

*“Living As A Worshiper –
The Process of Praise” – Part 2*

I. GET INVOLVED PERSONALLY IN PRAISE

Psalms 149:1a (KJV) *“PRAISE YE the Lord...”*

II. SING TO GOD IN PRAISE

Psalms 149:1b (NKJV) *“Praise the LORD! Sing to the LORD a new song.”*

III. UNITE IN CONGREGATIONAL PRAISE

Psalms 149:1c (NKJV) *“Praise the LORD! Sing to the LORD a new song, And His praise in the ASSEMBLY of SAINTS.”*

IV. REJOICE WHEN WE PRAISE

- Psalms 149:2a (NKJV) *“Let Israel REJOICE in their Maker...”*

A. The Hebrew word translated “rejoice” *śâmach <saw-makh’ >* means literally “to **BRIGHTEN** UP,” to “**CHEER UP**,” “to be **GLAD**,” “to be **MERRY**.”

- Psalms 68:3 (NKJV) *“But let the righteous be glad; Let them REJOICE before God; Yes, let them REJOICE exceedingly.”*

B. In Psalms 68:3, the word “rejoice” comes from the Hebrew word *‘âlat <aw-lats’ >* meaning literally “to **JUMP** for joy,” “to be bright, cheerful, make mirth, be joyful, rejoice, and triumph.”

C. To REJOICE in the Lord, then, is **MORE** than reciting words of praise and adoration; it is a **total change** of **ATTITUDE**, **COUNTENANCE**, and **EXPRESSION**.

1. This matter of “rejoicing in the Lord,” is one of learning to be **controlled** by your **WILL** instead of your **EMOTIONAL** levels.
2. How often our **public worship services** are **RUINED** because we’ve **never learned** to **RULE** our **emotions** instead of **being RULED** by them.
3. We do not Praise as a release of **natural emotions**; we praise as a **release of emotions stirred** by seeing that **Jesus is LORD** in **EVERYTHING**.

- What does YOUR LIFE, as you are LIVING it now, **have to do** with the **excellence** and **greatness** of **God**, of **His gifts, graces**, and **benefits**?

4. **Happy is the saint** who has LEARNED **NOT** to base his PRAISE UPON HIS **FEELINGS**.

5. Blessed is the Christian, who, when asked “How are you,” does not give a “**funeral dirge recital**,” but instead expresses the **BRIGHTNESS** of the **SPIRIT** within him.

6. People do not need to hear your **PROBLEMS**; they do need to hear your **PRAISES**.

V. RELEASE OUR EMOTIONS GODWARD AND BE JOYFUL

- Psalms 149:2b (NKJV) *“Let Israel rejoice in their Maker; Let the children of Zion be joyful in their King.”*

- John 15:11 (NKJV) *“These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.”*

- 1 Peter 1:8 (KJV) *“Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory.”*

- Jude 1:24 (NKJV) *“Now to Him who is able to keep you from stumbling, And to present you faultless Before the presence of His glory with exceeding joy,”*

A. HAPPINESS is dependent upon **HAPPENINGS**, but JOY is dependent upon **JESUS**.

B. **HERE IS THE KEY:** It is not the **POSSESSION** of JOY that produces the **PRAISE**, but the **RELEASE** of that JOY.

- Psalms 81:1 (KJV) *“Sing aloud unto God our strength: make a joyful noise unto the God of Jacob.”*

1. **UNTIL** praise is **VOCALIZED**, it is not completely **EXPRESSED**. There is a difference between **THINKING** and **THANKING**.

2. PRAISE is not just a **HEART** attitude, it is the **EXPRESSION** of that heart attitude.

3. It is not wrong to let your **BODY** demonstrate what your **SPIRIT** feels, as long as it does not affect the **LIBERTY** of someone else too adversely.

VI. ALLOW Our BODIES SOME PARTICIPATION in WORSHIP

- Psalms 149:3a (NKJV) “Let them praise His name with the dance;”
- A. Dancing in Worship in the Old Testament was primarily a **LEAPING**, often to **musical accompaniment**.
- 2 Samuel 6:14 (NKJV) “Then David danced before the LORD with all his might; and David was wearing a linen ephod.”
 - Psalms 150:4 (NKJV) “Praise Him with the timbrel and **DANCE**.”
 - Psalms 30:11-12 (NKJV) “¹¹ **You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,** ¹² **To the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.**”
- B. Perhaps the greatest point of **RESISTANCE** in **praise** is in allowing one’s **BODY** to become INVOLVED in RESPONDING to the Lord.

VII. PLAY INSTRUMENTS WHEN WE PRAISE

- Psalms 149:3b (NKJV) “Let them praise His name with the dance; **Let them sing praises to Him with the timbrel and harp.**”
- A. Playing instruments in connection with praise and worship is mentioned at least **SIXTEEN** times in the Old Testament and **FOUR** times in the New Testament.
- B. Psalms 150 lists every class of musical instrument **KNOWN** in that day and says, “Praise Him with these.”
- Psalms 81:3 (NKJV) “**Blow the trumpet at the time of the New Moon, At the full moon, on our solemn feast day.**”

Let **Psalms 149** be your **handbook** on beginning to praise!

First, get involved personally, “Praise ye the Lord.”

Second, “Sing unto God”

Third, unite in congregational praise.

Fourth, learn to “brighten up” when coming into His presence.

Fifth, we need to allow ourselves to be “Joyful” and to release our emotions Godward,

Sixth, we need to allow our bodies to participate in worship.

Seventh, play whatever instrument you can as a praise before the Lord.

- C. You NEED NOT do **GREAT** things to become a Praiser, you need only do **SOMETHING!** Praise is neither **thought** or **feeling**, it is **EXPRESSION!**

1. It should NOT be governed by **EMOTION**, it should be a **RELEASING** of the emotion.
2. Praise **begins** in the **SPIRIT** of man, is **governed** by the **WILL** of man, and in its **expression** uses the **WHOLE** of man.