

CrossRoads Baptist Church  
July 12, 2006 6:30 PM  
Worship: Passion of God #8

## “The Body Language of Praise”

(This is the whole message preached in four parts)

As we have been looking at the subject of worship, we have noted that Biblical worship is 24/7. It is our very life given to God and all that we do is for our Lord. Our very body is our sacrifice of worship.

But there are expressions of worship called praise that I want to address. Please, remember from last Sunday that true praise proceeds from true worship. An external expression can never be accepted by God without a true heart of worship.

If your life does not back up your external praise, then it is no better than the judgment Jesus gave against the hypocritical Jews. God is not just after an external element because just the flesh is not accepted by God.

Remember Moses took off his shoes because he did not want even shoe leather to come between him and God. No works of his own on which he could stand.

But true worship will always want to praise Him. So how do you praise God?

### I. Body Language of Praise

Since praise is always external, then what are the expressions of the body that include praise

#### 1. We will tell of His praises

Psalm 9:14 That I may tell of all Your praise

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

Psalm 35:28 And my tongue shall speak of Your righteousness and of Your praise all the day long.

Psalm 51: 15 O Lord, open my lips, And my mouth shall show forth Your praise.

Psalm 71: 8 Let my mouth be filled *with* Your praise

Isaiah 43: 21 This people I have formed for Myself; They shall declare My praise.

Isaiah 63: 7 I will mention the lovingkindnesses of the LORD *And* the praises of the LORD

#### 2. We will sing of His praises

II Samuel 22: 50 Therefore I will give thanks to You, O LORD, among the Gentiles, And sing praises to Your name.

Psalm 18: 49 And sing praises to Your name.

Psalm 47:6-7 Sing praises to God, sing praises! Sing praises to our King, sing praises! For God *is* the King of all the earth; Sing praises with understanding.

Psalm 59: 17 To You, O my Strength, I will sing praises;

Psalm 68: 4 Sing to God, sing praises to His name; Extol Him who rides on the clouds, By His name YAH, And rejoice before Him.

Psalm 92:1 *It is* good to give thanks to the LORD, And to sing praises to Your name, O Most High;

Psalm 101:1 I will sing of mercy and justice; To You, O LORD, I will sing praises.

Psalm 135: 3 Praise the LORD, for the LORD *is* good; Sing praises to His name, for *it is* pleasant.

Psalm 138:1 I will praise You with my whole heart; Before the gods I will sing praises to You.

Psalm 145: 21 My mouth shall speak the praise of the LORD,

Psalm 146: 2 While I live I will praise the LORD; I will sing praises to my God while I have my being.

Psalm 147:1 Praise the LORD! For *it is* good to sing praises to our God; For *it is* pleasant, *and* praise is beautiful.

Music gets into our spirit the quickest and deepest than any other media. Your music will always reflect your god.

#### 3. We will sing new songs of praise to Him

Psalm 33: 4 Sing to Him a new song; Play skillfully with a shout of joy.

Psalm 40:3 He put a new song in my mouth, a song of praise to our God;

Psalm 96: 1 Sing to the LORD a new song; Sing to the LORD, all the earth.

Psalm 98:1 O sing to the LORD a new song, For He has done wonderful things,

Psalm 144: 9 I will sing a new song to You, O God; On a harp of ten strings I will sing praises to You,

Psalm 149:1-2 Praise the LORD! Sing to the LORD a new song, *And* His praise in the congregation of the godly ones. Let Israel be glad in his Maker; Let the sons of Zion rejoice in their King.

Isaiah 42: 10 Sing to the LORD a new song, *And* His praise from the ends of the earth, You who go down to the sea, and all that is in it, You coastlands and you inhabitants of them!

Revelation 5: 9 And they sang a new song ....

Singing a new song comes out of our desire to sing anything that is giving praise to God for no one song can fully express the greatness of God and His worthiness to be praised.

#### **4. We will praise Him with all the instruments**

II Chronicles 5: 12 Having cymbals, stringed instruments and harps, and with them one hundred and twenty priests sounding with trumpets

Psalm 147: 7 Sing to the LORD with thanksgiving; Sing praises on the harp to our God,

Psalm 149: 3 Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp.

