

Praise Worship & Thanksgiving

Praise is an utterance - it must come out of the mouth. It is a declaration of the attributes of God.

Ps 35:28 *And my tongue will proclaim Your righteousness, Your praise all day long.*

Worship often involves an attitude or posture of the body: bowing the head, bowing the entire upper part of the body, prostrating yourself on the ground, or even bowing the human spirit before God.

Matt 2:11 *Entering the house, they saw the child with Mary His mother, and falling to their knees, they worshipped Him*

Thanksgiving is expressing our appreciation for what God has done.

Praise is about Gods **greatness**, worship is about his **holiness** and thanksgiving is about His **goodness**

Praise

Are you looking after number one? Don't lose your first love!

One of the biggest barriers to exuberant praise is the British reserve. We need to lose our reserve and praise in true childish abandonment. Many Africans have it - lets get it.

If anyone wants to get more excited about God than football fans do about chasing a ball then that's great.

Praise is about aligning our understanding, focus and devotion to **reality** – that God is almighty God is not on an ego trip - its just **who He is**.

1) Praise is the way into his presence **Is 60:18** *But you will name your walls salvation, and your gates praise.*

2) We put the Lord in a place of honour when we praise

Ps 22:3 *But You are holy, enthroned on the praises of Israel.* The song 'Jesus we enthrone' you is scriptural. This indicates how valuable our praise is to God.

3) Jesus has been anointed to give us *a garment of praise instead of a spirit of despair* **Is 61:3** When you wear the garment of praise, the spirit of heaviness departs. It is Jesus that gives us the garment of praise. If you have not got it ask for it. Praise is something that you should 'wear' all day long.

4) Praise leads to deliverance - classic example *Jehoshaphat sends out the singers* **2 Chronicles 20:21** Praise can be a spiritual weapon. **Acts 16:25** *And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them and suddenly there was a great earthquake.* - If you are in a fix then praise the Lord

5) Praise is often a sacrifice – hard to give.

Hebrews 13:15 *14 For here we do not have an enduring city; instead, we seek the one to come. Therefore, through Him let us continually offer up to God a sacrifice of praise, that is, the fruit of our lips that confess His name*

We need to see beyond our current circumstances and praise God looking to the future – the heavenly

glory is going to be way beyond our current understanding - no eye has seen ..

Good praise does not depend on our emotions.

6) Praise silences the enemy

Psalm 8:2 *Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.* Satan does not like hearing praise.

7) Don't leave the chicken soup on the stove just before a meeting. What are your distractions? What steps do you need to take to arrive at meetings in a state of peace? Guard your time before meetings.

Psalm 111 *"I will praise the LORD with my whole heart"*

8) Praise is not just something you do at meetings. Praise in meetings should be an overflow of our private devotion. **Psalm 145:2** *Every day I will bless You, and I will praise Your name forever and ever.*

Ps 24:3 *Who may ascend the mountain of the Lord? .. clean hands and a pure heart*

9) The term 'New Song' is mentioned 9 times in the bible. We need to make sure we are not singing the same songs over and over to the point that they become stale. What can you bring that is new, creative and fresh. If God gives you one line to sing out then let's all be prepared to join in. Dancing is part of praise – Ps 149:3

Worship

Bowing down not common in our western society! Going against the tide of common cultural practice. We need to express our worship physically, bowing, kneeling, falling to the ground, raising hands.

True worship is about what is happening in your heart not about a big music group.

The song 'It's all about you' was written when the worship leader realised that worship had become about the music and skill full playing.

Worship is not about entertainment.

John 4:23 *But an hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth. Yes, the Father wants such people to worship Him. God is spirit, and those who worship Him must worship in spirit and truth.*

Worship must come from the heart – it is not a ritual. If you are just going through the motions then STOP and ask God to help you.

1 Cor 14:26-33 Gives us a picture of the early church with a high level of participation. One of those verses that is often ignored by western Christianity. Indicates meetings that are a mixture of worship and prophetic revelation. We should ask for and expect prophetic revelation in our meetings. God always has something helpful to say.

Thanksgiving

1) Thanksgiving leads to salvation/deliverance.

Ps 50:23 *He who offers a sacrifice of thanksgiving **honors Me**; and to him who orders his way aright I shall show the **salvation of God**.*

When thanksgiving is difficult the Lord appreciates it all the more. Sometimes we go through some very difficult things. Where is your focus?

Phil 4:12 *I know both how to have a little, and I know how to have a lot. In any and all circumstances I have learned the secret [of being content]—whether well-fed or hungry, whether in abundance or in need.*

1 Thes 5:8 *Give thanks **in everything**, for this is God's will for you in Christ Jesus.*

Are you giving thanks in **all circumstances**? It does not matter what you are going through just give thanks anyway.