

Bless The Lord

4-23-17

1. Praise the Lord Psalm 34:1

A. Praise Defined

1. A preoccupation with the Lord and what He has done; A thankful response for His provision; heartfelt words of love, adoration and trust that come out of your mouth, either spoken or sung, directed toward God for who He is and what He has done & will do
 - a. praise is thanking the Lord for what He has done
2. praise is automatic when you love Him; it's faith in action – greatest faith words “thank You”

B. Why Do We Praise the Lord?

1. We praise Him because He is worthy

Psalm 48:1 How great is the LORD, and how much we should praise him..... NLT

2. We praise Him because we choose to (this is an easy decision to make)

Psalm 34:1 I will bless the LORD at all times; His praise shall continually be in my mouth.

3. We praise Him because we are commanded to (the commands of the Lord are for our good)

Psalm 150:1 Praise the Lord.....

4. Praise glorifies the Lord ('glorifies' means to honor – I want to honor the Lord)

Psalm 50:23 Whoever offers praise glorifies Me.....

5. We praise the Lord for all that He has done for us; because of all He has done praise is proper

1 Peter 2:9 But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;

- a. 'chosen generation' offspring, family chosen by God to obtain salvation through Christ
- b. 'royal priesthood' kingly, regal priests – they offered sacrifices (praise NT) to the Lord
- c. 'holy nation' sacred, righteous, people set apart by God
- d. 'special people' purchased possession of God (by the blood & suffering of Jesus)
- e. We are to 'proclaim the praises' of the Lord – celebrate the excellence of Him
- f. 'called you out of darkness' invited us to get out of obscurity, the place of punishment (now and forever), leave those in moral & spiritual darkness; forever grateful for this
- g. 'marvelous light' the incredible light of Jesus – life as it was intended to be; 'light' truth and its knowledge, together with the spiritual purity; that which is exposed to the view of all; the power of understanding moral and spiritual truth

C. Praise in Action

1. How do we praise: extroverted – characterized by celebration, exhilaration, expressed by singing, shouting, speaking forth, musical instruments, dancing (**Psalm 149:3 S1**)

2. **Yadah** – worship with uplifted hands
3. **Barak** – to kneel, bless, commend while praising, Standing or kneeling is a proper posture for praising (**Psalm 135:2 S2**; **2 Chronicles 5:12 S3**); there were many pieces of furniture in the tabernacle of Moses – there is no mention of chairs
3. **Zamar** – to sing praises while playing a musical instrument
4. **Shabach** – triumph, glory, shout, commend boldly
5. **Tehilla** to sing until clamorously foolish; the praise of warfare (**video; Romans 6:23 S4**)
6. hands raised (yadah 114x) your praise of God is consistent with your concept of God
 - a. love of child for a parent, hold me; hands help to animate your conversation
 - b. hands raised in celebration – having a good time
 - c. hands raised in victory – boxer, gold medal, enthusiastic about the outcome
 - d. vulnerability – surrender; we are open to all that the Lord has for us; we are tired of trying to fight our own battles – this is wisdom, not weakness

D. The Power of Praise

1. **Psalm 34:1** David was continually praising the Lord – he got to know the Lord intimately as a shepherd under the stars; incredible faith and trust in the Lord; he was not a perfect man

Psalm 63:3 Because Your lovingkindness is better than life, My lips shall praise You. **v4** Thus I will bless You while I live; I will lift up my hands in Your name. **v6** I lie awake thinking of you, meditating on you through the night.

2. **Psalm 144:1-2 S5** **Psalm 31:3 S6** Praise strengthens David for war and He leads and guides David
3. **2 Samuel 5:17-25** David prayed and spoke to God as a Person and expected God to respond and He did; David’s partnership with the Lord was built on worship and praise
 - a. David ‘partners’ with God based on a close relationship due primarily to praise; praise will help you know & trust the Lord; He will ‘speak to you’ and help you
4. **Psalm 42:5, 11** Psalmists were men just like us – we determine to praise the Lord regardless of our feelings or circumstances; the psalmist says his soul is cast down 3 times; he speaks to himself, ‘I will praise Him;’ praise is the way out
 - a. **v5** ‘God’s countenance’ God’s caring face is toward the praiser; **v11** the praiser’s countenance is lifted by the Lord’s love
 - b. **Psalm 103:1 S7** let nothing prevent you from praising the Lord – spiritually therapeutic
 - c. **Acts 16:18, 22-23, 25-26, 34** Paul & Silas in jail, praise brought deliverance, salvation
5. **Psalm 48:1 S8** Praise concentrates on the greatness of the Lord – we have come to know the Lord, He has blessed us greatly and through this our faith in Him has become strong
6. **2 Chronicles 20:1-25** praise is a weapon God uses to confuse and defeat the enemy