



Ingredients: What Praise and
Worship are Made Of

Associate Pastor Sam Middlebrook
June 21 & 22, 2008

Ingredients of Praise:

1. Praise is a response to God's goodness
*Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name.
For the LORD is good... – Psalm 100:4-5*
2. Praise gives perspective on who God is and who we are
3. Praise is based on the character of God and the
things He does for His children
4. Praise is a function of our will, not our emotions

How to Praise the Lord – God's Way!

- Lifting up our hands (*Psalm 63:4, 134:2, 141:2; 1 Timothy 2:8*)
- Clapping our hands (*Psalm 47:1*)
- Playing of instruments (*Psalm 33:2-3; 150:3-5a*)
- Standing (*2 Chronicles 5:12; Nehemiah 9:5; Psalm 26:12*)
- Kneeling, bowing and prostration (*Revelation 19:4; Ephesians 3:14; Philippians 2:10-11; Nehemiah 8:6; Psalm 95:6*)
- Singing (*Psalm 47:6, 66:2; Acts 16:25*)
- Dancing and leaping (*Exodus 15:20-21; 2 Samuel 6:14-16; Psalm 30:11, 149:3, 150:4; Acts 3:8*)
- Shouting (*Psalm 47:1, 66:1, 66:8, 95:1-2, 98:4, 100:1*)

Ingredients of Worship

1. Respect for the holiness of God
2. A heart attitude of humility
3. A function of the heart
4. An outpouring of our whole being in the presence of God

The more important thing to remember:

Biblical worship is never about us.

(Continues on back)

Hebrew Words for Praise

yadah - to throw out hands; to worship with extended hands
(*Psalm 7:1, 9:1, 28:7, 33:2, 42:5, 44:8, 63:4, 100:4, 134:2, 141:2*)

halal - (root word for hallelujah) to shine, boast over God
(*2 Chronicles 20:19, 21; Psalm 22:22-23, 26; 111:1-3*)

tehillah - to sing halal, a hymn, song of spontaneous praise,
glorifying God in song
(*Psalm 100:4, 22:3, 9:14, 33:1, 34:1, 65:1, 147:1-2, 149:1-2; Isaiah 61:3*)

shabach - to address in a loud voice, tone, shout; to command, triumph
or glory; to shout proclaiming with a loud voice
(*Psalm 63:3, 117:1, 145:4, 147:12*)

barak - to kneel or bow down and to bless God; to give reverence to
God as an act of adoration
(*Judges 5:2; Psalm 16:7, 34:1, 63:4, 66:8, 100:4, 96:2, 103:1-2,
20-22, 134:1-3*)

zamar - to touch the strings; to sing and play with instruments.
Translated many times as "sing praises" and implies the singing of
praise, in set composition of words and music. This kind of praise is
mostly rejoicing. (*1 Chronicles 15:16*)

Greek Words for Praise

ainesis - praising God with a thank offering

aineo - to praise God

humneo - to sing, to laud, sing to the praise of (hymn)

Group Life Discussion Questions



1. Do you read the label on ingredients of the foods you buy? Why or why not?
2. Look at the list of eight ways to praise the Lord. Which ones are challenging to you and which ones come easily? Why?
3. Why is it appropriate to praise God even when times are hard? Do you have a story of a time in your life when this happened?
4. How can our group pray for you?