

# PRAISING GOD

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Mother of God Prayer Meeting  
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## Understanding Vocal Praise

- A. Why do we praise God out loud?
  - 1. God is worthy of praise ([Psalm 150](#), [148:13](#))
  - 2. We were created to praise God ([Psalm 148:7-13](#), [145:21](#), [Rev 19:5-7](#))
  - 3. All the saints and angels are continually praising God in heaven ([Rev 7:12](#))
  - 4. We will praise God in heaven for all eternity ([Rev 15:4](#))
  
- B. What do we praise God for?
  - 1. For who He is (who God is in himself) ([Psalm 145:1-3](#), [150:1](#))
  - 2. For what He has done (God's work in creation, redemption and in my life personally) ([Psalm 150:2](#), [148:5](#), [106:1-2](#))
  - 3. For what He is doing (His work in us and in the world) ([Psalm 145:15-20](#), [30:2-4](#))
  - 4. For what He will do (His return in glory)
  
- C. How do we praise God?
  - 1. With our mouth ([Psalm 63:3](#))
  - 2. With our heart and mind ([Psalm 111:1-2](#))
  - 3. With our body ([Psalm 63:4](#))

## Hindrances to praising God

- A. The world, the flesh and the devil
  - 1. The world tells us that praising God is foolishness, that it doesn't gain us anything. Think about how much time we spend thinking about God. Now think about how much time we think about things of this earth, watching TV, reading the newspaper, etc. It's no wonder that we have a battle when we come to pray because our minds are bombarded with the things of this earth.
  - 2. The flesh doesn't want us to focus on anyone but ourselves. We may feel lazy, dull-minded, tired, or distracted.
  - 3. Satan does not want us to bow down to God and he will use anything he can to keep us from worshipping. One common way is to tempt us to be self-conscious and fearful.

## Fruit of Praising God

- A. Dispels the darkness
  - 1. Praising God confronts our thoughts, emotions, will and memory. It dispels lies of the flesh, the world, and the devil. It is a divine intervention that occurs simply because of His mercy and our willingness to think about who He is. Our faith is deepened because truth replaces lies. We get perspective on what really is true and worthwhile. We realize what our lives are REALLY about.

2. We get our thoughts off of ourselves. Consider God's wisdom and generosity in giving us this gift in this generation of self-centeredness.
  3. We are made aware of unrepented sin. This happens in the context of His tremendous mercy, not condemnation. Our sin comes to mind and we can see it for what it is with unveiled eyes, but we know that God is just offering his mercy so we can be free from our sin.
- B. Gives us "fear of the Lord" - This is an experience of being in absolute awe at standing before this all-holy God and knowing that we are nothing compared to His greatness and majesty ([Isaiah 6:3-5](#)).
  - C. Our gratitude increases - This increased gratitude comes from experiencing his intimate love in the midst of our human frailty. It helps us trust more deeply in God's love and care for us.
  - D. Our Praise deepens - When this happens, our praise and worship seems effortless, we forget ourselves and only want to please God. An example of this is when you find that you have been praising God for a long time and it felt like just a moment.
  - E. A word from the Lord - In the midst of our praise God can bring to mind a scripture, a word of prophecy, a vision or a song. This word can be for us personally or for the whole body. This deepens our faith and leads us into a deeper praise and trust in God.
  - F. **Praise in the New Testament**
  - G. [Luke 19:37](#) When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen:
  - H. [Luke 19:38](#) "Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!"
  - I. [Rom 15:11](#) "Praise the Lord, all you Gentiles, and sing praises to him, all you peoples."
  - J. [Corinthians 14:14-15](#) For if I pray in a tongue, my spirit prays, but my mind is unfruitful. **So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind.**
  - K. [Eph 5:19](#) Speak to one another with psalms, hymns and spiritual songs.
  - L. [Eph 6:18](#) And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.
  - M. [Phil 3:3](#) For it is we who are the circumcision, **we who worship by the Spirit of God**, who glory in Christ Jesus, and who put no confidence in the flesh-
  - N. [Col 3:16](#) Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.
  - O. [Tim 2:8](#) I want men everywhere to lift up holy hands in prayer, without anger or disputing.
  - P. [Heb 2:12](#) He says, "I will declare your name to my brothers; in the presence of the congregation I will sing your praises."
  - Q. [Heb 12:28](#) Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,
  - R. [Heb 13:15](#) Through Jesus, therefore, let us continually offer to God a sacrifice of praise--the fruit of lips that confess his name.
  - S. [James 3:9](#) With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be.

- T. [Revelation 4](#):10-11 the twenty-four elders fall down before him who sits on the throne, and worship him who lives for ever and ever. They lay their crowns before the throne and say: "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."
- U. [Rev 5](#):12-13 In a loud voice they sang: "Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!" Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing: "To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!"
- V. [Revelation 7](#):12 They fell down on their faces before the throne and worshiped God, saying: "Amen! Praise and glory and wisdom and thanks and honor and power and strength be to our God for ever and ever. Amen!"
- W. [Revelation 15](#):3 They held harps given them by God and sang the song of Moses the servant of God and the song of the Lamb: "Great and marvelous are your deeds, Lord God Almighty. Just and true are your ways, King of the ages. Who will not fear you, O Lord, and bring glory to your name? For you alone are holy. All nations will come and worship before you, for your righteous acts have been revealed."
- X. [Revelation 19](#):5 Then a voice came from the throne, saying: "Praise our God, all you his servants, you who fear him, both small and great!" Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting: "Hallelujah! For our Lord God Almighty reigns. Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready.

### **Small group discussion questions**

1. Do you feel comfortable praising out loud? Why or why not? If not, think about the reasons and ask the Holy Spirit to release you from any fears or self-consciousness. Ask Him to give you His perspective.
2. Spend some time praying a psalm out loud. (Some possibilities are [Psalms 66](#), [71](#), [103](#), [135](#), [145](#), or [150](#).) Consider taking one sentence of a Psalm at a time and applying it to your own life. Try to use this as a basis for praising God out loud. Did meditating on a psalm during your praise time help you enter into God's presence more easily? Write down any new understanding that you received about God from this experience.
3. Think about a time when God really touched you during your praise. What happened? What is something that God has taught you about himself during your praise this week?
4. In [John 21](#):3 Peter had fished all night but caught nothing. When Jesus told Peter what to do, Peter caught a great number of fish. Praise is not merely a human endeavor but is a work of the Holy Spirit in us. Ask the Holy Spirit to lead you to that "catch of fish" which is God's personal word for you.
5. The restoration of praise is one of the great gifts of the charismatic renewal, which we know has crossed the lines of Christian denominations. Why do you think that this gift is so important?