

Kingdom Living Digest

Encouraging the Body of Christ to Live for What Lasts



Upper Room
DELIVERANCE
Ministries

Praise That Transforms the Atmosphere

By Bro. Terrence Powell

Praise has always been one of the most powerful expressions of faith in the life of a believer. Throughout Scripture, praise is not presented as a *quiet* or *passive* activity but as a **living** response to the greatness of God. It is the outward expression of an inward **recognition** that God is worthy of honor, glory, and thanksgiving.

When believers praise God, something spiritual takes place beyond what can be seen or heard. Praise changes the atmosphere of the heart and the environment around us. It lifts our focus away from problems and places our attention on the One who is greater than every circumstance. Through praise we acknowledge that God is sovereign, faithful, and actively working in our lives.

Praise also reminds us of who God is and what He has done. Every testimony of healing, deliverance, provision, and salvation becomes another reason to give Him glory. When the people of God come together in unity to worship, their voices become a declaration that the Lord reigns and that His power is still active today.

For this reason, praise is not limited to a church service or a musical moment. It becomes a lifestyle. When believers develop a heart of praise, they begin to see God move in powerful ways, strengthening their faith and reminding them that His presence is always near.

UNDERSTANDING THE LANGUAGE OF PRAISE

Biblical praise expressed through active, meaningful worship actions.

A LIFE THAT RESPONDS IN PRAISE

Daily gratitude and worship reflect a transformed heart.

PRAISE THAT RELEASES THE POWER OF GOD

Praise invites God's power & transforms spiritual atmosphere.

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Understanding the Language of Praise

By Pastor Lillie P. Powell

The Bible teaches that praise is more than a *feeling*, it is an **action**. In the Hebrew language, many of the words translated as “praise” are verbs. Verbs describe movement and activity, reminding us that praising God is something believers **actively do**. These expressions reveal the depth and variety of ways we can honor God with our voices, our bodies, and our hearts.

One of the most familiar Hebrew words for praise is Halah. Halal means to praise, to boast, or even to become clamorously foolish in celebration before God. [Psalm 150:6](#) declares, “Let everything that has breath praise the Lord.” This form of praise expresses joyful celebration and unrestrained honor toward God for who He is and what He has done.

Another powerful word is Yadah, which means to worship, to give thanks, or to extend the hands in reverence. [Psalm 9:1](#) says, “I will praise (Yadah) you, O Lord, with my whole heart; I will tell of all your marvelous works.” Yadah reminds believers that praise flows from gratitude and recognition of God’s goodness in our lives.

The word Tehillah refers to a song of praise, often a spontaneous song that rises from the Spirit. It is an unrehearsed expression of worship offered directly to God. [Psalm 22:3](#) tells us that God is “enthroned in the praises (Tehillah) of Israel.” This reveals that praise creates an atmosphere where God’s presence is welcomed and honored.

These biblical expressions show that praise is not *passive* or *silent*. It is **active**, **joyful**, and **heartfelt**. When believers praise God in these ways, they are participating in a spiritual response that honors Him and strengthens their own faith.



A Life That Responds in Praise

By Bro. Terrence Powell



Praise is the natural response of a heart that recognizes who God is and what He has done. Throughout Scripture, praise is connected to the presence and power of God. When believers lift their voices in worship, they shift their focus away from circumstances and toward the greatness of the Lord. Praise reminds us that He is faithful, powerful, and **worthy** in every season of life.

The Bible shows that praise can transform situations and strengthen faith. When Paul and Silas praised God in prison, their worship created an atmosphere where God’s power was revealed and chains were broken ([Acts 16:25-34](#)). Praise opens the door for God to move in ways that bring freedom, healing, and encouragement to His people.

For believers today, praise is more than a moment in a church service; it is a lifestyle. Every act of gratitude, every song lifted to God, and every declaration of His goodness becomes a testimony of faith. As we remember the victory of Jesus Christ and all that God continues to do in our lives, our hearts are stirred to praise Him with sincerity, joy, and thanksgiving.

Kingdom Living Tips

Practical ways to prepare hearts & minds for meaningful worship.

