

## Praise (IV): Lifestyle of Praise

**Psalm 149:5-9** talks about praise as our lifestyle, a daily practice that becomes ingrained in our character. Through praise, we can overcome the enemies, become more than conquerors, and enter into the abundant glory of God.

### I. Praise is supposed to be our lifestyle

1. Psa 149:5 “let the godly exult in glory; let them shout for joy upon their beds.”

(a) “...let the godly exult in (receive) glory”

- ◆ In some translations, the word “received” was added. In Hebrew, it should be “let the godly exult in glory”. Mrs. Robinson provided an excellent definition of “glory”: **It is the radiance of God's presence that cannot be described in words.**
- ◆ Psa 149:5 starts with “let”. It expresses hope and encouragement. Let the godly exult in God’s presence (glory), and let them understand and rejoice in their God.

(b) Let them shout for joy upon their beds

- ◆ “Shout for joy upon their bed” means that worship and praise is supposed to be our lifestyle. Praise is not limited to gatherings, it should be continuous in our lives, so we can praise even upon our bed.

Examples: A brother in Christ was filled with the Holy Spirit while in bed and speaking in tongues for the first time. A sister in Christ was in the hospital bed after a surgery and felt the glorious presence of God as if she was in a conference.

- ◆ Jesus is the center of our daily worship. If we worship God everyday, when we breathe our last, we can immediately join the worship in heaven. This is because we have become accustomed to daily worship of the glorious and beautiful King, making no distinction between this life and our lives in heaven.

2. Heb 13:15 “Through Jesus then let us continually offer up a sacrifice of praise to God”

(a) Offer up a sacrifice of praise to God

- ◆ Praise is worship and sacrifice. The reason Abraham could maintain an intimate relationship with God is because he built altars and offered sacrifices wherever he went. We should not just make sacrifices during gatherings and neglect God during travel or leisure. Worship and praise should be our lifestyle.

(b) Through Jesus

- ◆ We don’t praise through our emotions, but through Jesus. Praise should become our habit.

3. Psa 22:26 “Those who seek Him shall praise the Lord! May your hearts live forever!”

(a) May your hearts live forever

- ◆ Praise is the wonderful salvation given by God, allowing our hearts to come alive. People tend to get tired of the same old things, but through praise, our hearts can keep renewing, maintaining a fresh perspective on people, things, and events around us.
  - ◆ If we know how to praise God in our daily lives, the spirit of praise will enable us to live freshly before God. There will be a fresh love, appreciation, and enthusiasm inside of us because our God is new and innovative every day.
- (b) Those who seek Him shall praise the Lord
- ◆ This is the reason we need morning devotions: it involves rising early to worship and praise the God who gave us life. We will find ourselves refreshed by His words and renewed in our worship to Him.
  - ◆ If we can do this every morning in lively praise, our morning devotions will not be just legalistic or routine.

## II. Praise should be our habit, leading to victory over our enemies

1. Psa: 149:6 “let the high praises of God be in their throats and two-edged swords in their hands”

- (a) “...let the high praises of God be in their throats”

- ◆ In Chinese translation, it reads as “let them exult God as the most high in their throats”. But in ESV it reads “let the high praises of God be in their throats”.
- ◆ It is crucial to praise out loud when we are facing the enemies. In James 4:7 it says, “resist the devil, and he will flee from you.”. When resisting the devil, you cannot be quiet, but to speak loudly within the authority of God, rebuking the devil to flee.

- (b) “...two-edged swords in their hands”

- ◆ Praise is the great weapon bestowed upon us by God. We all possess this weapon because “this is honor for all his godly ones”. (Psa 149:9)
- ◆ Praise is the weapon to defeat the devil; it is the victorious sound, the death knell for the devil. **If you want to fight against the devil, open your mouth in praise.** If you are willing to praise God, you can pierce through any obstacle and shatter any darkness imposed by the devil.
- ◆ Praise should become your habit, and the more you use it, the more effective your weapon becomes. Open your mouth in praise at all times to confront the enemy. When you speak praise, angels in the heavens will fight victorious battles for you.

