

God Breathed - Part three – Praise and Prayer

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BIG IDEA - God breathed creation, order and peace into our world and lives.

scripture focus - **Psalms 150:6 NLT** Let everything that breathes sing praises to the Lord! Praise the Lord! and **I Thessalonians 5:17** Pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus toward you.

Just as the Spirit of God hovered over the surface of the waters in the beginning of creation of our world, the person of the Holy Spirit still hovers, still breathes, still speaks today. The Holy Spirit is the comforter, the counselor, the conviction to our human soul. But the Holy Spirit is so much more! Whatever beauty, power and ability comes out of us as a believer, it is inspired and enabled by the Spirit.

When we think love, wish-whisper a prayer or behave bravely it's been initiated the Spirit. The Holy Spirit is powerful, but also subtle. The Spirit is mighty, but also meek and humble. The force of the Spirit can be felt but not seen. The Spirit warns, but also brings warmth. Some of us fear the mystery and movement of the Spirit but **would gladly welcome his control rather than our own chaos.** The shalom peace that surpasses understanding, the calm that guards heart and mind belongs to the Spirit of God as we follow Jesus.

We talked about the Holy Spirit bringing creation, order, and peace. Pastor Ben talked about experiencing God, not just having an intellectual knowledge of Him. This week, it's about how God, in the person of the Holy Spirit, breaths on us, in us, and in a way through us. It's a deep calling to deep experience of our spirit yielding and cooperating with God to not only form us into the image of Jesus, but to join with Him in re-forming, restoring the lives around us.

Let's look at two words: **Praise and Prayer.**

When we think about and practicing praise and prayer, I want us to remember, **when we speak, we are breathing.** We we say words we breath out and when we pause to continue, we breath in.

In the Jewish Talmud there's an interesting thought about God's conversation with Moses on the side of a hill with a bush that burned but was not consumed. God tells Moses His name and tells Moses to use it or say it to the people when they ask Moses for some credentials.

Exodus 3:13-15 NLT

"But Moses protested, "If I go to the people of Israel and tell them, 'The God of your ancestors has sent me to you,' they will ask me, 'What is his name?' Then what should I tell them?" God replied to Moses, "I Am Who I Am. Say this to the people of Israel: I Am has sent me to you." God also said to Moses, "Say this to the people of Israel: Yahweh, the God of your ancestors—the God of Abraham, the God of Isaac, and the God of Jacob—has sent me to you. This is my eternal name, my name to remember for all generations."

However, In Exodus 4:10 we learn that Moses confessed to a speech problem.

Exodus 4:10-12 NLT

"But Moses pleaded with the Lord, "O Lord, **I'm not very good with words. I never have been, and I'm not now, even though you have spoken to me. I get tongue-tied, and my words get tangled.**" Then the Lord asked Moses, "Who makes a person's mouth? Who decides whether people speak or do not speak, hear or do not hear, see or do not see? Is it not I, the Lord? Now go! I will be with you as you speak, and I will instruct you in what to say.'"

God gave Moses a name he could speak without using his tongue but speak it with his breath Neshima (breath) or neshama (soul) YHWH.

A naturally voiced inhalation sounds like “Yah,” and a voiced exhalation sounds like “Weh.” Thus, with every breath we take, we are speaking God’s name.*

Praise

The entire book of Psalms is about praise, shining and showering attention and boasting about how great God is.

The book of Psalms ends with a crescendo of praise.

Psalms 150:6 NLT Let everything that **breathes** sing praises to the Lord! Praise the Lord!

This entire Psalm commands praise. On the dedication of the second temple from **Ezra 6:16 NLT** “The Temple of God was then dedicated with great joy by the people of Israel, the priests, the Levites, and the rest of the people who had returned from exile.” **Ezra wrote this Psalm.**

Psalms 148:1-14 NLT (read with audience response, I’ll say the first part and you say the second part)

“Praise the Lord! Praise the Lord from the heavens! Praise him from the skies!