By Pastor Jonnie M. King

- ✝ Begin each day by thanking God for His goodness and mercy.
- ✝ Praise God not only in victory, but also in difficult seasons.
- ✝ Use worship music and Scripture to keep your heart focused on God.
- ✝ Express praise freely. Sing, pray, or speak words of gratitude.
- ✝ Remember that praise shifts your focus from problems to God’s power.

Praise That Releases the Power of God

By Pastor Lillie P. Powell

Praise is a genuine expression of appreciation for who God is and for everything He has done. Throughout the Bible, praise is connected to the manifestation of God's presence and power. When believers worship Him with sincerity and faith, the atmosphere changes and the power of His Kingdom begins to move.

Scripture gives clear commands for how praise can be expressed. Believers are encouraged to sing, shout, clap their hands, and play music unto the Lord. These acts of praise are not merely traditions. They are spiritual responses that declare God's greatness and invite His presence into our lives.

The Bible also introduces several additional expressions of praise. Shabach means to address God in a **loud** voice, to shout, or to triumph in victory. [Psalm 63:3](#) reminds us that God's lovingkindness is better than life, and therefore our lips will praise Him. This kind of praise boldly declares God's goodness and celebrates His victory over every challenge.



Another word is Barack, which means to kneel or bow down before God in humility and submission. [Psalm 95:6](#) calls believers to "come, let us worship and bow down." This form of praise acknowledges God's authority and expresses reverence for His holiness.

Zamar refers to making music and singing praise with instruments. [Psalm 21:13](#) celebrates the power of God through musical praise. Instruments, voices, and songs become tools used to glorify the Lord and proclaim His greatness.

When God's presence is manifested through praise and worship, His Kingdom power is **released**. Lives can be changed, hearts healed, and people delivered. The story of Paul and Silas reminds us that praise has the power to break chains and open prison doors ([Acts 16:25-34](#)). In that atmosphere, people can be saved, healed, and set free, and the gifts of the Spirit can be revealed.

Praise and worship ultimately flow from recognizing what God is doing in our lives. When we see His faithfulness, His provision, and His grace; our hearts cannot help but respond in **praise**. These forms of worship provide believers with a complete and powerful way to express gratitude and reverence to our beloved God.

Reflection & Application

Align your life with God's Kingdom through self-examination & action.

By Pastor Jonnie M. King

Praise is more than a moment in a church service, it is a response to the goodness of God in every season of life. Consider how often you intentionally express gratitude and worship throughout your day. True praise flows from recognizing God's presence and His work in your life. When praise becomes a habit, faith grows stronger and the heart becomes more aligned with God.



The Spiritual Thread

Connecting monthly insights that weave together wisdom for daily life.

Developing Your Kingdom Mindset

The Trinity: The Role of the Holy Spirit

Who is the Holy Spirit? The Holy Spirit is the third person of the Trinity. He is not some vague, eternal shadow nor an impersonal force. He is equal in every way with the **Father** and with the **Son**. All of the divine attributes are ascribed to the Holy Spirit. Scripture reveals that He possesses infinite **intellect** ([1 Corinthians 2:11](#)), **will** ([1 Corinthians 12:11](#)), and **emotion** ([Romans 15:30](#)). In many ways He can also be described as the Commander-in-Chief of the Army of Christ. He is the Lord of the harvest and is supreme in revival, evangelism, and missionary endeavor. Without His direction and consent, human plans are bound to fail. Therefore, it behooves us as Christians to align our efforts with His divine strategy; the reviving of the church and the evangelization of the world.

The first reference to the Holy Spirit is found in [Genesis 1:2](#), where the Spirit of God moved upon the face of the waters. His influence can be seen throughout the Old Testament ([Judges 6:34](#); [1 Samuel 16:13](#); [Exodus 31:3](#); *etc.*), but His work becomes even more pronounced in the life and ministry of our Lord Jesus Christ. After Jesus completed His earthly mission and ascended to the right hand of the Father, the place of power, He sent the Holy Spirit to be our Comforter and Helper ([John 14:26](#); [John 15:26](#)). The Greek word for Comforter is Paraclete, meaning “the one called alongside to help.” The Holy Spirit comes **beside** the believer as a companion and friend; energizing, strengthening, and empowering us to live according to God’s will.

