

Psalm 145 <sup>1</sup> My heart <u>EXPLODES WITH</u> <u>PRAISE TO YOU!</u> ... <sup>2</sup> <u>Every day</u> I will lift up my <u>praise to your name</u> with <u>praises that</u> <u>will last throughout eternity</u>. <sup>3</sup> Lord, you are <u>GREAT</u> and <u>WORTHY OF THE HIGHEST</u> <u>PRAISE!</u>... <sup>5</sup> Your <u>magnificent splendor</u> and

the <u>miracles of your majesty</u> are my <u>CONSTANT MEDITATION</u>... <sup>7</sup> Our <u>hearts bubble over</u> as we <u>CELEBRATE</u> the fame of your marvelous beauty, <u>bringing BLISS</u> to our hearts. We <u>SHOUT</u> with <u>ECSTATIC JOY</u> over your <u>BREAKTHROUGH</u> for us! <sup>8</sup> You are <u>kind and tenderhearted</u> to <u>those who don't deserve it</u> and <u>very patient</u> with people who fail you. <u>Your love</u> is like a <u>flooding river overflowing its banks with kindness...</u> <sup>10</sup> <u>Everything you have made</u> will <u>PRAISE</u> <u>YOU</u>, <u>fulfilling its purpose</u>... <sup>11</sup> They will <u>TELL THE WORLD</u> of the <u>lavish splendor of your kingdom</u> and <u>PREACH ABOUT YOUR LIMITLESS POWER</u>... <sup>13</sup> ...You are <u>faithful to fulfill every promise you have made</u>... <sup>16</sup> When you open your <u>generous hand</u>, it is <u>FULL OF BLESSINGS</u>...! <sub>TPT</sub>

Psalm 150<sup>1-5</sup> Hallelujah! Praise the Lord! Praise God in his sanctuary! Praise him in his mighty heavens! Praise him for his MIGHTY MIRACLES! Praise him for his ACTS OF POWER! Praise him for his MAGNIFICENT GREATNESS! Praise him with trumpets blasting! Praise him with piano and guitar! Praise him with drums and dancing! Praise him with loud clashing of cymbals! Praise him upon the resounding cymbals! Let everyone everywhere join in the CRESCENDO OF ECSTATIC PRAISE! Let everything that has breath praise the Lord! Tet/NIV

Psalm 22 <sup>3</sup> You are holy, you who **INHABIT THE PRAISES** of Israel. WEB

You are... ENTHRONED ON THE PRAISES...! NLT

GOD <u>INHABITS THE PRAISES OF HIS PEOPLE</u>.
HE DOES NOT INHABIT WORRY, COMPLAINING, NEGATIVITY, OR FEAR.

PRAISE ENTHRONES GOD OVER YOUR CIRCUMSTANCES.

PRAISE EXPRESSES YOUR FAITH AND TRUST IN THE LORD. THINGS YOU'RE
FACING MAY BE TOO MUCH FOR YOU, BUT THEY ARE NEVER TOO MUCH FOR GOD!

## 7 DIMENSIONS OF THE POWER OF PRAISE!

PRAISE ENLARGES YOUR VIEW OF GOD! Psalm 69 says "I will <u>PRAISE</u> the name of God with a song and will <u>MAGNIFY HIM WITH PRAISES</u>" (vs. 30 JUB). When we look at something with a magnifying glass, <u>our view of it gets bigger</u>! When our <u>view of God gets bigger</u>, our <u>view of problems get smaller</u>. It's our <u>choice</u> whether to <u>magnify problems</u> or <u>magnify God</u>. <u>Praise magnifies God</u> and <u>BUILDS OUR FAITH</u>!

