

Kingdom *OF* Lifestyle
Praise

PT. 1

PSALM 103:1-5 (NIV)

Discern & Partake of the Body of Jesus

Psalm 103:2,3b

2 Praise the LORD, my soul, and forget not all his benefits—

3 who ... heals all your diseases;

Discern & Partake of the Blood of Jesus

Psalm 103:2,3a,4a (NIV)

2 Praise the LORD, my soul, and forget not all his benefits—

3 who forgives all your sins ...

4 who redeems your life from the pit ...

Psalm 103:1-5 (NIV)

¹ Praise the LORD, my soul; all my inmost being, praise his holy name.

² Praise the LORD, my soul, and forget not all his benefits—

³ who forgives all your sins ⁽¹⁾ and heals all your diseases, ⁽²⁾

⁴ who redeems your life from the pit ⁽³⁾ and crowns you with love and compassion, ⁽⁴⁾

⁵ who satisfies your desires with good things ⁽⁵⁾ so that your youth is renewed like the eagle's. ⁽⁶⁾

A) What Is “Kingdom” in this context?

“Kingdom” can simply be defined as God’s ways of doing things. An acceptable lifestyle by the King. The Kingdom Lifestyle was exemplified by Jesus Christ while ministering on earth.

B) What Is “Praise” in this context?

“Praise” can be defined as the expression of

- ❑ appreciation
- ❑ admiration and
- ❑ approval of a person or of a thing.

Note:

- Giving thanks is a type of praise.

C) What Is “Kingdom Praise?”

- Therefore, “Kingdom Praise” is simply the *“spirit led”, “truthful”, “intentional”,* and *“knowledgeable”* expression of appreciation, admiration and approval of all that God does for you (me), in you (me) and through you (me) for His glory.

Therefore,

- Kingdom praise is expressed through every available means such as talking, singing, dancing, clapping, jumping, etc.
- It has a component of appreciation of the **past** (what He had done), **present** (what God is doing) and the **future** (what He will do).

D) 4 Components of Kingdom Praise

- Kingdom Praise is *“spirit led”* because, it can be done anytime, anywhere. It is not restricted by location or environmental factors. (Therefore, at the slightest prompting of the Spirit to praise, we should praise).
- Kingdom praise is *“truthful”* because, it is a *genuine* expression of appreciation, admiration and approval of all that God does for you (me), in you (me) and through you (me).

D) 4 Components of Kingdom Praise

- Kingdom praise is *“intentional”* because, it is a conscious act, not a passive one. It is done on purpose, for specific reasons. It is not verbalization of idle and meaningless words.
- Kingdom praise is *“knowledgeable”* because it is done with understanding.

(A person who understands why they praise, will offer more effective praises to the one being praised.)

Noteworthy

- “Kingdom Praise” is **direct communication** to the one whom you (I) intend to praise. Therefore, refrain from these statements while you praise the Father...

(1) I will praise You...

The question here is “When?”

(2) I praise You...

We appreciate the intent, so, follow through by words that communicate your praise intent.

(3) You are God, and you are worthy of my praise...

True, He is. How about making it more personal and direct?

(4) He is a good God.

Indeed.

Cont'd...

- The communication is best when done using the “present tense”, and well received if, and when done **authentically**.
- Kingdom Praise is most effective through someone who has a **fellowship relationship** with the Father.

In Conclusion...

- “Kingdom Praise” is the **preferred** and **necessary** lifestyle of a Kingdom citizen.
 - (i) It is the **preferred** lifestyle of the kingdom citizen because it is the type of praise the Father is seeking for.
 - (ii) It is **necessary** because it is our act of obedience to His Word.

Assignments

A) Write down 100 reasons why you are thankful.

(This assignment is based on Psalm 103:1-5).

B) Come ready to share them with us and, also use it as your reference while we praise the Lord together next week.

C) Question

(1) Is this a Praise Song?

10,000 Reasons (Bless the Lord o my soul) - Matt Redman

(i) If YES. Why?

(ii) If NO. Why?

