

Praise (III): Ways to Praise

I. **Psalm 149:3 talks about ways to praise, including “praising His name with dancing”, and “making melody to Him with tambourine and lyre”.**

1. In the example of David, he “danced with all his might”, offering his body as a sacrifice. (2Sam 6:14, 2Sam 6:20-23)

(a) Michal

- ◆ In the Old Testament era, not having children was a shameful matter and Michal never had children.
- ◆ Michal lived within traditional customs and cared a lot about people's opinions. She believed that a dignified and well respected person should not casually show emotions.
- ◆ Similar to Michal, many people today don't understand how to joyfully worship in the presence of God. They completely misunderstand spiritual matters, thinking that dancing is too frivolous.

(b) David

- ◆ David was someone who understood and touched the heart of God. He knew what pleased the glorious King. Therefore, he cared less about his royal position and worshiped and danced before the Lord with all of his might.
- ◆ Today, the reason we cannot worship God with all of our might like David is because we often feel too self-conscious to do so.

We should **humble ourselves before God and offer our bodies as a sacrifice, praising Him with all our might**. We should not act based on our feelings, mood, circumstances, or environment, but should instead act based on the fact that He is worthy of blessing, glory, worship, and admiration.

(c) “with all his might”:

- ◆ Like a child, expressing joy and responding with all of our emotions to the love of the parents; in the same way, praising is a response to God's love.
- ◆ When we pour out our love and emotions on God and worship Him with all our might, God's love and joy will be poured even more abundantly upon us, and our emotions will be under the control of God, experiencing a divine renewal.

(d) “redemption of our bodies”:

- ◆ Through our praise, God wants to obtain more of our bodies, which is “the redemption of our bodies”. (Romans 8:23)
- ◆ “The redemption of our bodies” means our bodies no longer belong to ourselves but are managed by the presence of Jesus. His presence is no longer just a small part of us, but it operates within us. When our emotions and bodies are managed by God, we can undergo a divine transformation.

Worship and praise are the highest forms of service to God, and this service is something to be continued into heaven. Therefore, we should express our worship not only in gatherings but also in our daily lives, praising Him with all our might!

2. Ways to praise

(a) Lift up our hands and praise

- ◆ Psa 63:4 “in Your name I will lift up my hands”; Psa 134:2 “lift up your hands to the holy place and bless the Lord”. Lifting up our hands represents complete surrender. We surrender our entire body to God because we belong to Him.
- ◆ Exo 17:11 “whenever Moses held up his hand, Israel prevailed”. Moses held up his hand on a mountain, representing victory.

(b) Clap, shout, and praise (Psa 47:1, 5)

- ◆ Shouting and clapping represent boasting in the victory of Jesus. Prayer is supplication, while shouting and praising are boasting in victory.
- ◆ Shouting is sometimes crucial; like the walls of Jericho, shouting caused the walls to collapse. When facing formidable enemies, we may be praying for many years without seeing change, try shouting, giving thanks, and praising God with the sound of victory. The shout of praise and the shout in the Holy Spirit can terrify the enemies. Shouting and praising are the weapons God has given us when we face enemies. (Example: Gideon's 300 mighty men).
- ◆ We need to know how to shout. Often when we encounter the outpouring of the Holy Spirit, God's victorious power pours out, and we shout in the Holy Spirit. If you still don't feel anything, you can follow the spirit of the gathering. God is looking for the ones who are willing to obey Him.
- ◆ When shouting praises, be mindful of the environment. In dormitories, or in other churches (where there is no such teaching), you can stay quiet but release it within you. Worship should be done with all our might and emotions, but it should not be loud and disturbing to others.

(c) Dancing

Psa 30:11-12, Psa 150:4, Exo15:20-21

- ◆ When we dance before God with great joy, it often brings down the outpouring of the Holy Spirit. When the Lord moves you to dance, come out and dance. It does not mean you are frivolous but rather it shows your obedience.

Therefore, we should learn to worship, lift up our hands, clap, shout, and dance. Worship Him with all our might and our emotions. Simply be glad because of our Maker, and rejoice in our King. When we do this, God will give us more of His salvation. “For the Lord takes pleasure in His people, He adorns the humble with salvation.” (Psa 149:4)

※ Note:

1. All the above forms of worship are to be done in the presence of God, not for attention or for our own pleasures. After the outpouring of the Holy Spirit, be mindful to return to the inside, not making others notice you, but focusing on God.
2. Don't mix up your soul (natural feelings) with true worship (in Spirit and Truth)

II. Psa 149:4 explains the reason God takes pleasure in our praise

1. Psa 149:4 "He adorns the humble with salvation"

- ◆ God desires for us to lift our hands, clap, shout, and dance in praise, not because God particularly enjoys this form of praise and adoration, but because He loves us and wants to bestow salvation upon us. However, for Him to give us salvation, it requires us to open our hearts to praise Him.
- ◆ "Humility" is about lowering ourselves and not being sensitive to our own feelings. We should praise when God prompts us to praise. We need to set aside our feelings and focus only on pleasing and being obedient to the Lord. God can adorn us with salvation when we act in true humility.

2. Psa 50:23 "The one who offers thanksgiving as his sacrifice glorifies me ... I will show the salvation of God."

- ◆ Darby translation: "Whoso offereth praise glorifieth me; and to him that ordereth [his] way will I shew the salvation of God."
- ◆ Praise and thanksgiving are for our sake, not for God's sake, it opens up a way for God to bestow salvation upon us. When we dwell in our own negative emotions, God's salvation cannot reach us because our hearts are closed off.

When we continuously choose to focus our attentions on Him, glorify Him through thanksgiving, He will be enthroned upon our praises. When God's throne descends, salvation would come upon us.

Is salvation a concept or an experience for you?

If you want to experience God's salvation, then even in moments of despair, you must overcome your doubts and negative feelings. **You must open your mouth and praise.**

Assignments:

1. Memorize scriptures: Psa 50:23, Psa 89:15, Isa 12:3, 6, Isa 35:10
2. Ask each other everyday:
 - a. Is your heart glad in the King?
 - b. Do you rejoice in Jesus?
 - c. Are you exceedingly happy to have Him in your life today?

We must praise God like this from dawn to dusk so that we can rejoice in His salvation every day.