

“MORE PRAISE”

PRAISE: As a noun: Worship

As a verb: To give praise to, to commend, glorify, or worship

Simple distinction: THEY GO HAND IN HAND

Praise is thanking God for WHAT HE HAS DONE!

Worship is thanking God for WHO HE IS!

WORSHIP-an act of expressing reverence to a divine being.

The English word “worship” is derived from an Old English word “worthship”.

It constitutes those actions and attitudes that revere and honor the “worthiness” of the great God of heaven and earth.

worthy- on the forefront of my mind..... Important-priority, honor

-worthy of my time, talent and treasure!

True worship is always God centered and not Man centered.

OUR HEART HERE: LESS OF US AND MORE OF YOU GOD!

-John the Baptist knew his role! TO POINT PEOPLE TO JESUS!

John 3:30-31 He must become greater; I must become less.” ³¹The one who comes from above is above all; the one who is from the earth belongs to the earth, and speaks as one from the earth. The one who comes from heaven is above all.

Jesus SAVES.....Jesus DELIVERS.....Jesus HEALS! Name above all names!

-OUR MISSION: POINT AS MANY PEOPLE TO JESUS AS POSSIBLE!

TRUE FOCUS: In worship we draw near to God in gratitude for what he has done for us through Christ.

-Worship is an event and also an attitude of the heart.

-In the worship event, we gather TOGETHER to honor and revere Christ through certain patterns and traditions:

LETS LOOK AT 6 DISTINCT WAYS THE BIBLE TEACHES US TO WORSHIP.

TOWDAH- “to corporately worship God with raised hands”

-used 32 times in the bible

-derived from the word “YADAH” meaning to lift or raise ones hands

-used 114 times in the bible

-An act of surrender

BARAK- “To worship God by bowing down in adoration”

-used 325 times in the bible

-taken from the word BERECH meaning “KNEE”

-people would go down on one knee in reverence to a king

ZAMAR- “To celebrate with musical instruments accompanied by singing”

-used 42 times in the bible

SHABACH- “To praise the Lord with a loud voice”

-used 11 times in the bible

HALAL- “To celebrate and thus become foolish or act like a mad man”

-used 166 times in the bible

-it is the root of the word “HALLELUJAH”

-it means “Praise the Lord”

TEHILAH- “To praise the Lord with singing”

-used 57 times in the bible

Literal meaning is “To sing halals”

-WORSHIP IS AN ATTITUDE JUST AS MUCH AS AN ACTION.

-In scripture you see that the attitude of the heart is just as important as the action.

LIKE ANYTHING.....IT IS EASY TO JUST GO THROUGH THE MOTIONS!

Mark 7:6-8 He replied, “Isaiah was right when he prophesied about you hypocrites; as it is written: ““These people honor me with their lips, but their hearts are far from me.”⁷ They worship me in vain; their teachings are merely human rules.’⁸ You have let go of the commands of God and are holding on to human traditions.”

THIS IS A HEART ISSUE!

LET’S GET PRACTICAL ABOUT WHY WORSHIP IS GOOD FOR US!

To Realign	-We become like what we worship.
To Restore	-Worship is healing to our mind & emotions.
To Refocus	-It changes your focus vertical. God is Able

1) TO REALIGN (to put something into a new or correct position)

Realignment of your tires!

Realignment of your back!

OUR MINDS NATURALLY GO “HORIZONTAL” INSTEAD OF “VERTICAL”

Romans 8:5-6 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So LETTING your sinful nature control your mind leads to death. But LETTING the Spirit control your mind leads to life and peace.

Dominate: having a commanding influence on or exercising control over!

Latin Root word: DOMINUS (Lord or Master) Ruled or governed by!

WHAT DO YOU “LET” DOMINATE YOUR MIND?

GARBAGE IN.....GARBAGE OUT!

-I'm not going to eat Twinkies and Lose weight!

WORSHIP REALIGNS US BY PUTTING GOD IN THE CENTER OF IT ALL!

-Practical: Spirit 92.9 Spotify: weekend worship The Waters Church

2) TO RESTORE (To bring back to or put back into a former or original state)

-You RESTORE an old car or house!

John 15:5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

-Like our cell phone- created to be plugged in to the source of power!

-WE WERE CREATED TO NEED THIS!

WORSHIP RESTORES US!

Google: “can you feel anxiety and gratitude at the same time”

HEALTHYPLACE.COM

Our thoughts, emotions, and behaviors are brain-based, including anxiety and gratitude. Both of these states are tied to activity in the brain such as the production and functioning of neurotransmitters like dopamine, norepinephrine, and serotonin and hormones like cortisol. Even when our anxiety is triggered by situations or people, it's the neural activity that causes our reaction.