10,000 Reasons (Bless the Lord O my soul) Song by Matt Redman

- **CHORUS**

Bless the Lord oh my soul, oh my soul

Worship His Holy name

Sing like never before, oh my soul

I'll worship Your Holy name

- **VERSE 1**

The sun comes up, it's a new day dawning

It's time to sing Your song again

Whatever may pass and whatever lies before me

Let me be singing when the evening comes

- **VERSE 2**

**You're rich in love and You're slow to anger
Your name is great, and Your heart is kind
For all Your goodness I will keep on singing
Ten thousand reasons for my heart to find**

- **VERSE 3**

**And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore**

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PT. 2

PSALM 103:1-5 (NIV)

Discern & Partake of the Body and Blood of Jesus Christ

1 Corinthians 10:16 (AMPC)

16 Is the cup of blessing which we bless [at the Lord's Supper] not a sharing in the blood of Christ? [Indeed, it is.]

Is the bread which we break not a sharing in the body of Christ? [Indeed, it is.]

E) Who / What Praises?

- Man/People/Nations Praise

(i) Psalm 103:1 (NKJV)

“Bless the LORD, *O my soul, And all that is within me,* bless His holy name.”

(ii) Psalms 67:3, 5 (NIV)

“May the peoples praise you, God; may all the peoples praise you.

May the peoples praise you, God; may all the peoples praise you.”

(iii) Psalms 117:1 (NLT)

“Praise the LORD, all you nations. Praise him, all you people of the earth.”

- **The Godly and the Righteous**

A godly person is simply one who reverences (fears) God.

One who lives according to His principles.

(i) Psalm 33:1 (NLT)

“Let the godly sing for joy to the LORD; it is fitting for the pure to praise him.”

(ii) Psalms 30:4 (NLT)

“Sing to the Lord, all you godly ones! Praise his holy name.”

(iii) Psalms 64:10 (NLT)

“The righteous will rejoice in the LORD and take refuge in him; all the upright in heart will glory in him!”

(iv) Psalm 32:11 (NLT)

“So rejoice in the LORD and be glad, all you who obey Him! shout for joy, all you whose hearts are pure!”

- **The Trustworthy**

- (i) Psalms 63:11b (NLT)

- “...All who trust in Him will praise Him...”

- **Everything on Earth / The Whole World**

(i) Psalm 66:1 (NLT)

“Shout joyful praises to God, all the earth.”

- There are so many things on earth (the inhabitants of the earth and the produce from the earth). The earth is commanded to praise God through its manifestations.
- The earth was created for a purpose and when the earth fulfills its purpose in every given area, it is the earth's way of praising God.

(ii) Psalms 66:4 (NLT)

“Everything on earth will worship you; they will sing your praises,
shouting your name in glorious songs.”

(iii) Psalms 66:8 (NLT)

“Let the whole world bless our God and loudly sing His praises.”

Read Psalms 148:1-14 (NLT)

F) Why Kingdom Praise?

- **Command/Instruction**

(i) 1 Chronicles 16:28 (GNB)

Praise the Lord, all people on earth, praise his glory and might.”

- This command/instruction is to everyone (all the people of the earth).
- The proper response to any instruction is to implement it.

(ii) Romans 15:11 (KJV) –

And again, "Praise the Lord, all you Gentiles; let all the peoples extol him."

(iii) Deuteronomy 10:21 (GNT)

"Praise him – he is your God, and you have seen with your own eyes the great and astounding things that he has done for you."

- It is a command to praise God, however, do not limit your praise to Him by saying (Praise the lord, or I praise you Lord).
- Praise to him is demonstrative (by actions and words).
- So, if a song minister leading in praise songs says to the congregation “praise the lord”; you, as the congregant are not expected to repeat what the song minister says. Instead, your goal is to implement the instruction.

- Worthy/Deserving

(i) Psalms 18:3 (NIV)

“I called on the LORD, who is worthy of praise, and he saved me from my enemies.”

(ii) Psalms 48:1a (NLT)

“How great is the LORD, how deserving of praise,”

(iii) Psalms 145:3 (NLT)

“Great is the LORD! He is most worthy of praise! No one can measure His greatness.”

- Creation Praises Him

Psalms 19:1-4 (NIV)

1 The heavens declare the glory of God; and the firmament sheweth his handywork.

2 Day unto day uttereth speech, and night unto night sheweth knowledge.

3 There is no speech nor language, where their voice is not heard.

4 Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun

- We Reverence Him (an expression of your obedience to him)

Psalms 22:23 (NIV)

“You who fear the LORD, praise him!” All you descendants of Jacob, honor him! Revere him, all you descendants of Israel.”

