

LAYMAN'S SCHOOL OF TRAINING
COURSE/HOLE 1 - CHRISTIAN GROWTH SEMINAR
LECTURE 5 - HOW TO PRAISE AND WORSHIP GOD IN SPIRIT AND IN TRUTH

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1. WHAT IS PRAISE?

Psa 48:1 (NAS) *"Great is the Lord, and greatly to be praised."*

Praise is **understanding God's greatness**, His **love** for us, **our great salvation** purchased by Christ on Calvary and **expressing our deep appreciation** to God.

We come to church **firstly to give in worship** to God, before receiving from the word or in ministry.

We who are born again are **New Testament priests** unto God and as such are to proclaim His praises. (*1 Pet 2:9 KJV*)

The Bible declares that all creation proclaims the praises of God.

Psa 148:1-5a (NAS) *"Praise the Lord! Praise the Lord from the heavens; Praise Him in the heights!*

2 *Praise Him, all His angels; Praise Him, all His hosts!*

3 *Praise Him, sun and moon; Praise Him, all stars of light!*

4 *Praise Him, highest heavens, and the waters that are above the heavens!*

5 *Let them praise the name of the Lord..."*

Musical instruments played to God is praise in itself, but also has an important function in leading us in worship.

Psa 150:3-5 (NAS) *"Praise Him with trumpet sound; Praise Him with harp and lyre (a small harp-like musical instrument).*

4 *Praise Him with timbrel and DANCING, Praise Him with stringed instruments and pipe (a reed-instrument of music).*

5 *Praise Him with loud cymbals; Praise Him with resounding cymbals."*

2. WHAT IS GOD'S ORIGINAL PATTERN OF PRAISE?

Man made religion and traditions have deviated far from God's original simple bible instructions on praise.

Matt 6:10b Jesus prayed, *"Thy will be done, on earth as it is in heaven."*

The Bible gives us glimpses of how the heavenly hosts and the saints are praising God in heaven, and anything less is a man made deviation from God's original pattern.

Here the **4 living creatures** and the **24 elders** are praising God.

Rev 4:8-11 (NAS) *"And the four living creatures ... day and night they do not cease to say, 'Holy, holy, holy, is the Lord God, the Almighty, who was and who is and who is to come.'*

9 *And when the living creatures give glory and honor and thanks to Him who sits on the throne, to Him who lives forever and ever,*

10 *the twenty-four elders will fall down before Him who sits on the throne, and will worship Him who lives forever and ever, and will cast their crowns before the throne, saying,*

11 *'Worthy art Thou, our Lord and our God, to receive glory and honor and power; for Thou didst create all things, and because of Thy will they existed, and were created.'"*

Here **100 trillion angels** join in the choir praising God with a loud voice, together with every created thing.

Rev 5:11-13 (NAS) *"And I looked, and I heard the voice of MANY angels around the throne and the living creatures and the elders; and the number of them was myriads of (multiply) myriads (an indefinite great number, innumerable) and thousands of thousands.*

12 *saying with a LOUD voice, 'worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing.'*

13 *And every created thing which is in heaven and on the earth and under the earth and on the sea, and all things in them, I heard saying, 'To Him who sits on the throne, and to the Lamb, be blessing and honor and glory and dominion forever and ever.'*"

Now saints from all the ages and every nation join this choir to make an innumerable multitude and worship God in unison.

Rev 7:9-12 (NAS) *"After these things I looked, and behold, a GREAT MULTITUDE, which no one could count, from every nation and all tribes and people and tongues, standing before the throne and before the Lamb, clothed in white robes, and palm branches were in their hands;*

10 *and they CRY out with a LOUD voice, saying, 'Salvation to our God who sits on the throne, and to the Lamb.'*

11 *And all the angels were standing around the throne and around the elders and the four living creatures; and they fell on their faces before the throne and worshipped God,*

12 *saying, 'Amen, blessing, and glory and wisdom and thanksgiving and honor and power and might, be to our God forever and ever. Amen.'*"

Now the innumerable multitudes praises are so loud that John describes it as the sound of a mighty waterfall or an extremely loud thunder.

