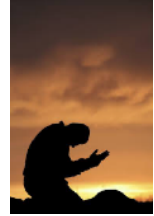




Come and See Freedom in Biblical Praise and Worship By Karen Sue Nyquist



People often use the words praise and worship interchangeably. They are actually different. They are? How? **“Praise** means showing your warm approval or admiration of ... a deity” (4). It can be high, exciting, joyful, loving feelings and expressions. **“Worship**, on the other hand, means the expression or feeling of reverence and adoration for a deity.” (4) It can be a sense of awe, humility, and a deeply intimate love.

Even though they are different, they do often overlap. The Lord once showed me a vision of a diver climbing a ladder to a high diving board. Then He explained, “The higher you go in praise, the deeper you’ll go into worship.” Wow! That makes sense! The higher the diver climbs to reach a diving board, the deeper the dive will go into the water. Yes, Lord! We’ll give you both, high praise (Ps. 149:6) and deep worship (Ps. 42:7). **Come see this freedom!**

We will look at what Biblical praise and worship can be included in a church service, but first let’s see what attitudes God requires from us.

1. Attitudes During Praise and Worship

a. From the heart, not hypocritical - “Inasmuch as these people draw near with their mouths And honor Me with their lips, But have removed their hearts far from Me,” (Isaiah 29:13).

b. In spirit and truth - “... true worshipers will worship the Father **in spirit and truth**; for the Father is seeking such to worship Him” (John 4:23). We are spirit beings and our worship needs to come from our spirit, our true self.

c. In obedience - Jesus said, “If you love Me, keep My commandments” (John 14:15).

d. To glorify God - “...whatever you do, do all to the glory of God” (1 Corinthians 10:31). Let’s not try to draw attention to ourselves.

e. In the proper time and manner - “Let all things be done decently and in order” (1 Corinthians 14:40).

2. Worship Established in the Old Testament

a. Barak - “**to kneel down**, to bless God as an act of adoration, to salute.” “Oh come, let us worship and bow down; Let us kneel (*barak*) before the Lord our Maker” (Psalm 95:6). (1)

b. Shachah - “to depress or **prostrate** in homage or loyalty to God, **bow down**, fall down flat.” (3) “Give unto the Lord the glory due to His name; Worship (*shachah*) the Lord in the beauty of holiness” (Psalm 29:2). (3) Have you ever laid on the floor before the Lord?

c. Yadah - “**to worship with extended hands.**” (1) “Thus I will bless You while I live; I will lift up my hands (*yadah*) in Your name” (Psalm 63:4). (2) 1 Timothy 2:8 (1)

d. To Be Still and Silent - “**Be still**, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth” (Psalm 46:10)! “But the Lord is in His holy temple. Let all the earth **keep silence** before Him” (Habakkuk 2:20). We often can hear the Lord more clearly, when we are silent.

e. Bowing Our Head - “So the people **bowed their heads** and worshiped” (Ex.12:27).

f. Singing Thanks - “they **sang responsively...giving thanks** to the Lord:” (Ezra 3:11). In our church, we follow God’s directions for worship, which makes our worship deeper, more intimate, humbling, filled more with awe, wonder, and reverence. **Come and see!**

3. Praise Established in the Old Testament

a. Hallal - “**to boast, barrage, or rave about God** even to the point of appearing foolish.” (1) ‘Praise (*hallal*) the Lord! Praise (*hallal*), O servants of the Lord, Praise (*hallal*) the name of the Lord’ (Ps. 113:1-3).” (2) “Let the high praises of God *be* in their mouth” (Ps. 149:6)

b. Towdah - “(**raising**) of the hand in adoration, or, ... thanksgiving”. ‘Offer to God thanksgiving (*towdah*), And pay your vows to the Most High’ (Psalm 50:14).” (2)



c. Alats and Alaz - “to jump for joy, exult, be joyful, rejoice, triumph (3) “But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful (*alaz*) In You” (Psalm 5:11). (3)



d. Dagal - “to flaunt, to raise a flag, to be conspicuous, set up with banners, chiefest, “We will rejoice in your salvation, And in the name of our God we will set up (*dagal*) our banners” (Psalm 20:5)! (3)

e. Tehillah - “the singing of halals, to sing or to laud.” (1) “He is your praise (*tehillah*), and He is your God, who has done for you these great and awesome things which your eyes have seen” (Deuteronomy 10:21).” (1)

f. Zamar - “to pluck the strings of an instrument, to sing, to praise ... with joy”; “Sing to Him, sing psalms to Him; Talk of all His wondrous works”(1 Chron. 16:9).Ephesians 5:19 (1)

g. Shabach - “to shout or to address in a loud tone” (Daniel 4:37) (1) “Cry out and shout (*shabach*), O inhabitant of Zion, For great is the Holy One of Israel in your midst!” (Isaiah 12:6)! (2)

h. Dancing - “Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp” (Psalm 149:3). **Kara** - to dance, whirl (2 Samuel 6:14), **Ragad** - to stomp the feet (Eccl. 3:4) (3). “David danced before the Lord with all his might” (2 Sam. 6:14).

i. Taga - to slap hands together, clang an instrument (*cymbals, drums*), blow a trumpet (3) “Oh, clap your hands, all you peoples! Shout to God with the voice of triumph” (Psalms 47:1) “For you it is a day of blowing the trumpets” (Numbers 29:1).

There’s power, freedom, and joy released when our church enters high praise. **Come and see.**

(1) “8 Hebrew Words for ‘Praise’ Every Christian Needs to Know”, Dr. Roger Barrier, crosswalk.com 4/26/21, www.crosswalk.com › faith › spiritual-life

(2) “Seven Hebrew Words for Praise”, Aglow International. www.aglow.org › leaderDev › seven-praise-words

(3) “Hebrew Worship Words,” Just Worship - A resource for Worshipers, justworship.com › Hebrew-words

(4) “Difference Between Praise and Worship”, Koshal, Difference Between, 8/10/2011, www.differencebetween.com>difference-between-praise-and-vs-worship

4. New Testament Additions to Praise and Worship

a. Being filled with the Holy Spirit - be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father **in the name of our Lord Jesus Christ**” (Ephesians 5:18-20).



b. Praying and Singing in Tongues - “For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful. What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also” (1 Corinthians 14:14-15).

5. Have You Seen a Church that Praises and Worships God This Way?

You only live once. Don’t miss this opportunity! **Come and see!** Develop your own praise and worship as you grow closer to the Lord. This can carry over into your own personal devotional time with God.

We are people who are striving to be full of the fruit and power of the Holy Spirit and move in the gifts. We are a Bible-based Christian church located in San Francisco. You can come in person or join us on line. We have signing for the Deaf on Zoom, Sunday School for children, and other ministries throughout the week. **Come and see!**

NationTakers Ministries

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