Psalm 150: 3-5 Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals!

The word “psalm” means a song of praise accompanied by a musical instrument.

#### **5. We will say “Amen”**

In Deuteronomy 27 - twelve times it says "And all the people shall say, "Amen"

Nehemiah 5:13 “And all the assembly said, “Amen!” and praised the LORD”

Nehemiah 8: 6 And Ezra blessed the Lord, the great God.

Then all the people answered, “Amen, Amen!” while lifting up their hands. And they bowed their heads and worshiped the Lord with *their* faces to the ground.

PSALM106: 48 BLESSED *be* the LORD God of Israel From everlasting to everlasting! And let all the people say, “Amen!”

I Corinthians 14: 16 - Paul is saying if there is not order in the service how will people know when to say "Amen."

Revelation 19:4 And the twenty-four elders and the four living creatures fell down and worshiped God who sat on the throne saying, Amen! Amen!

Saying “Amen” speaks of agreement

#### **6. We will lift our hands**

Genesis 14: 22 But Abram said to the king of Sodom, “I have lifted my hand to the Lord, God Most High...

Nehemiah 8: 6 ...while lifting up their hands.

Psalm 28: 2 When I lift up my hands toward your holy sanctuary

Psalm 63:4 I will lift up my hands in Your name.

Psalm 134: 2 Lift up your hands in the sanctuary, and bless the Lord.

Psalm 141: 2 The lifting up of my hands as the evening sacrifice.

I Timothy 2:8 Therefore I desire that the men pray everywhere, lifting up holy hands...

Lifted hands express love, surrender and receptivity to the Lord.

#### **7. We will clap our hands**

Psalm 47:1 Oh, clap your hands, all you peoples!

Psalm 98:8 and Isaiah 55:12 says the rivers and the tree of the fields clap their hands

Clapping expresses victory and intimidates the enemy.

#### **8. We will stand in praise**

II Chronicles 5: 12 And the Levites...stood at the east end of the altar...

II Chronicles 7:6 The priests sounded trumpets opposite them while all Israel stood.

Nehemiah 8: 5 And Ezra opened the book in the sight of all the people...and when he opened it, all the people stood up.

Psalm 135: 2 You who stand in the house of the Lord, in the courts of the house of our God.

Standing expresses respect and readiness in the presence of the Lord.

#### **9. We will kneel and bow**

Nehemiah 8:6 And Ezra blessed the Lord, the great God. Then all the people answered, “Amen, Amen!” while lifting up their hands. And they bowed their heads and worshiped the Lord with their faces to the ground.  
Psalm 95:6 O come let us worship and bow down, Let us kneel before the Lord our Maker.

Daniel

Revelation 19: 4 And the twenty-four elders and the four living creatures fell down and worshiped God who sat on the throne, saying, “Amen! Alleluia!”

Kneeling is an expression of humility in submission and surrender.

### **10. We will shout**

Psalm 32:11 Be glad in the Lord and rejoice, you righteous; and shout for joy, all you upright in heart.

Psalm 47:1 Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! For the Lord Most High is awesome; He is a great King over all the earth.

Psalm 66:1 Make a joyful shout to God all the earth

Psalm 81:1 Sing aloud to God our strength; make a joyful shout to the God of Jacob.

Psalm 95:1-2 Oh come; let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms.

Psalm 98:4-6 Shout joyfully before the Lord, the King.

Psalm 100:1 Make a joyful shout to the Lord, all you lands!

Shouting provides a note of triumphant, rejoicing in the victory of our Lord.

### **11. We will dance**

II Samuel 6:14 And David danced before the Lord with all His might

Psalm 30:11 You have turned for me my mourning into dancing

Psalm 149: 3 Let them praise His name with the dance...

Psalm 150:4 Praise Him with the timbrel and dance...

Dancing is a natural human expression of joy and rejoicing; an act of celebrating.