Rev 19:1,4-6 (NAS) *"After these things I heard, as it were, a LOUD voice of a GREAT MULTITUDE in heaven, saying 'Hallelujah! Salvation and glory and power belong to our God;*

4 *And the twenty-four elders and the four living creatures fell down and worshipped God who sits on the throne saying, 'Amen, Hallelujah!'*

5 *And a voice came from the throne, saying, 'GIVE PRAISE TO OUR GOD, all you His bond-servants, you who FEAR Him, the small and the great.'*

6 *And I heard, as it were, the voice of a great multitude and as the sound of many waters and as the sound of mighty peals of thunder, saying, 'Hallelujah! For the Lord our God, the Almighty reigns.'*"

God is not nervous and wants us here on earth to also lift up our voices to Him, in unison with heaven, in expressive audible praise.

3. WHAT IS TRUE REVERENCE?

Psa 111:10a,b (NAS) *"The fear of the Lord is the beginning of wisdom, a good understanding have all they that do His commandments, His praise endureth forever."*

The word **fear** here simply means reverence, awe or respect. Therefore, to reverence God is simply to obey His instructions.

To be sanctimoniously religious or quiet is not reverence because God does not require it from us.

A person who says he has reverence for God and does not do what the Bible says is simply deceiving himself.

Psa 115:17-18 (NAS) *"The dead do not praise the Lord, nor do any who go down into silence;*

18 *but as for us, we will bless the Lord from this time forth and forever. Praise the Lord!"*

4. WHY SHOULD I PRAISE?

Because God gets great pleasure out of His children who appreciate Him through praise.

Rev 4:11 (KJV) *"Thou art worthy, O Lord, to receive glory and honor and power; for Thou hast created all things, and for Thy pleasure they are and were created."*

Psa 149:4a (NAS) *"for the Lord takes pleasure in His (praising) people..."*

When a small daughter shows affection to her father, does this complete him? No.

Does he have to have this? No.

Does he desire and enjoy it? Oh Yes!

Psa 147:1 (NAS) "Praise the Lord! For it is **good** to sing praises to our God; for it is **pleasant** and **praise is becoming**" (or appropriate; in keeping).

Psa 150:6 (NAS) "Let **everything that has breath praise the Lord. Praise the Lord!**"

We should **praise** God, for this is **His appointed way that we can enter into His presence**, fellowship with Him and receive His pleasures.

Psa 100:4 (NAS) "Enter His **gates with thanksgiving**, and His **courts with praise**. Give thanks to Him; bless His name."

5. WHAT IF I DON'T FEEL LIKE PRAISING GOD?

In life we often have to do many things we don't feel like, but do them anyway because they are necessary.

Man is by nature a praiser. We praise the **builder** for a job well done, the **hairdresser** on a fine cut, the **chef** on an outstanding meal.

Now God is **the one the Christian adores most** and therefore it's **normal to release our inner being in praise to Him**. It's not so much that **He needs to hear it**, but rather that **we need to express our appreciation**. (E.g.. **A boy and girl** who love each other, but are not yet dating, experience frustration until they express their love for one another. This completes the relationship).

Sometimes we need to give ourselves a **PEP talk** and **WILL to praise God**. Praise **starts with the will** and later we begin to enjoy and experience His presence.

Psa 103:1-2 (NAS) "**Bless the Lord, O my soul: and all that is within me, bless His holy name.**

2 Bless the Lord, O my soul, and forget none of His benefits."

Psa 9:1-2 (NAS) "**I will give thanks to the Lord with all my heart; I will tell of all Thy wonders.**

2 I will be glad and exalt in Thee; I will sing praise to Thy name, O Most High."

There are times that we need to offer a **sacrifice of praise** to God even when we don't feel like it.

Heb 13:15 (NAS) "Through Him them, let us **continually** offer a **sacrifice of praise** to God, that is, the fruit of our lips that give thanks to His name."

Psa 50:14,23 (NAS) "Offer to God a **sacrifice of thanksgiving**, and pay your vows to the Most High.

23 He who offers a sacrifice of thanksgiving honors Me; and to him who orders his way aright I shall show the salvation of God."

I'm sure **Paul and Silas** did not feel like praising God in the **inner dungeon** with their backs bleeding, their feet in stocks - but they did, and God honored and delivered them.

Acts 16:22-26 (NAS) "And the crowd rose up together against them, and the chief magistrates tore their robes off them, and proceeded to order them to be **beaten with rods**.

23 And when they had inflicted many blows upon them, they threw them in prison, commanding the jailer to guard them securely;

24 and he, having received such a command, threw them into the inner prison (dungeon), and fastened their feet in the stocks.