The Holy Spirit came to bear witness to the Lord Jesus Christ and to glorify Him ([John 16:13-14](#)). Just as Jesus came to exalt and reveal the **Father**, the Holy Spirit was sent to exalt and glorify the **Son**. It logically follows that the more we allow the Holy Spirit to guide and control our lives, the more we will love and serve the Lord Jesus Christ, and the more aware we will become of His loving and abiding presence. When we are filled with the Holy Spirit, we are filled with the life and power of Christ Himself! A power far greater than our own that enables us to serve faithfully and live victoriously.

On the Day of Pentecost, those who were gathered together were filled with the Holy Spirit, and their lives were transformed ([Acts 2:1-4](#)). Through that same power, millions of believers throughout the centuries have become dynamic Christians, empowered to live lives that reflect Christ. Every believer has the potential to witness with boldness and to experience victory over sin through the power of the Holy Spirit. This potential power, the life of Jesus Christ within every believer, is released by faith as we surrender the control of our lives to the Spirit of God.

Since it is the ministry of the Holy Spirit to glorify Christ, when we allow Him to lead us, Jesus Christ has the unhindered opportunity to work in and through our lives to accomplish His perfect will. For this reason, every Christian must seek to be filled with the Holy Spirit in order to be an effective witness for Christ and to live a life that truly reflects the power and presence of God’s Kingdom.

365-Day Bible Reading Plan

May

| | | | | |
|----|---------|--------------------------|------|----------|
| 1 | Day 121 | <input type="checkbox"/> | Neh | 8:1-18 |
| 2 | Day 122 | <input type="checkbox"/> | Esth | 1:1-22 |
| 3 | Day 123 | <input type="checkbox"/> | Esth | 2:1-23 |
| 4 | Day 124 | <input type="checkbox"/> | Esth | 3:1-15 |
| 5 | Day 125 | <input type="checkbox"/> | Esth | 4:1-17 |
| 6 | Day 126 | <input type="checkbox"/> | Esth | 5:1-14 |
| 7 | Day 127 | <input type="checkbox"/> | Esth | 6:1-7:10 |
| 8 | Day 128 | <input type="checkbox"/> | Job | 1:1-22 |
| 9 | Day 129 | <input type="checkbox"/> | Job | 2:1-13 |
| 10 | Day 130 | <input type="checkbox"/> | Job | 38:1-41 |
| 11 | Day 131 | <input type="checkbox"/> | Job | 42:1-17 |
| 12 | Day 132 | <input type="checkbox"/> | Psal | 1:1-6 |
| 13 | Day 133 | <input type="checkbox"/> | Psal | 8:1-9 |
| 14 | Day 134 | <input type="checkbox"/> | Psal | 23:1-6 |
| 15 | Day 135 | <input type="checkbox"/> | Psal | 51:1-19 |
| 16 | Day 136 | <input type="checkbox"/> | Psal | 103:1-22 |
| 17 | Day 137 | <input type="checkbox"/> | Psal | 139:1-24 |
| 18 | Day 138 | <input type="checkbox"/> | Psal | 145:1-21 |
| 19 | Day 139 | <input type="checkbox"/> | Prov | 4:1-27 |
| 20 | Day 140 | <input type="checkbox"/> | Prov | 5:1-23 |
| 21 | Day 141 | <input type="checkbox"/> | Ecc | 12:1-14 |
| 22 | Day 142 | <input type="checkbox"/> | Isa | 6:1-13 |
| 23 | Day 143 | <input type="checkbox"/> | Isa | 53:1-12 |
| 24 | Day 144 | <input type="checkbox"/> | Jer | 1:1-9 |
| 25 | Day 145 | <input type="checkbox"/> | Jer | 36:1-32 |
| 26 | Day 146 | <input type="checkbox"/> | Jer | 38:1-13 |
| 27 | Day 147 | <input type="checkbox"/> | Eze | 37:1-14 |
| 28 | Day 148 | <input type="checkbox"/> | Dan | 1:1-21 |
| 29 | Day 149 | <input type="checkbox"/> | Dan | 2:1-24 |
| 30 | Day 150 | <input type="checkbox"/> | Dan | 2:25-49 |
| 31 | Day 151 | <input type="checkbox"/> | Dan | 3:1-30 |

Next Month...