## **II. Benefits of Praising God**

“When we admonish people to praise, don’t tell them what they’ll get out of it, or what God will get out of it. Tell them to praise him simply because it

is right and reasonable to do so. To attach anything more to this is to presume undue importance upon ourselves.” - John Fisher

While I agree with the above statement, I do believe we should know the benefits of praise. The Bible speaks of them and to be ignore them is to believe the Bible was wrong to mention them.

### **A. Praise welcomes the presence of God**

Psalm 22: 3 “But You are holy, who inhabit the praises of Israel.”

Amplified Bible reads: “But You are holy, O You Who dwell in [the holy place where] the praises of Israel [are offered].

Psalm 100: 4 “Enter into His gates with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name.”

Jack Hayford is right when he said, “Worship is an opportunity for man to invite God’s power and presence to move among those worshipping Him.”

### **B. Praise drives away the dark spirits**

Then in Isaiah 61 the prophet is listing all the reasons the Messiah is coming and it includes “to console those who mourn in Zion; to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness;....”

There is a garment .... A garment is external, not internal

So praise is always external. You cannot praise God inside of yourself. You can worship God internally but not praise Him

But this garment is for the “spirit of heaviness.” This Hebrew word is used only 14 times in the OT and most of the references is in Leviticus 13 in reference to lepers. The word means “colorless, dim or dark, faded.” Think of a colorless person or a dark person. They are heavy with no life.

Praise lifts up the fallen countenance and spirit.

### **C. Praise is an act of obedience to God**

Hebrews 13: 15 "Let us continually offer the sacrifice of praise to God."

Praise is directed to God.

Psalm 22:23 You who fear the Lord, praise Him!

Psalm 150: 6 Let everything that has breath praise the LORD. Praise the LORD!

Luke 19:40 I tell you that if these should keep silent, the stones would immediately cry out.

We praise out of obedience to God

#### **4. Praise and worship is beautiful to God**

Psalm 147:1 Praise the LORD! For *it is* good to sing praises to our God; For *it is* pleasant, *and* praise is beautiful.

Psalm 92:1 *It is* good to give thanks to the LORD, And to sing praises to Your name, O Most High;

Psalm 135:3 Praise the LORD, for the LORD *is* good; Sing praises to His name, for *it is* pleasant.

#### **5. Praise and worship transforms the worshiper**

People become like the object of their worship.

Psalm 115:8 Those who make them are like them; so is everyone who trusts in them.

More can happen in 5 minutes in the presence of God than 50 hours somewhere else.

Not to be changed when we leave worship by doing something different, being somebody different or thinking different, then we have not worshipped. You can't come in the presence of God and remain the same.

Matthew 5:23-24 Jesus said as you bring your gifts to the altar and you remember you have a wrong against a brother, reconcile with your brother and then come and worship with your gifts.

We offer ourselves as Isaiah did, "Lord, here am I. Send me.

Read the article by Dr. Charles Stanley that has been duplicated for you.

Conclusion:

Praise is never passive, boring, dull, or inexpressive. To come to church and settle into a comfortable seat, cross your arms, and be smug by not participating in singing, shouting, or verbalizing praise is to fail greatly in our worship. Praise is always exciting, expressive, exalting, enthusiastic, energetic and exuberant. Praise is for one reason, our God is Worthy of all praise!!!!

From Gene at Hillcrest BC, Austin, TX

Are you "responsively" challenged? As a "pre-natal" Baptist, I find that I am. We didn't want to raise our hands because "that was what the Pentecostals" did. If something was to be verbalized a good hearty "Amen" was acceptable, but we weren't encouraged to clap or get very excited because, you know, the "Pentecostals." And we have even become too dignified in our city churches to say "Amen!" and we certainly don't want to sound "country!"

So between the fear of being labeled Pentecostal or Country, we have become expressionless. That's not necessarily being more "spiritual." Although these forms of expression can become a problem and focus in and of themselves, so can silence. If the focus is on us, whether we are afraid to respond or we are "jumping a pew," we are on thin ice.

As many of us are finding, many of these "rules" we have lived with for years are really pretty limiting when it comes to us actually worshiping the Lord. Old habits are hard to break. The Bible has numerous references to clapping, shouting and lifting up our hands to express ourselves in worship. Ask the Lord to help you understand how He wants you to worship Him.