25 But about midnight Paul and Silas were praying and SINGING HYMNS OF PRAISE TO GOD and the prisoners were listening to them;

26 and suddenly there came a great earthquake, so that the foundations of the prison house were shaken; and immediately all the doors were opened, and everyone's chains were unfastened."

Psa 149:2a (NAS) "Let Israel (a type of the church) **be glad** in His Maker."

Be glad in the Hebrew means to **brighten up**. We should never praise God with a long face, but **will to brighten up** in His presence.

Sometimes we don't feel like praising God because we're just **too tired** and out of it. We should always

come to **church well rested** and **prayed up**, and then we will feel like praising God.

Gal 6:7 (NAS) *"Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap."*

You will **only get out** of a praise service what you **put into it**. It's worth the effort in order to enjoy God's presence and blessing on your life.

6. IS THERE POWER IN PRAISE?

Praise is the language of faith - it's God's language.

Griping, complaining and criticism is the devil's language.

Praising God keeps our thoughts and words centered on God's ability and releases Him to deliver us in our need.

Praise dethrones satan and the problem, and enthrones God.

Psa 22:3 (NAS) *"Yet Thou art holy, O Thou who art **enthroned upon the praises of Israel.**"*

When God is enthroned **nothing is impossible**.

When we're in the hard place - that's all the more reason we should be praising God.

Psa 74:21b (NAS) *"Let the **afflicted and needy praise Thy name.**"*

Psa 8:2 (NAS) *"From the mouths of infants and nursing babes Thou hast (Worrell - Matt 21:6) perfected praise, (NAS) because of Thine adversaries, **to make the enemy and the revengeful cease.**"*

2 Chron 20:1-13 Read at home. **Three nations and their armies** came against a weakened, defenseless and powerless tribe in Israel named Judah. **King Jehoshaphat** prayed and turned the peoples' attention to seeking God's deliverance.

2 Chron 20:14-25 Read at home. God spoke through His prophet and said that as they trust in Him, He would fight their battle for them. God's enemies destroyed each other as **the Lord set ambushes against them**. Judah did not even have to lift a sword but simply kept on praising God for His everlasting loving-kindness.

This took great faith.

7. WHAT IS THE IMPORTANCE OF HEARTY CONGREGATIONAL SINGING?

There are over 300 references in the Bible, telling us to sing. King Jehoshaphat and many generals in history knew the tremendous power of song. Singing seemed to rally and transform a seemingly beaten and dejected army into mighty victorious warriors.

Congregations have sung themselves from fear to faith, darkness to light, defeat to victory.

Singing praise songs offers a ready made praise vocabulary. We sing songs that have been born in the midst of great experiences with God, by great men of God.

We're not just to sing songs, but **to sing praises to the One** the song speaks of, with our minds on the meaning of the words and our hearts in them.

Psa 47:6 (NAS) *"Sing praises **to God**, sing praises; sing praises **to our King**, sing praises."*

Don't just sing into the air, but **mentally** place yourself in communication with God and sing to Him.

When a whole **congregation unites** to sing to God the atmosphere becomes impregnated with the anointing of the Holy Spirit.

8. WHAT IS TRUE WORSHIP IN THE SPIRIT?

Man is created in the image and likeness of God, a spirit being, who has a soul and lives in a body.

God is Spirit, and to be **worshipped adequately MUST be worshipped from the spirit of man**.

I can praise God with my **body** by clapping or lifting my hands.

Psa 47:1 (NAS) *"O **clap your hands, all peoples**; shout to God with the voice of joy."*

1 Tim 2:8a (NAS) *"Therefore, I want the men in every place to pray, **lifting up holy hands...**"*

I can praise God from my **soul** (mind) by singing words like "I love you Jesus..," etc.

However, more than this God wants me to worship Him from my **spirit**.

John 4:23-24 (NAS) *"But an hour is coming, and now is, when the **TRUE worshippers shall worship the Father in spirit and truth; for such people the Father SEEKS to be His worshippers.***

24 God is spirit, and those who worship Him MUST worship in spirit and truth."

Therefore true worship is from the heart (i.e. in spirit - in tongues) and is in harmony with what the Bible teaches (i.e. in truth).

The **Father is seeking and desires** such to be His worshippers.