Reading	Response
Praise him,	all his angels!
Praise him,	all the armies of heaven!
Praise him,	sun and moon!
Praise him,	all you twinkling stars!
Praise him,	skies above!
Praise him,	vapors high above the clouds!

Let every created thing give praise to the Lord, for he issued his command, and they came into being. He set them in place forever and ever. His decree will never be revoked.

Praise the Lord from the earth,

you creatures of the ocean depths,
fire and hail, snow and clouds,
wind and weather that obey him,
mountains and all hills,
fruit trees and all cedars,
wild animals and all livestock,
small scurrying animals and birds,
kings of the earth and all people,
rulers and judges of the earth,
young men and young women, old men and children.

Let them all praise the name of the Lord. For his name is very great; his glory towers over the earth and heaven! He has made his people strong, honoring his faithful ones—the people of Israel who are close to him. Praise the Lord!”

David declared in **Psalm 34:1 ESV** “**I will bless the Lord at all times; his praise shall continually be in my mouth.**”

If you are asking, “what does the Holy Spirit have to do with our praise to God?”

The Holy Spirit inspires and prompts believers to extol, worship and thank God. His aim is to glorify the Father and the Son.

In my notes there are Bible verses that directly attribute the Holy Spirit’s ability to help us through encouragement, nudging us and changing us to see what God is up to and causing us to give Him the credit and attention He deserves.

In both the Old and New Testament, there are many examples of this! **Jesus quoted Psalms multiple times. In fact, he quoted Psalms more than any other book in the Old Testament.**

The Apostle John writes Jesus words in John 4:23-24, **“true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.”**

The Apostle Paul reminds the churches in Ephesus, Ephesians 5:18ff **“be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts.”**

Not only does the Holy Spirit prompt and inspire us to praise God, but the Spirit actually helps us pray!

If you have ever wanted to get better at prayer, then understanding the Holy Spirit's role as a helper is just what you need.

I've said this many times, but God wants to hear your emotional and even intelligent prayers! David in the Old Testament, mostly recorded in Psalms, the most raw, unfiltered, unflinching prayers recorded in the Bible. And, thanks to a friend of mine Nick, I believe God wants to hear the things you think about, worry about, even doubt about. I challenge you to ask God the most difficult questions you can think of!

At the core of those prayers that we should be praying. And, as we progress in getting better at talking to God – you'll find the Holy Spirit is working, breathing across your mind, body, and soul.

Through the Holy Spirit, perhaps that is what Paul was speaking of when he wrote to the churches in Thessalonica, in **I Thessalonians 5:17** “Pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus toward you.” With every breath you take and release you speak the name of God. Even in your sleep you speak the name of God with every breath, we take we are saying “Yah-weh, Yah-weh.”

The Holy Spirit intercedes for God's people and also prompts their petitions, supplications and thanksgivings.

I have to be honest with you. There are plenty of times I am so overwhelmed, so frustrated, so depressed or aggravated that I can't even think straight, let alone talk with God in prayer. As a guy, I can barely put words to my emotions. I just FEEL and have no idea how or what to say!

The gift of being filled with the Spirit is that when I get into these jams, I not only have access to the Holy Spirit, but I am also told to specifically pray "in the Spirit."

The Apostle Paul encouraged believers in Ephesians 6:18ff, "Pray in the Spirit at all times and on every occasion." And Jude writes in 1:20 NLT "But you, dear friends, must build each other up in your most holy faith, **pray in the power of the Holy Spirit,**"

What is Paul and Jude talking about? They are referring to praying in tongues, the language of the Spirit talked about in Acts 2, and all throughout the letters to the churches.

Many of scriptural references are in my notes, but it's important to remember two things: sooner or later you'll need to come to a decision of faith. Either the baptism of the Holy Spirit is real, and you desperately need and desire it or you'll just believe that it's all some kind of "pentecostal experience," that existed in the New Testament but is not for you today.