Anxiety, fear, worry, and the brain gang up on us and train us to be on the lookout for the negative and for problems. We find them. We react to them anxiously because our brain is conditioned that way. It's not intentional but, rather, is a habit that formed without us being aware until anxiety symptoms became prominent and bothersome.

Gratitude works in a similar, but opposite, fashion. Studies have shown that gratitude reduces anxiety and depression, in part by optimizing the functioning of the autonomic nervous system as well as those same neurotransmitters involved in anxiety.

The brain can't respond to anxiety and gratitude at the same time, which means it's one or the other. We can feel anxious and other negative states, or we can feel grateful and all of the positive emotions that are associated with it. We certainly do not choose to be anxious, but we can learn to control, and thus choose, our responses to what's happening in our lives.

POSSITIVEPSYCHOLOGY.COM

Besides enhancing self-love and empathy, gratitude significantly impacts on body functions and psychological conditions like stress, anxiety, and depression. 5 Things gratitude does:

1. Gratitude releases toxic emotions

The limbic system is the part of the brain that is responsible for all emotional experiences. It consists of the thalamus, hypothalamus, amygdala, hippocampus, and cingulate gyrus. Studies have shown that hippocampus and amygdala, the two main sites regulating emotions, memory, and bodily functioning, get activated with feelings of gratitude.

2. Gratitude reduces pain

By regulating the level of dopamine, gratitude fills us with more vitality, thereby reducing subjective feelings of pain.

3. Gratitude improves sleep quality

Studies have shown that receiving and displaying simple acts of kindness activates the hypothalamus, and thereby regulates all bodily mechanisms controlled by the hypothalamus, out of which sleep is a vital one.

Hypothalamic regulation triggered by gratitude helps us get deeper and healthier sleep naturally everyday. A brain filled with gratitude and kindness is more likely to sleep better and wake up feeling refreshed and energetic every morning.

4. Gratitude aids in stress regulation

In studies, people who felt grateful showed a marked reduction in the level of cortisol, the stress hormone. They had better cardiac functioning and were more resilient to emotional setbacks and negative experiences.

Significant studies over the years have established the fact that by practicing gratitude we can handle stress better than others. By merely acknowledging and appreciating the little things in life, we can rewire the brain to deal with the present circumstances with more awareness and broader perception.

5. Gratitude reduces anxiety and depression

By reducing the stress hormones and managing the autonomic nervous system functions, gratitude significantly reduces symptoms of depression and anxiety. At the neurochemical level, feelings of gratitude are associated with an increase in the neural modulation of the prefrontal cortex, the brain site responsible for managing negative emotions like guilt, shame, and violence.

As a result, people who keep a gratitude journal or use verbal expressions for the same, are more empathetic and positive minded by nature.

Does Gratitude Change the Brain?

The Mindfulness Awareness Research Center of UCLA stated that gratitude does change the neural structures in the brain, and make us feel happier and more content.

Feeling grateful and appreciating others when they do something good for us triggers the ‘good’ hormones and regulates effective functioning of the immune system.

Scientists have suggested that by activating the reward center of the brain, gratitude exchange alters the way we see the world and ourselves.

REALIGN & RESTORE

3) **REFOCUS** (to focus on something else)

We become like whatever we worship!

-Dress like them, act like them, talk like them!

Romans 12:1-2 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.² Do not conform any longer to the pattern of this world, but be transformed by the **RENEWING OF YOUR MIND, then you will be able to test and approve what God's will is--his good, pleasing and perfect will.**

-WE REFOCUS OUR MINDS ON GOD!

BACK TO OUR TEXT FROM BEFORE:

Romans 8:5-6 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

-SINFUL NATURE LEADS TO DEATH

-BUT LETTING THE SPIRIT CONTROL YOUR MIND LEADS TO LIFE AND PEACE!

-FUNDAMENTAL DIFFERENCES! IN FACT.....COMPLETELY OPPOSITE!

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

WORSHIP WAS WOVEN INTO THE FIBER OF YOUR EXISTENCE BY YOUR CREATOR

To Realign	-We become like what we worship.
To Restore	-Worship is healing to our mind & emotions.
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You need to Realign! (to put something into a new or correct position)

You need to Restore! (to bring back to or put back into a former or original state)

You need to Refocus! (to focus on something else)

“Stop telling God how big your problems are...start telling your problems how big your God is!”

Psalm 95:1-7

- 1 Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.**
- 2 Let us come before him with thanksgiving and extol him with music and song.**
- 3 For the LORD is the great God, the great King above all gods.**
- 4 In his hand are the depths of the earth, and the mountain peaks belong to him.**
- 5 The sea is his, for he made it, and his hands formed the dry land.**
- 6 Come, let us bow down in worship, let us kneel before the LORD our Maker;**
- 7 for he is our God and we are the people of his pasture, the flock under his care.**