2. Psa 149:8-9, praise allows us to bind and judge the enemies and receive glory

- (a) “This is the honor for all his godly ones”

- ◆ What is “the honor”? It is the ability to bind enemies, bind their kings, lock up their nobles, take revenge on nations, and execute punishment on all people through praise, from the greatest to the least.
- ◆ If there are weaknesses binding you, such as being introverted and shy, afraid of people seeing you, you may need to set aside time to loudly praise for 15 minutes daily. If you are willing to do this every day, I guarantee that after a month, you will become a different person. Don't think of yourself as introverted; **in Christ, there are no introverts or extroverts.** We should all be transformed by the Lord, shedding our natural selves, continually receiving salvation through praise.

**If you have been praying for something for a long time without results, you should start thanking and praising. Through thanksgiving and praise, you can directly receive salvation from the Lord. Praise is a ministry to restore salvation.**

※ There are two types of people who, when they praise, often bring down the powerful presence and glory of God.

- ◆ One type is those who, in times of great difficulty, pressure, low spirits, and darkness, are willing to surpass all challenges, using their 'will' to loudly praise the Lord, opening the windows of heaven and causing the glory and anointing of God to descend.
- ◆ The other type is those who praise 'regularly' at all times. When they come to gatherings, they express the accumulated anointing, worship, and admiration for the Lord.

(b) “...to execute on them the judgment written”

- ◆ Why do we have to “execute on them the judgment written”? Because the enemy always seeks to control the saints. Therefore, God instructs us to use loud praises as our double-edged sword to judge these enemies who constantly seek to dominate His people. If you understand how to use praise, you can turn defeat into victory.
- ◆ We are not ignorant of enemies’ schemes. Therefore, we must resist the enemy's attempts to launch all kinds of attacks through continuous praise, such as suspicion, criticism, judgment, lack of love, or complaints, etc. **Any thought lacking in love does not come from God.**
- ◆ Pastor Hans Waldvogel said that sometimes he needed to praise continuously for two to three days to drive out negativity from the inside. It shows that praise is not a one-time event but a continuous process to obtain victory over the enemy.

Praise is an important way to stay in God’s presence

- ◆ Minister Pearl Young asked Pastor Hans Waldvogel how to stay in God’s presence. Pastor Waldvogel said, “my sister, you have to find chances to lift up a shout of praise.”
- ◆ Our lives involve daily interactions with many people, events, and things, and our souls unknowingly gather dust. If we can learn to praise out loud in our daily lives, then we are continually wiping away the dust from our souls, keeping the eyes of our spirits bright.

## Conclusions:

God hopes that His people, at any moment, in any circumstances, at any stage of life, will praise Him with determination. By giving thanks in everything, submitting our will to God, let praise become our habit and eventually become our character.

Praise is like eating; even though we may loudly praise during gatherings, when we return home, we should continue praising and living before God. If you have the gift of tongues, you can begin by praying in tongues and then move on to singing, worship, and praise. The prayer in the Holy Spirit will ultimately turn into worship, praise, and singing to God.

### ※ Note:

If you find that your praise and worship lack flavor or anointing, or you are unable to praise, ask God for conviction. If Christians are unable to praise due to sin, confession must precede. If forgiveness, reconciliation, or apologies are needed, and we avoid them while offering sacrifices of "Hallelujah" and "Praise the Lord" in worship, it is empty. Some people may dance joyfully during gatherings but harbor grievances or unpleasantness with their in-laws or colleagues. In such cases, even if they dance joyfully, it is done in "vanity." **May the Lord deliver us from all empty behaviors** and lead us into a real life that brings down His true presence.

### ※ Prayer:

May God lead us into the reality of worship, praising Him genuinely in life. May our praise bring us into such a rich and glorious state with the Lord.

## Assignments:

1. Memorize scriptures: Rev 19:5-6, Isa 60:18, Zeph 3:14-15
2. Review the handouts of Praise and the Scripture until you can comfortably explain to others:
  - a. Why praise: why do we need to praise out loud?
  - b. Why do we need to praise in gatherings?
  - c. What are psalms, hymns, and spiritual songs?
3. Live a lifestyle of praise.