

10. What is one thing you can change to increase the vitality and vibrancy of your Bible reading and prayer?

Putting it Into Practice

1. Print a copy of the following page for each participant of your group.
2. Pray that God's spirit would open your hearts and minds to his living Word.
3. Slowly read aloud 1 Chronicles 16:23-31. Pausing at the end of each sentence.
4. When you get to the end of the passage allow people to make notes on what God's spirit is impressing on them.
5. After three or four minutes, reread the passage and repeat the exercise, allowing God's spirit to further impress upon your hearts His Truth.
6. Move into a time of prayer, allowing these revelations to inform you on how to pray, as well as applying them towards the things you would normally pray about. (Hint: Repeating the same prayers as others have already prayed ought to be encouraged as the spirit may be nudging people towards something important.)
7. At the end, debrief the experience. How is this different or similar to how you normally pray? What did you learn from this passage that changed how you prayed

Biblical Meditation is

sitting at Jesus' feet | hearing God through His Word | receiving His Word by faith | responding, being a doer of the Word | praying out what you received

Biblical Meditation results in

building faith | revelation | heart preparation | healing | strength | relationship | discipleship

[Meditation can be practiced in this way:](#)

- Use your Bible, read through the passage carefully.
- Take a silent time meditating on the passage.
- Go back and reread the passage, be alert, pondering the Word of God.
- Allow the Holy Spirit to direct you to focus on a portion of the Word.
- What is God saying to me that I can pray about?
- How do I apply this to myself? Ask- What does this teach me about the character of God? (God is pure, lovely, commendable...) What does this teach me about His will for my life? (He desires that I be pure, lovely, commendable...) His will for his Kingdom work on earth (as it is in heaven).
- What is my response to God?

TRY IT OUT 1 Chronicles 16:23-31 New International Version (NIV)

Sing to the LORD, all the earth; proclaim his salvation day after day.

Declare his glory among the nations, his marvelous deeds among all peoples.

For great is the LORD and most worthy of praise; he is to be feared above all gods.

For all the gods of the nations are idols, but the LORD made the heavens.
Splendor and majesty are before him; strength and joy are in his dwelling place.

Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength.

Ascribe to the LORD the glory due his name; bring an offering and come before him.

Worship the LORD in the splendor of his holiness. Tremble before him, all the earth!

The world is firmly established; it cannot be moved. Let the heavens rejoice, let the earth be glad; let them say among the nations, "The LORD reigns!"



The Names of God as Praise

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.

TAKE IT HOME

Teaching on Praise, Why and How

Names of God – Each Name is a promise, a prayer, a praise.

Example: The name, Jesus, has the **promise** of salvation (Matthew 1:21) is a **prayer**, "Save me!" and a **praise**, as the "Name above all Names". (Philippians 2:9)

Names of God – Use scripture references to learn about these Names.

Read the stories surrounding these Name and use them in praise and worship.

Jehovah Jireh	God will Provide, Genesis 22:14
Jehovah Rapha	God is a Healer, Exodus 15:26
Jehovah Nissi	God is a Banner, Exodus 17:15
Jehovah Shalom	The LORD is Peace, Judges
6:24 Jehovah Sabaoth	God of the Armies, 1 Samuel
17:45 Jehovah Rohi	God is a Shepherd, Psalm 23:1
Jehovah Elyon	Most High God, Psalm 47:2
Jehovah Tsidkenu	The LORD our Righteousness, Jeremiah 23:6
Jehovah M'Kaddesh	The LORD Who Sanctifies, Exodus 31:13
Shammah	Jehovah is There, (His presence) Ezekiel 48:35
Elohim	Triune, plural Name of God, Genesis 1
Jehovah	LORD, Genesis 4:1(omnipotent, omniscient, omnipresent)
Ei Shaddai	All Sufficient One, Genesis 17:1
Adonai	Lord, Master, Genesis 15:2
Ei Gibbor	Warrior, Champion, Isaiah 42:13
Immanuel	God With Us, Isaiah 7:14

- Each Name of God speaks of a relationship.
- Look up the scripture reference in context, learn about them.
- Use them in prayer and praise.

Isaiah 33:21, an insight about worship from this verse.

"But there (in worship) the majestic LORD will be for us a place of broad rivers and streams, (great diversity in expression and experience) in which no galley with oars will sail." (not a work of the flesh)

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