- It is very easy to personally evaluate your reverence for God. By your obedience. Obedience is the litmus test. How obedient are you to Him?
- This scripture is very specific about why we should praise; because “we fear Him”.

- God's Preferred Habitat

Psalms 22:3 (NIV)

“But you are holy, *you who inhabit the praises of Israel.*”

- We all have preferences when it comes to the places where we live. So too does God. He does not comfortably dwell anywhere. However, when we praise, we can be sure that He will inhabit our praises.

- “Inhabit” in Hebrew means to remain, to sit down, to dwell.

Instead of doing things that will cause Him to pass you by, praise Him so that He can sit down, dwell, remain with you.

- Demons like darkness and thrive under such conditions. Grumpiness, sadness, complains, etc. However, the Father prefers to dwell in a peaceful, joyful environment.

- Access/ Password

- Psalms 100:4 (NIV)

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

- Psalms 100:4 (MSG)

“Enter with the password: ‘Thank you!’ Make yourselves at home, talking praise. Thank him. Worship him.”

- There is spiritual protocol in the kingdom and praise is one of the protocols.
- Praise is like a key that grants us access.
- Think about it, the more grateful we are towards someone, the more they will grant us access to them. It is the same thing.
- Human beings are very receptive to grateful people. A grateful person can easily be granted access to a place or person. Not the case with the ungrateful.

- Joy Is Full (Fullness of Joy)

- Psalms 16:11 (NIV)

“You make known to me the path of life; *you will fill me with joy in your presence,* with eternal pleasures at your right hand.”

Our joy is full when we praise Him. Joy is the by-product/outcome of dwelling in His presence of praise.

We become joyful because we praise.

We do not (often) praise because we are joyful. Otherwise, the Bible will not often refer to praises as “sacrifice of praise”.

- It Is Good

Psalms 54:6 (NKJV)

“I will sacrifice a freewill offering to you; *I will praise your name, LORD, for it is good.*”

- It is not only good to praise God. It is a godly thing to do, and it is the right thing to do. A spirit filled person ought to praise God.

- **His Promises**

Psalms 56:10 (NLT)

“I praise God for what He has promised; yes, I praise God for what He has promised.”

Many people have not seen the tangible manifestations of His promises in their lives. Some have experienced fulfillment of His promises in their lives. Irrespective of the category we find ourselves, we ought to praise Him. We praise Him for what He had done, what he is doing and what He plans to do.

- For Unfailing Love and Enduring Faithfulness

- Psalms 117:2 (NLT)

“For his unfailing love for us is powerful; the LORD’s faithfulness endures forever. Praise the LORD!”

- Psalms 138:2b (NLT)

“I praise your name for your unfailing love and faithfulness; for your promises are backed by all the honor of your name.”

Think about how patient, kind, forgiving and enduring the Father has been to you until this moment. You have every reason to praise Him.

- For Answered Prayers

Psalms 118:21 (NKJV)

“I will praise you for *you have answered me*, and have become my salvation.”

Everyone rejoices when a prayer point is answered.

Assignments

A) Write down 100 more reasons why you are thankful.

(This assignment is based on Psalm 103:1-5).

B) Come ready to share them with us and, also use it as your reference while we praise the Lord together next week.

C) Write down a praise paragraph and share with us.

D) Identify 2 praise songs and share us.

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PT. 3

PSALM 103:1-5 (NIV)

Discern & Partake of the Body of Jesus

Isaiah 53:4 (NKJV)

4 Surely, He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted.

Surely, He has lifted (taken, carried) our sickness and bore the heavy load of our pain...

Discern & Partake of the Blood of Jesus

Acts 20:28 (NIV)

28 Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.

G) Whom Do We Praise?

The Lord

- 1 Kings 8:56 (NIV)

“Praise be to the LORD, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses.”

- Psalms 98:5 (NLT)

“Sing your praise to the LORD with the harp, with the harp and melodious song,”

- Psalms 99:3 (NLT)

“Let them praise your great and awesome name. Your name is Holy!”

G) When Should We Praise?

At all times / continually

- Psalms 34:1 (NLT)

“I will praise the LORD, at all times. I will constantly speak his praises.”