When I believed and received Jesus at 15yrs old, I was filled with the Holy Spirit. No one laid hands in me, no one talked me into it and no one even knew what was going on in me at all. However, from that day forward, I felt the power of the Holy Spirit working in me and through me. I pray in English, and I pray in tongues. I sing in English, and often will sing in tongues, which is in the Spirit.

I have had many days where I prayed in the Spirit all the way to the office in the morning. Or I've prayed in the Spirit when I am being crushed by life's challenges and circumstances. I can even put my prayers into words, so I pray in the Spirit and the Holy Spirit prays through me to God.

As we speak, we breathe. **And with every breath, many of them can be praise and prayers.** As we praise and pray the Holy Spirit, the breath of God, is at work in us.

Let's spend a few moments praising God, in your own words, with no music.

Let's pray!

NOTES

Praise and prayer, we speak His name as we breathe

Scriptures

Psalms 150:6 NLT Let everything that **breathes** sing praises to the Lord! Praise the Lord!

I Thessalonians 5:17 Pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus toward you.

Psalms 148:1-14 NLT

Psalm 34:1 ESV "I will bless the Lord at all times; his praise shall continually be in my mouth."

Questions

Q: What has been your understanding and experience in praising God?

Q: How can you better shine or direct attention to God in your life?

Q: How would you see praise as an act of breathing, speaking our words to God?

Q: What are your thoughts about the Holy Spirit being the initiator of praise and prayer?

Q: Have you experienced a time when you were overwhelmed to the point that words failed you? Share about it.

Q: Have you felt the Holy Spirit prompting you to pray about something specific?

Q: What are your thoughts about this idea of “praying in the Spirit?”

COMMENTARY REFERENCES

Strong's Concordance

Praise in New Testament

exomologeó: to agree, confess - it's translated as praise and confess.

Praise in the Old Testament

halal: shine, Hallelujah – Praise Yah or Yahweh.

Dictionary of Bible Terms

Holy Spirit, and praise

The Holy Spirit inspires believers to extol, worship and thank God. His aim is to glorify the Father and the Son.

Isa 61:1-3 - The promise that the Holy Spirit will bring praise

“**The Spirit of the Sovereign Lord is upon me**, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies. **To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair.** In their righteousness, they will be like great oaks that the Lord has planted for his own glory.”

The Holy Spirit inspires praise

True praise must be inspired by the Spirit Jn 4:23-24 See also Php 3:3

- John 4:23-24 NLT “But the time is coming—indeed it's here now—when **true worshipers will worship the Father in spirit and in truth**. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.””

- Philippians 3:3 NLT “**For we who worship by the Spirit of God** are the ones who are truly circumcised. We rely on what Christ Jesus has done for us. We put no confidence in human effort,”

The Spirit prompts praise

- 2 Samuel 23:1-2 NLT “These are the last words of David: “David, the son of Jesse, speaks— David, the man who was raised up so high, David, the man anointed by the God of Jacob, David, the sweet psalmist of Israel. “The Spirit of the Lord speaks through me; his words are upon my tongue.”

At Jesus Christ’s coming:

- Luke 1:67-68 NLT “Then his father, Zechariah, was filled with the Holy Spirit and gave this prophecy: “Praise the Lord, the God of Israel, because he has visited and redeemed his people.”
- Luke 2:27-28 NLT “That day the Spirit led him to the Temple. So when Mary and Joseph came to present the baby Jesus to the Lord as the law required, Simeon was there. He took the child in his arms and praised God, saying,”

The Spirit prompts Jesus Christ to praise the Father.

- Luke 10:21 NLT “At that same time **Jesus was filled with the joy of the Holy Spirit, and he said, “O Father, Lord of heaven and earth, thank you** for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. Yes, Father, it pleased you to do it this way.”

