



Basic Lesson 4 - Praise & Worship

Some words appear in different colored font to give extra emphasis, encouraging further meditation.

Teaching and Meditation on Praise and Worship - Psalm 100

Basic Principle: Begin prayer with praise and worship to become aware of God's presence.

It is in this spiritual atmosphere that you meditate and pray.

Thinking Things Through

1. When was the last time you felt euphoric?

Leaders - Euphoria is the state of being intensely happy or confident. While most of us don't live like this, certain events in our lives should trigger a state of bliss. They might include the birth of a child or grandchild, enjoyment of others, awe and wonder of God's creation, etc. However, don't be concerned if some people state that they have never experienced this.

2. How often do you feel intense joy, happiness, love and confidence when involved in spiritual activities? Should you expect to feel this way, why or why not?

Digging Deeper

Read Psalm 100

3. What expressions are used to praise God in this Psalm?

4. What names does the Psalmist call God by in these five verses?

5. What attributes are listed about God in Psalm 100?

Leader – Take note of what people say to answer these questions. These 5 verses of Psalm 100 include six different praise expressions, five relational names of God, and three of His attributes. (**See the Spotlight section at the end for more information**). Let your group members develop the ability to see such things in a passage of Scripture rather than just taking it at face value.

6. Psalm 100 offers a template on how to praise God. Look at the list just created. How does this help you know God better?

7. Read Psalm 100 slowly, together as a group. What response, if any, does this Psalm invoke within you? Has a deeper understanding of the richness of God contained within change your response to him?

8. If you were to turn Psalm 100 into a prayer for someone else how would you phrase it? Have each person pick one verse, and have them write a prayer for someone based on that verse.

Leader – a growing understanding on how to use the Bible as a template for prayer is an intended outcome of this study. Simply by changing a few parts of this passage we have a rich and deep example of what to pray for people. One example- May the Smith family come to know that you Lord are God, and that it is you who made them, and that they are yours, the sheep of your pasture. Open their eyes and their hearts so that they may enter your gates with thanksgiving... Another example could be explored by framing a prayer for your church through Psalm 100.

Doing Life Together

9. What is stopping you from having a more euphoric experience in your praise and prayer time?

Leader – there are so many things that prevent us from letting our hearts go in praise. NOTE- simple things like personality types can change one's perspective. Ask- What does euphoria look like for your personality type? Our busyness, a poor outlook on life, self-centeredness, the burden of sin, fear of loss of control, a deep concern about a trial in life are all things that can hold our hearts hostage. However, we ought to see them as distractions and push past them. Psalm 100 doesn't say "If your life works out, and you have everything together, then shout for joy to the Lord..."

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

Leader- in the following sections are two activities. One is a reading and meditative exercise based around 1 Chronicles 16 to try as a group right now. The other is a take home activity centered around the names of God in scripture, for your members to practice this on their own, this week.

Spotlight on the Passage

Expressions of Praise

Psalm 100:1 “Make a joyful shout to the Lord, all you lands!” (KJV)

“All you **lands**” does not just mean all the people. This praise command includes the earth, the trees, mountains, fire, hail, snow, the animals as well as the nations. (Psalm 148)

This shows everything God created has capacity to worship Him. This first **shout** is a loud joyful shout...to the Lord. This means you are shouting to Him, He is the focus, the shout is not just for the sake of making noise. This shout would be to honor Him, to express joy in Him.

Psalm 100:2 “Serve the Lord with gladness;”

Jesus ties worship to service when He confronted Satan in the wilderness temptation.

“Get behind Me, Satan. You shall worship the Lord your God and Him only shall you serve.” (Luke 4:8)

You are to **minister** to the Lord in worship;

“... it is your reasonable service.” (of worship). Romans 12:1

Ps 100:2 continued,

“Come before His presence with singing”

His **presence** means you come **face to face** with God **singing** and with joyful shouts. Imagine the Lord's eyes on you as you wholeheartedly worship this way.

To worship God face to face, will change the way you worship.

v3 “Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.”

Know is experiential knowledge of God in the context of worship.

Five different names or descriptions of God here show different relationships you can have with God:

“Know that the LORD (Jehovah), Who is self existent, ever present, all powerful having all wisdom and knowledge,

He is God.” (Elohim), The God of all gods, other gods are idols, elohims. Elohim is the plural name of God, Father, Son and Holy Spirit, the Trinity.

“It is He who has made us, and not we ourselves.” (Creator), Who has purpose and destiny for us.

“We are His people...” (King), Who rules us.

“...and the sheep of His pasture.” (Shepherd) Who leads us.

This is an invitation to experientially know God through these five different Names in the context of worship.

Lord (Jehovah), Elohim (Trinity) Creator, King, Shepherd.

Three attributes of God:

v5 “For the Lord is good; His mercy is everlasting, and His truth endures to all generations.”

Verse 5 is an example of **thankful praise**, (Hebrew, yadah,) described in verse 4 that blesses God, confesses who He is, declares His attributes, His character, His Names. This praise is confrontational in the spiritual realm as it exposes and denounces the counterfeits by comparison, for example, that which is not good, merciful or truthful.

This is a place of safety for the worshipper, the Lord fights through the praise.

Isaiah 42:12,13 says as we declare His praise, the Lord goes forth like a warrior prevailing against His enemies.

Songs of God's goodness, mercy and truth are repeated throughout Scripture testifying to God's character.

This is the song the priests sang (sang and shouted a song, v22) as they went ahead of the soldiers in battle in 2 Chronicles 20:21

"Praise the Lord (Hebrew, yadah, confess who God is, His attributes) for His mercy endures forever."

The enemy went into confusion, killed each other and the Israelites picked up the spoil for 3 days. This valley was called the [Valley of Blessing](#), and they bowed themselves there and acknowledged what God had done.

[Apply principles of praise and worship in the prayer meeting.](#)

Begin with worship that acknowledges God. Invite His presence. Maintain His presence throughout the prayer time.

God is enthroned in the praises of His people.

"You are holy, enthroned in the praises of Israel." Psalm 22:3

This is verbal, loud and extravagant, verbal praise (sung halal praise).

[Praise and worship make us aware of the presence of God.](#)

"Where two or three are gathered in My Name, I am there in their midst." Matthew 18:20

[The same worshipful attitude is maintained as we read the Word and meditate.](#)

Mary of Bethany had this worshipping, servant attitude as she sat at Jesus feet and heard His Word. (Luke 10:39)

- These expressions of praise have a place in the prayer time.
- Teach principles of worship.
- Understanding makes praise more effective.

Especially in all night prayer meetings, it is refreshing to sing with shouts as shown in Psalm 100. Shouting brought confusion to the enemy in Judges 7:20. Gideon's army was to cry out, shout, **"The sword of the Lord and the sword of Gideon."** Use the rhema swords, the specific Words you received for prayer in singing and shouting praise to the Lord.

"Pray...and sing with the spirit and with the understanding." 1 Corinthians 14:15

Application: Meditate through Psalm 100. Respond to the insight you receive, apply it personally. Use the insights in prayer for the worldwide Body of Christ. You and your church will be blessed as well.

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.