We can **only worship God**, who is spirit, **correctly** with the help and inspiration of the Holy Spirit - in a heavenly tongue.

Acts 10:45-46a (NAS) *"And all the circumcised believers who had come with Peter were amazed, because the gift of the Holy Spirit had been poured out upon the Gentiles also.*

46 For they were hearing the speaking with tongues and exalting God."

46a (Beck) *"...speaking in (heavenly) languages and praising God."*

1 Cor 14:14-18 (NAS) *"For if I pray in a tongue, my spirit prays, but my mind is unfruitful.*

15 What is the outcome then? I shall pray with the spirit and I shall pray with the mind also; I shall sing with the spirit (i.e. in tongues) **and I shall sing with the mind also."**

16 Otherwise if you bless in the spirit only, how will the one who fills the place of the ungifted (i.e. he can't speak in tongues) **say the 'Amen' at your giving of thanks, since he does not know what you are saying?**

17 For YOU ARE GIVING THANKS WELL enough, but the other man is not edified (uplifted).

18 I thank God, I speak in tongues MORE than you all."

Praying and singing in tongues by the help of the Holy Spirit inside of you is blessing God in the spirit and giving thanks well. We should **mix worship** in the **spirit** with worship in our **native language** to help **keep our thoughts focused on Him**.

Eph 5:18-19 (NAS) *"And do not get drunk with wine, for that is (Beck) wild living (Knox) that leads to ruin, (Williams) but ever* (or continuously - daily) **be filled with the spirit,**

19 (NAS) speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord."

Worship is a response to a **revelation** of who God is.

To worship God like this is an instruction of our Lord Jesus Christ.

Matt 4:10b (NAS) *... "You shall worship the Lord you God, and serve Him only."*

Let's not just go through the **motions** in worship, but be sincere and enthusiastic.

9. HOW CAN I FLOW IN THIS KIND OF WORSHIP?

John 7:38-39a (KJV) *"He that believeth on Me, as the scripture hath said, out of his belly shall flow rivers of living water.*

39a (NAS) *But this He spoke of the Spirit..."*

God wants us to sing praises to Him out of our innermost being, our heart or spirit.

He wants us to experience **rolling WAVE AFTER WAVE** of His glory, and flow in this kind of worship.

NB. A **lull in volume** in worship **does not mean that the Spirit has lifted** and that we must stop, but it's simply the beginning of the build up of the next wave of God's glory that wants to envelope us.

It's so anointed and refreshing when the congregation reaches a high crescendo in worship, and then it mellows down to a softer gentler worship, and rises again to a glorious victorious spiritual song.

10. WHAT ARE THE BENEFITS OF PRAISE AND WORSHIP?

As we praise and worship God we will **experience freedom and deliverance from all bondage and oppression.**

Isa 61:3d (KJV) *The bible speaks of putting on "...the garment of praise for the spirit of heaviness..."*

2 Cor 3:17b (NAS) *"...where the Spirit of the Lord is there is liberty (emancipation or freedom from bondage)..."*

Alternatively we could say, "where the Spirit is Lord or is enthroned on our worship there will be deliverance of all satanic oppression."

Isa 10:27c (KJV) *"...The yoke (of oppression) shall be destroyed because of the anointing"* (or simply the anointing breaks the yoke).

Praise and worship also plays a very important roll in **preparing the soil of our heart** to receive the seed of God's word so that it can take root and grow and bring forth an abundant harvest. (Read *Mark 4:20* at home).

Hos 10:11d (NAS) *"Judah will plow..."*

Judah means praise. People who **miss the praise and worship service** and only come to church to hear the word of God have unplowed and unprepared hearts. The devil is easily able to steal the word from them and keep them unfruitful and barren Christians.

All who truly worship God in spirit and in truth and enter into His presence, put themselves in the place where God can minister to them by His Spirit. God is always so faithful to minister to those who reach out to Him.

11. HAVE A 20 MINUTE PRACTICAL SESSION OF WORSHIP IN THE SPIRIT.

HOMEWORK FOR LECTURE 5

1. Spend 10 minutes a day meditating on your notes till these truths register on your spirit man and as preparation for a simple true or false test next week.
2. Memorize **John 4:23-24** as found in point 8 of this lecture. This will count for 5% towards your test result.
3. Practice these truths in your daily devotional time, which will cultivate a lifestyle of worship.