- Ephesians 5:20 (NIV)

“Always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;”

When we experience His wonders

- Psalms 31:21 (NIV)

“Praise the Lord for he has shown me the wonders of his unfailing love.
He kept me safe when my city was under attack.”

- Psalms 66:20 (NLT)

“Praise God who did not ignore my prayer or withdraw His unfailing love
from me.”

Upon Invitation

- Psalms 34:3 (NLT)

“Come, let us tell of the LORD’s greatness; let us exalt his name *together.*”

- Not every invitation should be turned down. Some invitations are genuine calls for celebration and praises unto the Most High God for all He has done.

When In Distress/ Facing Challenges

- Philippians 4:6-7 (NKJV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

H) Where Should We Praise?

Among People / Nations

- 1 Chronicles 16:8 (NIV)

“Oh give thanks to the LORD, call upon His name; Make known His deeds among the peoples.”

- Psalms 57:9 (NLT)

“I will praise you, Lord, among the nations; I will sing of you among the peoples.”

- Psalms 108:3 NLT

“I will thank you, LORD, among all the people. I will sing your praises among the nations.”

Your praises to God should not be reserved only for your secret place or your quiet time with Him alone. It should be done publicly sometimes.

Not just in an open space but also among people. Meaning, they should hear you talk about your God. They may possibly get to know Him through your praises of Him, in their midst.

In A Worship Center (A building, dedicated for that purpose)

- Psalm 27:6 (NIV)

“And now shall mine head be lifted up above mine enemies round about me: therefore, will I offer *in his tabernacle* sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.”

Everywhere

- Psalm 103:22 (CEB)

“All God’s creatures, bless the LORD! Everywhere, throughout his kingdom,
let my whole being bless the LORD!

I) Timeframe of Praise

- Forever

(i) Psalms 52:9 (NLT)

“I will praise you forever, O God, for what you have done. I will trust in your good name in the presence of your faithful people.”

I) Timeframe of Praise

(ii) Psalms 145:1 (NLT)

“I will exalt you my God and my King and praise your name forever and ever.”

NB:

There truly is no starting point/time and end-time of praise. Let our entire being abound in praises to God.

- As Long, as I Live

(i) Psalms 63:4a (NIV)

“I will praise you as long as I live,”

Note:

Praise everywhere and every time, ‘until the end’.

J) Time of Praise

The hour of day

Anytime

Every Morning

- Psalms 59:16 (NIV)

“But I will sing of your strength, *in the morning* *(every morning (NLT))*

I will sing of your love; for you are my fortress, my refuge in times of trouble.”

At Dawn (Sunrise, daybreak)

- Psalms 108:2b (NLT)

“... I will wake the dawn with my song.”

Morning and Evening

- Psalms 92:1-3 (NLT)

“It is good to give thanks to the LORD, to sing praises to the Most High.

It is good to proclaim your unfailing love in the morning, your faithfulness in the evening.”

- At Midnight

Psalms 119:62 (NLT)

“I rise at midnight to thank you for your just regulations.”

- Seven times a day

Psalms 119:161 (NLT)

“I will praise you seven times a day because all your regulations are just.”

Assignments

- A) Practice at least 15-30 minutes of effective kingdom praise daily until next class. Use your list of 300 reasons why you are thankful, to compliment your praise session.

- B) Feel free to share with us what your experiences were.

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PT. 4

PSALM 103:1-5 (NIV)

Discern & Partake of the Body of Jesus

Isaiah 53:4 (NKJV)

4 Surely, He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted.

Surely, He has lifted (taken, carried) our sickness and bore the heavy load of our pain...

Discern & Partake of the Blood of Jesus

Acts 20:28 (NIV)

28 Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.

K) Obstacles to Kingdom Praise

By obstacles, we refer to the things that stand in the way of your praises unto him.

(i) Lack of understanding about praise.

(ii) Disobedience.

(iii) Selfishness.

- Praise can be likened to giving. Occasionally, we see in the word of God phrases like, “Give thanks”. The emphasis is on “give”. Selfish people do not like giving, talk less of giving thanks to God. Selfishness is an obstacle to praise.
- Another expression of selfishness is the tendency of focusing on the challenges that come our way. When we focus on the challenges, the challenges become obstacles to our praise.