Spiritual Stability: Remaining Anchored in Unstable Times.

From the Pastors' Desk



Personal messages from the pastors to the reader; offering encouragement, spiritual guidance, and timely reflections for the month.

This section helps strengthen the connection between the pastors and readers by offering wisdom, direction, and inspiration for daily living and spiritual growth.

Here the pastors can share their heart, provide biblical insight, and highlight the vision God has given for the church community.



Actions Speak: Aligning Words and Deeds

Pastor Jonnie M. King

[Romans 12:1-2](#) reminds us that true worship begins with the posture of our hearts. Worship is the heartfelt expression of adoration, reverence, and honor directed toward God that acknowledges His supreme power and worth. The word worship comes from “worth-ship,” meaning to demonstrate the value of God in our lives. Worship may be expressed privately through personal devotion or publicly when believers gather together; and it can include prayer, singing, reading Scripture, communion, and serving others. Worship not merely an obligation or routine, it is a lifestyle of devotion that recognizes God’s greatness.

*“praise is not
meant to be
hidden or
restrained”*

When we practice worship daily, God uses it to transform us into His image. Worship requires time intentionally set aside to be in His presence, not simply singing a few songs before moving on to the next activity. We must learn to linger with God, because if He does not show up, all our efforts are in vain. True worship should change our lives so that we can inspire and impact the world around us.

A Fresh Start: Living Out God’s Word

Pastor Lillie P. Powell

[Psalm 22:3](#) reminds us that God is “enthroned in the praises of His people.” Praise is something virtually every church does as they open their services, yet there is still a great need to understand one of the most important acts of our faith. Praise is simply the outward expression of our love and devotion to God. It is more than just words spoken in a song or prayer. Praise is an active, visible display of our gratitude for who God is and what He has done for us. When God’s people begin to praise Him sincerely, it helps complete our worship and creates an atmosphere where His presence can dwell and move among us.

The Scriptures give us powerful examples of what praise can look like. In [2 Samuel 6:14](#) we read that David danced before the Lord with all his might. This act shows us that praise is not meant to be hidden or restrained. Dance is a **visible** expression of praise and a demonstration of joyful devotion to God. Though sin has often distorted or misused such expressions, the heart of praise remains pure when it is directed toward the Lord. Praise is the freedom to honor God openly and unashamedly.

It is one thing to love God on the inside, but it is another thing to allow that love to be expressed outwardly through praise. When the praise that is in our hearts makes its way to the outside, it becomes a powerful testimony of our devotion to God. Scripture also shows that praise has the ability to defeat our enemies because God inhabits the praises of His people. There were times when the Lord instructed His people to send the praisers ahead instead of the mighty men of valor, showing that praise itself can shift the atmosphere and reroute the plans of the enemy ([2 Chronicles 20:21](#)).

Praise also has a powerful effect on the battles we face in our daily lives. Depression cannot remain where praise is lifted, and anxiety cannot dominate a heart that continually blesses the Lord. Our circumstances should never dictate our praise. Instead, we must determine in our hearts to bless the Lord at all times, trusting that He is worthy regardless of what we are facing.

Praise is not merely an emotional response or a moment during a church service, it is a lifestyle. When we choose to live with a heart of praise, we invite God to move in our situations and intervene on our behalf. Praise reminds us that God is still in control and still working in our lives. No matter the circumstances, praise is always appropriate, and it will always draw us closer to the presence and power of God.

Closing Remarks



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Scripture of the Month

Let everything that has breath praise the Lord.
Praise the Lord!

Psalm 150:6

Closing Prayer

Heavenly Father,

We thank You for Your goodness and
faithfulness in our lives.

Teach us to live with hearts full of praise,
recognizing Your power and presence every day.

May our worship honor You and create an
atmosphere where lives are changed and hearts
are healed.

Help us to praise You in every circumstance,
trusting in Your perfect plan.

In Jesus' name, Amen.

Connect with us!



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