Evidence of the Holy Spirit’s work inspires praise

- **The Spirit’s convicting work inspires praise**
 - 1 Corinthians 14:24-25 NLT “But if all of you are prophesying, and unbelievers or people who don’t understand these things come into your meeting, they will be convicted of sin and judged by what you say. **As they listen, their secret thoughts will be exposed, and they will fall to their knees and worship God, declaring, “God is truly here among you.”**”
- **The Spirit’s converting work inspires praise**
 - Acts 11:15-18 NLT ““As I began to speak,” Peter continued, “the Holy Spirit fell on them, just as he fell on us at the beginning. Then I thought of the Lord’s words when he said, ‘John baptized with water, but you will be baptized with the Holy Spirit.’ And since God gave these Gentiles the same gift he gave us when we believed in the Lord Jesus Christ, who was I to stand in God’s way?” **When the others heard this, they stopped objecting and began praising God. They said, “We can see that God has also given the Gentiles the privilege of repenting of their sins and receiving eternal life.”**”
 - 2 Thessalonians 2:13 NLT “As for us, **we can’t help but thank God for you**, dear brothers and sisters loved by the Lord. We are always thankful that God chose you to be among the first to experience

salvation—a **salvation that came through the Spirit** who makes you holy and through your belief in the truth.”

- **The Holy Spirit activates the church’s praise**
 - Ephesians 5:18-20 NLT “Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, **singing psalms and hymns and spiritual songs among yourselves**, and making music to the Lord in your hearts. And **give thanks for everything to God the Father** in the name of our Lord Jesus Christ.”
 - Colossians 3:16-17 NLT “Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. **Sing psalms and hymns and spiritual songs to God with thankful hearts**. And whatever you do or say, do it as a representative of the Lord Jesus, **giving thanks through him to God the Father.**”

Holy Spirit, and prayer

The Holy Spirit intercedes for God’s people and also prompts their petitions, supplications and thanksgivings.

The Holy Spirit enables God’s children to address him as “Abba”

- Romans 8:15 NLT “So you have not received a spirit that makes you fearful slaves. Instead, **you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.”**”
- Galatians 4:6 NLT “And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, “Abba, Father.””

The role of the Holy Spirit in prayer

- He prompts supplication Zechariah 12:10 NLT “a spirit” (NIV text) or “the Spirit” (NIV footnote). ““Then I will **pour out a spirit of grace and prayer on the family of David and on the people of Jerusalem**. They will look on me whom they have pierced and mourn for him as for an only son. They will grieve bitterly for him as for a firstborn son who has died.”
- **He inspires prayers of praise**
 - Luke 10:21 NLT “At that same time Jesus was filled with the joy of the Holy Spirit, and he said, “O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. Yes, Father, it pleased you to do it this way.”
 - Ephesians 5:18-20 NLT “Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ.”
- He inspires praying in tongues
 - Acts 2:4 NLT “And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.”

- Acts 10:44-46 NLT “Even as Peter was saying these things, the Holy Spirit fell upon all who were listening to the message. The Jewish believers who came with Peter were amazed that the gift of the Holy Spirit had been poured out on the Gentiles, too. For they heard them speaking in other tongues and praising God. Then Peter asked,”
- Acts 19:6 NLT “Then when Paul laid his hands on them, the Holy Spirit came on them, and they spoke in other tongues and prophesied.”
- 1 Corinthians 14:13-18 NLT “So anyone who speaks in tongues should pray also for the ability to interpret what has been said. For if I pray in tongues, my spirit is praying, but I don't understand what I am saying. Well then, what shall I do? I will pray in the spirit, and I will also pray in words I understand. I will sing in the spirit, and I will also sing in words I understand. For if you praise God only in the spirit, how can those who don't understand you praise God along with you? How can they join you in giving thanks when they don't understand what you are saying? You will be giving thanks very well, but it won't strengthen the people who hear you. I thank God that I speak in tongues more than any of you.”
- He intercedes for believers Romans 8:26-27 NLT “And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.”