(iv) Lack of confidence in God.

- Psalms 57:7 (NLT)

“My heart is confident in you, O God; my heart is confident. No wonder I can sing your praise.”

- Psalms 108:1 (NLT)

“My heart is confident in you, O God; No wonder I can sing your praises *with all my heart.*”

I) Results of Praise

- Joy

- Isaiah 12:3 (NIV)

“With joy you will draw water from the wells of salvation.”

- Psalms 16:11 (NIV)

“You make known to me the path of life; *you will fill me with joy in your presence,* with eternal pleasures at your right hand.”

- Peace

- Philippians 4:6-7 (NIV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

- Victory

- Read Acts 16:25-30
- 2 Chronicles 20:1-30

When the armies declared war on Jehoshaphat, he prayed to the Lord and he received a word from the Lord reassuring him that he and his men will win the battle. What did Jehoshaphat and his men do? They worshipped God.

In verse 19, we are specifically told that ... “the Levites from the clans of Kohath and Korah stood to praise the LORD, the God of Israel, with a very loud shout.” I will like us to see that all these actions (of prayer, worship and praise) took place before the battle. So, family the result of praise is victory. Praise your way into your victory. In Jesus name. Amen.

- Atmosphere Changes

Praises to God changes the atmosphere of our lives and our environment. You are better able to harbor His tangible presence as a result of our praises to Him.

- Psalm 22:3 (NKJV)

But You *are* holy, Enthroned in the praises of Israel.

J) Myths vs Truths of Praise

i) “Praise” is gender oriented.

Not true; both men and women should praise God equally.

The bible says in Psalms 67:5 (NIV)

“May the peoples praise you, God; may all the peoples praise you.”

ii) "Praise" is joy and happiness.

Incorrect. Joy and happiness are byproducts/results of praise.

That is why praise is sacrificial.

We do not necessarily have to be happy or joyful to praise. However, when we do praise, we will be happy and full of joy.

iii) "Praise" is locational.

Not so; praise everywhere. Praise is spirit led. Meaning it can be done anywhere.

iv) "Praise" is dancing, clapping, and singing only.

Far from the whole truth – beyond dancing, clapping, and singing, praise can be expressed as a lifestyle (a lifestyle of excellence; a lifestyle of giving, a lifestyle of gratitude, etc.).

v) "Praise" in public only/ praise in private only.

Not true because we should praise everywhere, every time and anytime.

Motive is everything in praise. Kingdom praise is unto God alone.

vi) "Praise" is for those whose walk with Him is perfect.

Not true as there is no perfect person. Nevertheless, there are people who live excellent lives, daily, for His glory. Praise will get you closer to being excellent than not praising at all.

K) Types of Praise

Noiseless Praise

- Psalms 19:1-4 NIV

“The heavens proclaim the glory of God. The skies display his craftsmanship. Day after day they continue to speak; night after night they make him known *They speak without a sound or word; their voice is never heard.* Yet their message has gone throughout the earth, and their words to all the world.”

Public Praise

- Psalms 26:12 (NLT)

“Now I stand on solid ground, and I will publicly praise the LORD.”

Songs of Praise (singing)

- Psalms 27:6 (NIV)

“And now shall mine head be lifted up above mine enemies round about me: therefore, will I offer in his tabernacle sacrifices of joy;

I will sing, yea, I will sing praises unto the LORD.”

Psalm 47:6 (NLT)

“Sing praises to God, sing praises; sing praises to our King, sing praises!”

Psalm 28:7 (NLT)

The LORD is my strength and shield. I trust him with all my heart.

He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving

Psalm 32:7 (NIV)

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Sacrificial Praise

- Psalms 27:6 (NIV)

“And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.”

- 1 Thessalonians 5:18a (KJV)

“In everything give thanks to God...”

- Psalms 50:14a (NIV)

“Make thankfulness your sacrifice to God...”

- Psalms 50:23a (NLT)

“But giving thanks is a sacrifice that truly honors me.

Dance Praise

- Psalms 30:11-12 (NLT)

“You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever!”

- Psalms 149:3 (NLT)

“Praise his name with dancing, accompanied by tambourine and harp.”

- Psalms 150:4 (NLT)

“Praise him with the tambourine and dancing; praise him with strings and flutes!”

