



FOUNDATIONS

[Track One : Believer To Disciple]

Lesson 06 : Praise and Worship

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What Is Praise?

Psalm 100:1-5 Psalm 150: 1-6

‘Praise’ = ‘to commend; to applaud; to express approval or admiration of; to extol in words or in song; to magnify; to glorify’.



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Lesson 06 : Praise and Worship

Why Should We Praise?

1, God is worthy of our praise :

Psalm 48:1; Revelation 4:11

2, We were created to praise Him :

Jeremiah 13:11; 1 Peter 2:9; Isaiah 43:21



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Why Should We Praise?

**3, We are commanded in His Word to do so :
Psalm 81:1-4; Psalm 149, 150**

4, God is enthroned in our praises : Psalm 22:3



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Why Should We Praise?

5, There is power in praise :

2 Chronicles 20:21,22, Acts 16:25-34

6, It is a good thing to praise : Psalm 92:1;

Psalm 135:3



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When Should We Praise?

At all times : Psalm 34:1; Psalm 70:4; Hebrews 13:15 (all day: Psalm 113:1-3)

Forever : Psalm 52:9



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How Do We Express Praise To God?

1, Singing : Psalm 100:4;

2, Shouting, Make a joyful noise : Psalm 47:1

3, Clapping of hands : Psalm 47:1 (Applauding God)



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How Do We Express Praise To God?

4, Lifting of our hands :

Psalm 134:2

5, Playing of musical instruments :

Psalm 33:2-3



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How Do We Express Praise To God?

6, Standing

7, Singing in the Spirit (in tongues) :

Acts 2:11, Acts 10:46

8, Dancing :

Zephaniah 3:17; Psalm 149:2, 3



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What Happens When We Praise?

1. God inhabits our praise : Psalm 22:3
2. Praise causes divine deliverance : 2 Chronicles 20:22
3. Praise stops the enemy : Psalm 8:2
4. Praise executes God's written judgment on the enemy : Psalm 149:5-9



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Worship

Psalm 95:6,7 Revelation 4:10,11

Worship (dictionary definition): intense love or admiration, a service showing reverence; to express reverence, to have a sense of awe, to bow low to.



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Lesson 06 : Praise and Worship

What Happens When We Worship?

Worship births intimacy - it is in this place of intimacy that I am renewed, refreshed and fruitfulness is birthed.

Worship bring transformation - we become "like unto" what we worship.



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Lesson 06 : Praise and Worship

Congregational Worship

- **The Vertical Aspect**
- **The Horizontal Aspect**
- **The Inward Aspect**



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Lesson 06 : Praise and Worship

Hindering Attitudes In Praise & Worship

1. Pride
2. Irreverence
3. 'Spectatorism'
4. 'Sentimentalism'
5. Paying 'mere lip service'
6. "We've never done it this way before"- fear of change

