



# Praise Why and How

Praise and worship are an essential preparation for meditation and prayer. They bring you into God's presence where you feel His peace and can hear what the Spirit is speaking; but more importantly it declares who God is as the One who answers our asking.

**WHY** – Praise is your “reasonable service” to your Creator.

**Romans 12:1**

**“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”** (of worship)

**1 Chronicles 16:29**

**“Give to the LORD the glory due His Name, Bring an offering and come before Him.”**  
(Psalm 29:2)

**1 Peter 2:9**

**“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.”**

**HOW** –

**Psalm 100:2**

**“Serve (minister to) the LORD with gladness; Come before His presence with singing.”**

**v4 “Enter into His gates with thanksgiving and into His courts with praise.”**

(notice progression of intimacy: presence, gates, courts)

**Sing a New Song** – your unique song to the Lord.

Base your song on a Psalm, sing the verses back to God.

**Psalm 96:1 “Sing to the LORD a new song!** (new every time)

**Sing to the LORD, all the earth.** (everyone)

**Sing to the LORD, bless His Name.”** (minister to the Lord)

**Sing a Psalm** –

This is a form of meditative singing easiest done alone or with a small group where you can hear what is being sung and interact in song.

**Example: Psalm 105:2**

**“Sing to Him, sing psalms to Him; Talk of all His wondrous works!”**

**Talk** here means **sing** of God's works, a meditative kind of singing. You learn it as you do it.

In this kind of singing, as you sing you get more insight and song.

Recount His works in this “new” song:

**Psalm 89:1** “Sing of the mercies of the LORD...” This Psalm has many references to God’s mercy and His faithfulness. Find the verses; sing them back to God as praise. Sing in these Psalms is as a strolling minstrel with a new, fresh song inspired by the Holy Spirit.

Develop your own Praise vocabulary.

Read through Scripture, as Hebrews chapter 1:1-3 and write down all the praise titles, as Heir of All Things. There are 8 or more praise titles in Hebrews 1:1-3. Use them in praise and worship.

Praise God through the Hallelujah! (Praise the LORD!)

Understand your praise expressions.

Looking at the Hallelujah! in syllables you can see the meaning.

**Hallel** (The great praise) (to) **U** (You) **Jah!** (Jehovah) In Hebrew, the Hallel is the great praise that belongs to God alone. Jah is short form of Jehovah.

Hallelujah! Always ends with an exclamation point; It is a command in the spirit realm to praise God.

“Sing with the spirit and sing with the understanding”, 1 Corinthians 14:15

Do this interchangeably as the Scripture says. Sing in tongues and then sing with the understanding as you are led.

What happens when you speak and/or sing in tongues?

**Acts 2:4** as the Spirit gives utterance, (led by the Spirit)  
v11 magnify God (praise)

**1 Corinthians 14:2** speak mysteries to God,  
v4 you edify yourself, (build up)  
v16 you bless with the spirit,  
v17 you give thanks to God.

**Isaiah 28:12** is a rest for the weary, a refreshing. Paul quotes this when he is teaching about tongues in 1 Corinthians 14:2. Jude v20 says tongues edifies yourself, (build yourself up)

Worship God through His attributes,

**Revelation 4:8** “Holy! Holy! Holy! As you sing of God’s holiness, ask for revelation. Ask that the truth of God’s holiness personally affect you and the Church, desire holiness.

**Application:** Look up any of the Scriptures, use in context for worship in personal devotion or with a group.