Instrumental Praise

- Psalms 33:2-3 (NLT)

“Praise the LORD with melodies on the lyre; make music for him on the ten-stringed harp. Sing a new song of praise to him; *play skillfully on the harp* and sing with joy.”

- Psalms 150:3-5 (NLT)

“Praise him with a blast of the ram’s horn; praise him with the lyre and harp! Praise him with the tambourine and dancing; praise him with strings and flutes! Praise him with a clash of cymbals; praise him with loud clanging cymbals.”

Kingdom *OF* Lifestyle
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PT. 5

PSALM 103:1-5 (NIV)

L) How to Praise

- Through our verbal communication with one another

Ephesians 5:18-20 (NIV)

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,

¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,

²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Colossians 3:16 (NIV)

¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Song of praise is referred to as

- hymnos in Greek
- hymnus in Latin
- hymn in English

- Through songs (singing and listening)

Sing joyfully; sing songs of joy, thanksgiving and deliverance

- Psalms 33:3b (NLT)

“...*sing with joy.*”

- Psalms 63:5b (NLT)

“...*I will praise you with songs of joy.*”

- Psalm 28:7 (NLT)

The LORD is my strength and shield. I trust him with all my heart.
He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving

- Psalm 32:7 (NIV)

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Clap (your) hands

- Psalms 47:1 (NLT)

“Come, everyone! Clap your hands! Shout to God with joyful praise!”

Lifting (your) hands

- Psalms 141:2 (NIV)

“May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.”

- Psalms 134:2 (NIV)

“Lift up your hands in the sanctuary and praise the LORD.”

Shouts of Joy

- Psalms 47:1 (NLT)

“Come, everyone! Clap your hands! *Shout to God with joyful praise!*”

- Make your voice heard in the land of the living through your praises to Him. Make a joyful shout unto God.

By our lifestyles of excellence

Instrumentals

- Sounds of praise, especially fast paced sounds of praise, are usually associated with jubilation, excitement, fast paced sounds, however, this is not a rule.
- Let the words trump the sound and rhythm in order to properly determine your praises unto Him.

By acknowledging and verbalizing every benefit

- Psalm 103:1-5 (NIV)

“Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

M) What to sing

Sing New Songs

- Psalms 33:3a (NLT)

“Sing a new song of praise to him; play skillfully on the harp, and sing with joy.”

- Purposefully identify the new things that He is doing in your life. And sing about them. Be creative.

- Psalms 40:3 (NLT)

“He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.”

- Psalms 96:1a (NLT)

“Sing a new song to the LORD!”

- Psalms 98:1 (NLT)

“Sing a new song to the LORD, for He has done wonderful deeds.”

Every new event that happens in your life is an opportunity to praise God. You can author your new song. Your new song should not always be the latest released album, rather the songs of your own heart about what He has done for you.

Sing Hymns (Meaningful/Applicable Songs)

- Psalms 40:3 (NLT)

“He has given me a new song to sing, *a hymn of praise to our God*. Many will see what he has done and be amazed. They will put their trust in the LORD.”

- Do not sing sorrowful hymns. We are encouraged to sing hymns of praise unto God.
- The words of every song we sing are very important. It is our responsibility to understand the lyrics of the song before we sing them.
- Do not always get carried away by the melody, rather the lyrics.

N) How to identify songs of praise

Guiding Tips

- Not every fast-paced song is a song of praise. There are many fast-paced songs out there but the lyrics do not communicate Kingdom praises.
- A declaration of the word “praise” in a song is not necessarily praise to God.

- Songs of praise are usually directed at someone or something. *It is not indirect.* Meaning, when you decide to praise, understand that your praises will be directed towards God. For example, “I clap my hands to you oh God”, “I thank you Father for providing my needs”, etc.
- Our praise is about communicating/ expressing the praise directly using specific words to describe the area intended to praise. For example, it is very different when you praise and say “I thank “you” God for my protection versus saying “I thank “Him” for my protection.

- Most praise songs do not exclusively have praise words. It could be a combination of words of adoration (as in worship) and words of appreciation (praise). For example, a praise song could have the following two sentences; “Lord I thank you for your love.” “You are the healer.” If a statement like these or like these one appear in a song, you should be able to identify what is praise and what is worship to the King. It is very ok to have both statements in one song.

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