The evidence of the Holy Spirit's work prompts praise and thanks

1Th 1:2-5 See also Acts 11:15-18

Believers are exhorted to pray in the Spirit

- Ephesians 6:18-20 NLT “**Pray in the Spirit at all times and on every occasion.** Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.”
- Jude 1:20 NLT “But you, dear friends, must build each other up in your most holy faith, **pray in the power of the Holy Spirit,**”

The love of the Holy Spirit is a motive for prayer

- Romans 15:30-32 NLT “Dear brothers and sisters, I urge you in the name of our Lord Jesus Christ to **join in my struggle by praying to God for me. Do this because of your love for me, given to you by the Holy Spirit.** Pray that I will be rescued from those in Judea who refuse to obey God. Pray also that the believers there will be willing to accept the donation I am taking to Jerusalem. Then, by the will of God, I will be able to come to you with a joyful heart, and we will be an encouragement to each other.”

- Luke 11:13 NLT “So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him.””
- Acts 8:14-17 NLT “When the apostles in Jerusalem heard that the people of Samaria had accepted God's message, they sent Peter and John there. As soon as they arrived, they prayed for these new believers to receive the Holy Spirit. The Holy Spirit had not yet come upon any of them, for they had only been baptized in the name of the Lord Jesus. Then Peter and John laid their hands upon these believers, and they received the Holy Spirit.”

Holman Treasury of Key Bible Words

Praise

Hebrew expression: halal

Pronunciation: haw LAHL

Strong's Number: 1984

KEY VERSES

2 Samuel 22:4; 1 Chronicles 29:13; Psalms 146:1; 147:1; 148:1; 149:1; 150:1

The exclamation of praise and worship at the beginning and end of Psalm 150 forms an inclusion, a set of parentheses within which the psalmist directs the worshiper and reader to use every possible musical instrument to “praise the Lord!” **The Hebrew word halal is translated “praise” and is sometimes translated as “boast,” meaning “to boast” in the Lord and what He has done, and boast in whom He is as well.** The book of Psalms closes with five psalms called “hallelujah” psalms. These psalms contain the phrase “praise,” halal, the Lord at their beginning and end (Pss. 146–150). The verb halal in this phrase is in a stem, which adds the emphasis of directing or producing praise toward the Lord. Attached to the imperative verb form hallelu, “praise,” is a shortened form of the Lord's name, yah. So the phrase hallelu-yah in both Hebrew and English translates as “give praise to the Lord.” Hallelu-yah is a transliteration of the Hebrew into English, not a translation. The Hebrew phrase has taken its proper place in the repertoire of worship in the English language.

To praise the Lord is to do any number of things. It means: to “**lift Him up**” **with our words, to call on Him** (2 Sam. 18:28), to **recognize His greatness** (1 Chr. 16:25), to recognize His Name (1 Chr. 29:13), to give credit to His worthiness (Ps. 18:3), to **admit proper fear before Him** (Ps. 22:23), and to **praise His word** (Ps. 56:10). Psalm 150 concludes with the recognition that the Lord should be praised with every possible musical instrument and by every living creature (Ps. 150).

Writers of the Bible repeatedly praise the Lord. Jesus set an ongoing example of this for us (Matt. 11:25). Praise is directed to God and Him alone (Acts 12:23). Peter asserts with inspiration that in all things God may be praised (1 Pet. 4:11).

Praise the Lord from whom all blessings flow, He is our great God and Father Almighty! Hallelujah!

Internet Links

* <https://www.gotquestions.org/breathe-Yahweh.html>

<https://forward.com/opinion/letters/453772/letter-gods-name-is-a-breath/>

Hebrew Word Study

<https://www.chaimbentorah.com/2019/04/hebrew-word-study-breath/>

Jesus quoting Psalms

<https://www.thegospelcoalition.org/article/jesus-and-the-psalms/>

<https://churchgists.com/how-many-times-did-jesus-christ-quote-the-old-testament/>

Summary of Messages – God Breathed:

- Part One: God breathed creation, order and peace into our world and lives.
- Part Two:
- Part Three: God breathed, praise and prayer