

# The Spiritual Disciplines of David

## Praise & Worship

### Praise

What is praise?

- Praise is the joyful recounting of all God has done for us. It is closely intertwined with thanksgiving as we offer back to God appreciation for His mighty works on our behalf.
  - **Psalm 150:1-2** Praise the LORD! Praise God in His sanctuary; Praise Him in His mighty firmament! <sup>2</sup> Praise Him for His mighty acts; Praise Him according to His excellent greatness!

### Praise should be done continually

- **Psalm 34:1-3** I will bless the LORD at all times; His praise *shall* continually *be* in my mouth. <sup>2</sup> My soul shall make its boast in the LORD; The humble shall hear *of it* and be glad. <sup>3</sup> Oh, magnify the LORD with me, And let us exalt His name together.
- Praise can be done continually. And it can be forced. By that I mean we can do it when called for or on demand.
- It acknowledges who God is, and what He has done. It may contain things that are not super personal to you.
- Praise helps us transition into worship

### Worship

**Psalm 96:9** Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth.

What is worship?

- Worship comes from a different place within our spirits. Worship is the art of losing *self* in the adoration of another.

- Praise can be a part of worship, but worship goes beyond praise. Worship gets to the heart of who we are. To truly worship God, we must be willing to humble ourselves before God, surrender every part of our lives to His control, and adore Him for who He is, not just what He has done.
- Worship is a lifestyle, not just an occasional activity. It is through true worship that we invite the Holy Spirit to speak to us, convict us, and comfort us. Through worship, we realign our priorities with God's and acknowledge Him once more as the rightful Lord of our lives.
- Just as praise is intertwined with thanksgiving, worship is intertwined with surrender.
- The physical acts often associated with worship—bowing, kneeling, lifting hands—are expressions of the necessary attitude of humility required for real worship.
  - **Psalm 95:6** Oh come, let us worship and bow down; Let us kneel before the LORD our Maker.

### **As Christians, worship is reserved only for God:**

- **Luke 4:8** And Jesus answered and said to him, "Get behind Me, Satan! For it is written, '*You shall worship the LORD your God, and Him only you shall serve.*' "

**The main difference between praise and worship** is that worship must be authentic and come from a place of surrender. Worship says that God is greater, worthier, more glorious than you. He is everything. Without him, you are nothing.

- Therefore, worship must be genuine and come from your spirit.
- Unbelievers can praise. But they cannot worship.

**John 4:23-24** But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to

worship Him. <sup>24</sup> God *is* Spirit, and those who worship Him must worship in spirit and truth.”

- How do we worship in spirit and in truth?
- Our spirits being united with Christ.
- We are spirit, made in God’s image
- Therefore to worship in spirit we must:
  - Be born again
  - Recognize that we are spirit beings
  - Use our spirit to worship, not our flesh
- This is why everything we do can be worship

### **3 false models of worship - in the flesh**

- **Appeasement.** We worship so we can appease an angry God. We must do penance, sacraments to appease God. ***What can we do to appease God’s wrath.*** Holy works based.
- **Manipulation.** We are here to do whatever we must do to get what we want. If we do this, he’ll do that. Praises go up, blessings come down. We worship for breakthrough. Highly emotional, noise, energy to get God’s attention through our praise. Get God to notice us, we’re serious believers ***so He gives us what we want.***
- **Catharsis** – We are here to have an emotional experience. We go out and are beaten up by the world, so we come here to refuel. We have problems, so we come to be taught how to deal with our problems. Self-help. ***We need to get something out of this.***

As most people come in and out of church, they tend to be looking for these types of things. But rarely admit it.

- When people are first introduced to the Gospel of Grace, they love the truth. They need this truth
- But when it comes to worship, they revert to one of those 3 models. When they don’t get it they move on. Maybe to another church. Maybe out of the church or away from the faith altogether.

## **In the 3 false models – there is no real communion.**

In the 3 false models – we don't necessarily need God for them. The focus is on us.

- Appeasement – we gather together to tick off enough boxes to make it right. Demonstrate contrition. Make things right. We do not need God for this. You don't even need a Bible. Just go to a person to tell you what to do.
- Manipulation does not need truth or connection to faith. Just motions and emotions. We don't need theology. We don't need doctrine. We don't need sound words or a pattern of teaching.
- Catharsis – I had a hard week and I need encouragement. I need to feel better. Self-help. We do not need to hear about sin. That's not encouraging. I need 3 ways to a happy life and 5 ways to improve my marriage. We need useful stuff, not spiritual stuff. Make my life better.

## **True Worship is communion with God. Under the New Covenant, we have peace with God, we are united with Him.**

Why do we worship?

- Communion with God.
- Because He is worthy.

It's actually impossible to separate those two points and discuss them individually. It is only because He is worthy that we are able to have communion with Him, and we desire communion with Him because He is worthy.

## **If we look at Revelation we can see how the worship is in heaven**

- **Revelation 4:11** "You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist and were created."
- **Revelation 5:9-10** And they sang a new song, saying: "You are worthy to take the scroll, And to open its seals; For You were slain, And have redeemed us to God by Your blood Out of every tribe and

tongue and people and nation, <sup>10</sup> And have made us kings and priests to our God; And we shall reign on the earth."

- **Revelation 5:12** saying with a loud voice: "Worthy is the Lamb who was slain To receive power and riches and wisdom, And strength and honor and glory and blessing!"
- **Revelation 5:13** And every creature which is in heaven and on the earth and under the earth and such as are in the sea, and all that are in them, I heard saying: "Blessing and honor and glory and power Be to Him who sits on the throne, And to the Lamb, forever and ever!"
- **Revelation 7:10** and crying out with a loud voice, saying, "Salvation belongs to our God who sits on the throne, and to the Lamb!"
- **Revelation 19:1** After these things I heard a loud voice of a great multitude in heaven, saying, "Alleluia! Salvation and glory and honor and power belong to the Lord our God!"

See how the worship is a response to being in the presence of God. All focus is on Him.

There is nothing of self. It is flowing from their spirits to Him.

### **Our worship should be covenantal. We operate under the new covenant**

The New Covenant

- **Ezekiel 36:26-28** I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. <sup>27</sup> I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them. <sup>28</sup> Then you shall dwell in the land that I gave to your fathers; you shall be My people, and I will be your God.
- **Luke 22:19-20** And He took bread, gave thanks and broke it, and gave it to them, saying, "This is My body which is given for you; do this in remembrance of Me." <sup>20</sup> Likewise He also took the cup after supper, saying, "This cup is the new covenant in My blood, which is shed for you.
- **Romans 5:1-2** Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom also we

have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.

Thanksgiving, as we talked about last Sunday, helps take our focus off of life, the world, our problems – and centers our attention on Jesus. It magnifies God.

Praise moves beyond just gratitude into positioning our hearts and minds solely on God – who He is and what He has done.

Worship brings us into deep communion with God. This will deepen our relationship with Him. It will strengthen our connection with God. It will reveal more of God to us.