PRAISE LIFTS YOUR SPIRIT AND RELEASES GRACE! Psalm 42 <sup>5</sup> Why am I discouraged? Why would I be depressed? Why would I sink into despair? I will put my <u>HOPE</u> in God! I will <u>PRAISE</u> him <u>again!</u> No matter what, I will still <u>SING WITH PRAISE</u>, for you are <u>MY SAVING GRACE!</u> NLIT/TPT

## PRAISE IS <u>SUPERNATURALLY ENERGIZING</u>! BECAUSE IT TAKES YOUR EYES OFF OF TROUBLES AND PUTS THEM ON JESUS!

PRAISE HELPS YOU FEEL GOD'S PRESENCE! God is <u>always present</u> whether you sense it or not. But, sometimes <u>we don't feel his presence</u> because we have been <u>more focused on the cares of this world than upon God</u>. When we don't <u>feel God's presence</u> is when we need to <u>PRAISE HIM THE MOST</u>. It's easier to <u>ACT your way into a feeling</u> than to <u>feel your way into an action</u>. <u>Maturity</u> is when we do what's right whether we <u>feel like it or not</u>. Psalm 140:13 says "<u>Surely</u> the righteous will <u>PRAISE YOU no matter what happens</u>. For they <u>choose</u> and <u>cherish</u> your <u>PRESENCE</u> <u>above everything else!</u>" NIV/TPT

PRAISE RELEASES THE PROPHETIC, REVEALING ANSWERS WE COULDN'T SEE. We <u>ALL</u> have things in our lives that we <u>simply can't figure out on our own</u>. Instead of <u>exhausting ourselves</u>, we need to <u>remember</u> that <u>some answers</u> will <u>ONLY</u> be revealed by <u>time in God's presence</u>. Psalm 73 says "Trying to solve this mystery <u>ON MY OWN exhausted me</u>. I couldn't bear to <u>look at it any further</u>. <sup>17</sup> <u>Only</u> when I came into <u>God's holy place</u> did I <u>finally understand</u>." (vs. 16-17 vc/Gw) <u>Praise and worship</u> brings us into an <u>atmosphere</u> of <u>wisdom and revelation</u>!

PRAISE REMINDS US OF GOD'S BLESSINGS! Often when we're facing a big problem, it's nearly all that we can think about, which obscures the many good things in our lives. Praise focuses our thoughts on PRAISEWORTHY THINGS! It reminds us not to exaggerate our challenges, but to trust in God! Psalm 105 says "Give God thanks for all the GLORIOUS THINGS he has done! ...Worship him! ...Sing his praises... Make your joyful boast in Him...! Be happy and keep rejoicing no matter what... Never forget his MIRACLES and MARVELS... For though a thousand generations may pass away, he is still TRUE TO HIS WORD! He has kept every promise!" (vs 1-5, 8 TPT)

PRAISE ACTIVATES GOD'S PROTECTION! Praising God for answers to prayer <u>BEFORE</u> it happens is <u>REAL FAITH</u>! And <u>faith releases God to fight for you</u>. In 2 Chronicles 20, we read about <u>three enemy nations</u> who ganged up on Israel. The <u>only chance</u> they had was for God to <u>miraculously save them</u>. So, King Jehoshaphat organized a <u>battle plan</u> to <u>release the supernatural</u>. He put a <u>choir in front of the army</u> as they marched into battle. The Bible says as <u>soon</u> as the Israelites started <u>praising God</u>, <u>confusion fell on the three enemies</u> and they <u>destroyed each other!</u> <u>God wants to fight your battles too</u>, so <u>PRAISE HIM BEFORE YOU SEE THE VICTORY</u>!

PRAISE BREAKS CHAINS AND OPENS DOORS! You may have things holding you back. You might feel stuck, like very little has changed for the better. If so, there's no better time to praise God! Paul did that while he was in prison with Silas. In the middle of an impossible situation, they SANG AND SHOUTED PRAISES TO GOD! As they did, Acts 16 says that "The prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!" (vs. 26 NLT). This was a real-life miracle, but it's also a prophetic picture of what God does when we praise him. If you need to be set free from something, praise God! It will break the chains holding you back. Learn the habit of making praise your FIRST RESPONSE in everything you face. As you do, watch and see what God does - IT WILL AMAZE YOU! portions adapted from Rick Warren blog