm 121:1** - "I will lift up my eyes to the hills ..."

4. **Silence** : Waiting on God. For Elijah, God wasn't in the whirlwind, the earthquake, the fire, but in a still, small voice. Give God a chance to speak. Don't do all the talking!

## VI. RESULTS OF PRAISE AND WORSHIP

### A. **Awareness of the Presence of God - Psalm 22:3 (enthroned in the praises of Israel)**

- **God is present everywhere.**

Where two or three are gathered in His Name He is there.  
God lives in the praises of His people.

And there are special manifestations of His presence:

- Joshua just before he marched against Jericho.
- In Solomon's Temple
- Day of Pentecost

God doesn't just want to visit with His people, He wants to live amongst us.

- **MOSES' TABERNACLE:**

#### **Outer Court**

- Laver of water - cleansing
- Altar of sacrifice - offering ourselves as living sacrifice

#### **Holy Place**

- 7-tiered candlestick - Jesus as Light, Truth, HS
- Table of Bread - communion
- Altar of Incense - offering up praise as a sweet-smelling incense

## Holy Of Holies

Ark of Covenant - presence of God

### **There can be a process to coming in to the presence of God:**

Outer Court	Thanksgiving (Psalm 100:4)
Holy Place	Praise
Holy of Holies	Worship

## **B. Power of God revealed**

1. **God speaks:** 2 Kings 3:15-16

Elisha called for harpist and then the word of prophecy came forth. God speaks through gifts of the Holy Spirit.

2. **Release of power :** Acts 16:25-26

Praise caused chains to fall off and doors to open.

Affected others: brought release and salvation. Acts 1:29-34

3. **Victory** over the enemy: 2 Chronicles 20:22

The singers gave thanks to the Lord. They didn't focus on the battle, or on the enemy, they looked to God for the solution.

## **C. A spiritual weapon for victory**

WHEN the people began to praise God, He sent ambushes against the enemies. (2 Chronicles 20:22)

When Paul and Silas were in prison they weren't rebuking the chains on them. They simply praised God for His goodness.

Praise is a weapon in the Christian's hand. When David played the harp it calmed Saul's evil spirit. (1 Samuel 16:23)

Psalm 149:6-9: Praise in mouth, double-edged sword in hand.

## **VII. HOW TO LEAD PRAISE AND WORSHIP**

### **A. The need for a Leader.**

A leader will bring focus and direction to the time of worship.

Sheep need to follow, or will wander aimlessly.

When a service is focused there is strength in unity.

### **B. Preparation of the Leader.**

1. PRAY - PLAN - PRACTICE.
2. Prepare yourself spiritually before the Lord.
3. Plan for the worship like you would for a Bible study.
4. Seek God for a theme or flow of thought:
  - a) Worship : **I worship you / I love you Lord ...**
  - b) Victory : **In the Name of Jesus / Let God arise.**
  - c) Kingship : **Reign King Jesus / Majesty / All hail King  
Jesus.**
5. Avoid linking songs with different tempos:  
**Let the redeemed ... / To God be the glory.**
6. Try not to break tone, e.g. worship back too joyful.  
**I love you Lord / I worship you / We bring a sacrifice ...**
7. Select songs to suit the theme - some praise, some worship.
8. Meditate on God's Word, reflecting on the words of the songs.
9. Be careful not to 'preach' between songs.
10. Practice all the songs you have chosen.
11. Know how to link the different songs.

**C. Some simple guidelines.**

1. Be sensitive to the leading of the Holy Spirit. Follow the Spirit and not a formula.
2. Be sensitive to the 'moods' of the Holy Spirit:
  - a) Joyful, thanksgiving, dancing: **"I will enter ...**
  - b) Faith building : **"Not by might ..."**
  - c) Warfare/Victory : **"In the Name of Jesus ..."**
  - d) Adoration and awe : **"O come, let us adore Him"**
  - e) Thanksgiving : **"Amazing grace"**
  - f) Surrender : **"Reign in me"**  
**"All to Jesus I surrender"**

Know WHEN to go in to free worship. When cloud moved Israel moved! (Exodus 40:35-38)

Give opportunity for exercising of spiritual gifts.  
Reinforce to the people what God spoke through spiritual gifts.

**D. Hand signals to musicians**

1. Repeat whole song - rotate index finger.
2. Repeat song for the last time - raise little finger.
3. Repeat last line of song - rotate little finger.
4. Repeat chorus only - raise index finger.
5. Free worship - palm down and shake fingers.
6. Move on to the next song - wave hand sideways.
7. Move in to a higher key - thumb up.