

SCRIPTURE: Psalm 108 TITLE: "Shout in Victory!"

Intro: Musical Mashup! Take popular songs, mash them to gather and make a new song! **36, 57 & 60.**

Thesis: *We can Praise God with all we've got, b/c all we've got is from Him and belongs to Him*

I. PRAISE (1-6)

A. **With everything.** My whole being. Voice. Emotions. Body. Volume.

ILLUSTRATION: Victory! Yeaaaaaaa!!!! State Champs! "Let's Go!" "What did people say before?"

B. **With every instrument!** B/C He's worthy of it! He's worthy of drums, cymbals, electric guitars, bass guitars, pianos, organs, pipes, horns, violins, cellos, etc. etc. etc. Not just one or two.

C. **Every hour!** Wake up singing! Greet the day with worship! Awaken the dawn. New day!

D. **Every person & nation!** All peoples. All nations. This is a goal of Him and the Church! That more of the world would be "your beloved people" and worship you....

E. **B/c of His Steadfast Love, Faithfulness, Greatness, Glory (over all the all).**

APPLICATION: This is like a Hype-Up moment. Trying to get amped up. Maybe for battle?

II. PROMISE (7-9)

A. **He's Promised to care for His people,** provide for them, take care of them and protect them. *Shechem, Valley of Succoth, Gilead, Manasseh, Ephraim, Judah. Representative tribes/places.*

B. **He's Promised to conquer and humiliate His enemies** (and ours).

1. *Moab (East) will be a "wash basin" (chamber pot?) "Dishonorable use".*

2. *Edom (South) I cast my shoe (Restaurant Rough Bristle Mud Scraper Shoe Brush).*

3. *Philistia (West) I shout in triumph. Modern: Gaza Strip. Land of Philistines. Goliath. Enemies.*

ILLUSTRATION: 14 December 2008, Iraqi journalist Muntadhar al-Zaidi. George W. Bush & Iraqi Prime Minister press conference in Baghdad. Shoes thrown. PM tried to catch or block second one.

When asked about reflection: "I didn't have time to reflect I was too busy ducking & dodging. But if you want the facts it was a size 10 shoe." al-Zaidi was arrested charge 3 years. Got out after 2 yrs. **Later a group in support built a 3-meter tall bronze statue of a shoe to honor him! Haha!**

In Middle East culture/society, shoes are considered "unclean." Similar here. Insult. Stomping.

APPLICATION: They put Christ to "open shame" on the Cross but in the end, it was His enemies, the spiritual forces, leaders and principalities that He "Put openly to shame" triumphing over them through the Cross. Now is the prince cast down. *****Colossians 2:13-15***** *He promised and He did.*

III. PETITION (10-13)

A. **Where are you then?** I'm reading your Promises and remembering your Promises, but not seeing them being answered or fulfilled! **Where you at God?!**

B. **You've rejected me!** At least that's what it feels like. You've rejected me! I'm not getting better. *Things aren't getting better. My situation isn't getting better. My confidence, faith, repentance, relationship, trust, growth, obedience, fear, shame, anger, impatience, complaining, job, etc.*

C. **You're not going out. I don't see you.** Not with me! **Why won't you keep your promise?!**

D. **Hasn't it been long enough? Sure feels like it.** "A little bit longer and you'll be home."

E. **VAIN is salvation of man.** We can't do anything without you. Salvation of the LORD! Powerless. Helpless. Apart from me you can do nothing **"Vine & Branches."**

F. *We need you. Help us. You have to do it!* **"Who will..." "It is He."**

G. **With God, We Shall Do Valiantly! I'm going to trust in that!**

H. **If God be for us, who can be against us?** Even if they mock, tease, torture, kill, insult, fire, leave out, ghost, avoid, bail, act suss around us, say "we ain't got no rizz", etc.

APPLICATION: Let's Shout! No for real. We're gonna make some noise. :-) Physiological & Psychological effect. "Scream Room." Not what I'm talking about. This is about Victory & Triumph. About 100 people in here, I believe in you! Sing louder! Singing is a way too! **He DID win! Already!**

Response? You almost can't help but laugh, feel good, relax, joy, etc. Either from fun, release or silly.

Colossians 2: *13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, 14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. 15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.*

When you shout for joy, your body releases hormones that contribute to feelings of pleasure and well-being. This physical response, combined with the act of vocalizing intense emotion, can lead to a sense of relief, lower stress and anxiety levels, and even a feeling of lightness or freedom. (When you shout/yell/scream in fear...fight/flight...strengthen muscles) **Positive**.

Here's a more detailed look at the physiological and psychological effects:

- **Hormone Release:**
Shouting for joy triggers the release of endorphins, the body's natural pain relievers and mood elevators. This, along with other hormones like dopamine and oxytocin, contributes to the feeling of euphoria and well-being.
- **Stress Reduction:**
The act of vocalizing and expressing strong emotions can help lower cortisol levels, a stress hormone, leading to temporary relief from anxiety and tension.
- **Emotional Release:**
Shouting can serve as a cathartic release, allowing you to express joy and excitement in a powerful way. This can feel good and contribute to a sense of emotional relief.
- **Cognitive Processing:**
Studies suggest that joyful screams are processed more efficiently by the brain compared to alarming screams, highlighting the positive impact of these expressions.
- **Increased Strength:**
Some research suggests that shouting can even lead to a physical boost, providing an increased sense of strength and confidence.

Maybe you grew up in home where you "didn't" yell. It's not "proper". Good behavior. Becoming. Polite. Composed. I agree with that to a certain extent, but there are healthy ways of letting out emotion.

Response? You almost can't help but laugh, feel good, relax, joy, etc. Either from fun, release or silly.

Pre-1900s: "Charge!" or "Attack!" "Victory!"

Military-inspired battle cries used in wars or early team sports like rugby. Common in the 19th century to rally groups for action.

1920s–1950s: "Come on!"

A universal rallying cry that gained traction in early 20th-century sports (e.g., baseball, football) and group activities, urging teams to push forward.

1950s–1960s: "Let's rock!" or "Rock and roll!"

Tied to the rise of rock music, these phrases hyped up youth at concerts or rebellious gatherings, reflecting the era's musical energy.

1970s–1980s: "Time to roll!"

Popular in car and biker subcultures, signaling it was time to hit the road or take action, with a cool, laid-back vibe.

1980s–1990s: "Yo, we got this!"

Rooted in hip-hop and urban culture, used in streetball, dance crews, or groups boosting confidence before a challenge.

1990s–2000s: "Let's do this!"

Mainstreamed through pop culture (movies, TV, sports), this versatile phrase conveyed determination across work, sports, or social settings.

Early 2000s: "Get 'er done!"

Popularized by comedian Larry the Cable Guy, this became a blue-collar anthem in rural U.S. culture, hyping up work or fun with gritty enthusiasm.