

How do we Praise God?

Psalm 149:5-6 reads: "Let the saints be joyful in glory: let them sing aloud upon their beds. Let the high praises of God be in their mouth and a two-edged sword in their hand".

In the Old Testament, God's people were not to appear before Him empty. They were required to bring gifts, offerings and sacrifices.

Hebrews 13:15 says: 'By Him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name'.

As believers, we are to bring the fruit of our lips to the Lord. What is this fruit? We offer Him our praise and thanksgiving. Praise is simply expressing esteem for a person. When we praise them, we are lauding their virtues or accomplishments. When we praise someone else, we are acknowledging that they are worthy of honor; however, when we praise God, it means much more than that. The translation of the expression "to praise" means 'to prize'.

To praise God means to prize God. The word 'prize' means 'to value', 'to esteem', 'to cherish' something or someone, but it also means 'to estimate worth'. When we praise God, we are valuing Him, we are esteeming Him, and we are estimating His worth.

The less we know about our great God, the less we are able to effectively praise Him—that's where God's word comes in. If we want to praise God more, we need to have a revelation of God from God, and the chief way we receive that revelation is through His word.

How is praise expressed? Praise is expressed through our whole being—body, soul and spirit. Didn't the Psalmist echo this in Psalm 103:1 when he proclaimed: 'Bless the LORD, O my soul: and all that is within me, bless His holy name'. The greatest objective in life for Christians is that our lives become a psalm of praise to God.

II Cor. 3:3: "...clearly you are an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart."

The whole duty of each man and woman is to praise God. God's Holy Spirit is what brings us into the Holy of Holies into the immediate presence of God. That's where real worship happens—in our spirit. When our feelings and our emotions are directed toward God in praise, even our actions will glorify God.

How is praise expressed? It is expressed through the body. The Holy Spirit is our helper, our emotion, our will, our thoughts, our feelings and our actions, but praise is expressed through our body.

Psalm 69:30: “Then I will praise God’s name with singing, and I will honor Him with thanksgiving.”

How is praise to be expressed?

1 Chronicles 16:9: “Sing to Him, sing psalms to Him; Talk of all His wondrous works!” The word sing means 1) to shout aloud (usually for joy); 2) to cry out; 3) to be joyful (make to rejoice) and 4) (cause to) sing (aloud, for joy). Are we to sing aloud and shout? Did Jesus shout to His Father when He prayed? It doesn’t say. One time when He prayed He prayed earnestly, He sweated droplets of blood.???

Luke 22:44: “And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.”

We should not be embarrassed about praising God. Was King David self-conscious when he joyfully danced in a priestly ephod before the ark of God?

2 Samuel 6:14: “Then David danced before the Lord with all his might; and David was wearing a linen ephod.”

Does Jesus Christ, the Son of God, want excited, exuberant enthusiastic praise? I say He does, but is that what He gets from us?

Psalms 150:1-6: “Praise the LORD! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His excellent greatness! Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the LORD. Praise the LORD!”

Praise encourages the miraculous. In Acts 16, where it tells of Paul and Silas being put in jail for preaching Jesus, verses 25-26 give record of a great miracle:

“About midnight, Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the

foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose."

There's a connection between their praising God, singing and the miracle! There is a power in praise that encourages the miraculous.

'I want to worship the Lord with all of my heart,
Give Him my all and not just a small part;
Praise Him in everything'.

The more we praise, the greater will be our happiness and our blessings!

I've said it before: I don't dance, I can't sing, I don't play a musical instrument but I do try to praise God with my life. What needs to be changed in our life to let the spirit of praise out? Let's commit ourselves to praising God by our actions and let how we live be our greatest testimony.