

Worship is Healing!

3/13-15/15

7 Hebrew words for Praise

165 **Halal** ----- to be **Clear**, to Shine, to Boast, to Rave, to Celebrate, to be Clamorously Foolish

Ps 113:1-3 (Halal - praise) ye the Lord, (Halal - praise) o ye servants of the Lord, (Halal - praise) the name of the Lord.

114 **Yadah** ----- to worship with **Extended Hand**, Not Ashamed

Ps 107:15 Oh that men would (Yadah - praise) the Lord for his goodness, and for his wonderful works to the children of men!

32 **Towdah** ----- Extended hand in **Adoration** or **Surrender** or both

Ps 50:23 -Whoso offereth (Towdah - praise) Glorifieth me

11 **Shabach** ----- to Command, Laud, very **Soothing, Calming**

Ps 145:4 - One generation shall (Shabach - praise) thy works to another, and shall declare thy mighty acts.

331 **Barak** ----- to **KNEEL** down as an act of **Adoration** & to receive a **Blessing**

Ps 95:6 - Come, let us bow down in Worship, let us (Barak - kneel) before the LORD our Maker.

11 **Zamar** ----- **Singing & Instruments** praising God together!

1Chr. 16:9 - Sing to Him, (Zamar - sing praises) to Him.

57 **Tehillah** ----- **Exhuberant Singing!**

Ps 22:3 -Yet Thou art holy, O Thou who art **Enthroned**, upon **Inhabitest** the (Tehillah - praises) of Israel.

What happens MEDICALLY when we sing TOGETHER! - NY TIMES - Singing Changes Your Brain By Stacy Horn Aug. 16, 2013

GROUP singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins. When you sing, musical VIBRATIONS move through you, altering your PHYSICAL and EMOTIONAL landscape. Group singing, for those who have done it, is the most exhilarating and TRANSFORMATIVE of all. It takes something incredibly INTIMATE, a sound that begins INSIDE you, SHARES it with a roomful of people and it COMES BACK as something even more thrilling.....HARMONY. As the popularity of group singing grows, science has been hard at work trying to explain why it has such a calming yet energizing effect on people.

What researchers are beginning to discover is that singing is like an infusion of the perfect TRANQUILIZER, the kind that both

- SOOTHES your nerves and
- ELEVATES your spirits.

The benefits of group singing regularly seem to be CUMULATIVE. In one study, singers were found to have lower levels of cortisol, indicating lower stress.

1. Singing increases the amount of oxygen you take into the body as you take deep breaths. This produces a feeling of alertness as more oxygen gets to the brain. As you sing, you articulate and use facial expressions, so you improve muscle tone in the face, throat, neck and jaw, thereby promoting a youthful appearance.
2. Singing stimulates the thyroid gland, which helps to balance metabolism.
3. Perhaps the greatest physical benefit from singing is that singing gives you a 'molecular massage'. Singing shakes, vibrates and resonates your very core, promoting detoxification at a 'sub-atomic' level.

3 final thoughts

1 Month Experiment Pre-service 5 minute Countdown to Consecration

- DURING - the 2 minute Consecration time → ALL doors CLOSED for those 2 minutes
- AFTER - the 2 minute Consecration time → Center doors – Remain closed rest of service. Side doors will RE-OPEN

Kenny Bentley's Word from the Lord for Liberty Church → City set on a hill in Worship – like we are in being multi-cultural

Secret to Powerful Healing Worship → DRINK!