

UP AND OVER SERIES

Lift Up His Praises

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Scripture References

Psalm 63:2-5 (TPT)	Psalm 34:1-5
Psalm 113:3 (NKJV; MSG)	Psalm 34:5 (NLT)
Psalm 8:2 (AMPC)	Psalm 16:11 (KJV; CSB)
Psalm 9:1-3 (AMPC)	Habakkuk 3:17-19 (AMPC)
Acts 16:25-26	Colossians 2:7b
Psalm 100: 4 (KJV; MSG)	

A. A lifestyle of praise and thanksgiving.

1. "I'm energized every time I enter your heavenly sanctuary to seek more of your power and drink in more of your glory. For your tender mercies mean more to me than life itself. How I love and praise you, God! Daily I will worship you passionately and with all my heart. My arms will wave to you like banners of praise. I will lift up my hands in thy name. I overflow with praise when I come before you, for the anointing of your presence satisfies me like nothing else. You are such a rich banquet of pleasure to my soul." (Psalm 63:2-5 TPT)
 - a. As Christians, our praises to the Lord should be the engine that drives our lives, not the caboose that follows the circumstances.
2. "From the rising of the sun unto the going down of the same the Lord's name is to be praised." (Psalm 113:3 NKJV)
 - a. Wherever we are in life, whatever our circumstance may be, praise needs be our way of life.
 - b. Because of what the Lord has done for us, He deserves our praise both privately and publicly.

B. What happens when we lift up His praises?

1. It pushes back the enemy.
 - a. "Out of the mouths of babes and unweaned infants You have established strength because of Your foes, that You might silence the enemy and the avenger." (Psalm 8:2 AMPC)
 1. Praise is a powerful part of our faith-walk. It strengthens us and paralyzes the enemy.
 - b. "I will praise You, O Lord, with my whole heart; I will show forth (recount and tell aloud) all Your marvelous works *and* wonderful deeds! I will rejoice in You and be in high spirits; I will sing praise to Your name, O Most High! When my enemies turned back, they stumbled and perished before You." (Psalm 9:1-3 AMPC)
 1. God inhabits our praises.
 2. When we praise God, His presence pushes away the hurt, bondage and oppression of the enemy.

2. It releases God's power in our lives.
 - a. "And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them. And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed." (Acts 16:25-26)
 1. Paul and Silas' reaction of praising God set off a chain reaction of deliverance.
 2. When we lift up our praises to God in our midnight hour, it paves the way for Him to work miracles in our life.
3. It gives us access to the presence of God.
 - a. "Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name." (Psalm 100:4)
 - b. "Enter with the password: 'Thank you!' Make yourselves at home, talking praise. Thank him. Worship him." (Psalm 100:4 - MSG)
 - c. "I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together. I sought the Lord, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. (Psalm 34:1-5)
 1. Whatever we magnify and glorify we give place to in our life, so we want to make sure we are magnifying the right thing.
 - d. "Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces." (Psalm 34:5 NLT)
 1. When we look to the Lord, our countenance changes – we shine with His presence.
 - e. "You will show me the path of life; In Your presence *is* fullness of joy; At Your right hand *are* pleasures forevermore.) (Psalm 16:11)
 - f. "You reveal the path of life to me; in your presence is abundant joy; at your right hand are eternal pleasures." Psalm 16:11 CSB)
4. It increases our capacity to receive from God.
 - a. The spirit of praise and thanksgiving is the door for more.
 1. If we want to cultivate a spirit of praise, we must deliberately move our words and thoughts from what we don't have to what we do have.
 2. We all have something we can be grateful for.
 3. We must guard ourselves from murmuring and complaining as that opens the door for the enemy to magnify what we're complaining about.
 4. Maintaining an attitude of praise is so vital to success in the Christian life.
5. It sustains us in difficult times.
 - a. "Though the fig tree does not blossom and there is no fruit on the vines, [though] the product of the olive fails and the fields yield no food, though the flock is cut off from the fold and there are no cattle in the stalls, Yet I will rejoice in the Lord; I will exult in the [victorious] God of my salvation! The Lord God is my Strength, my personal bravery, *and* my invincible army; He makes my feet like hinds' feet and will make me to walk [not to stand still in terror, but to walk] *and* make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!" (Habakkuk 3:17-19 AMPC)
 1. When we lift up His praises, it will sustain us, protect us, and build a canopy around us in difficult times.

6. It establishes and encourages us in the Lord our God
 - a. "...becoming increasingly more confirmed *and* established in the faith, just as you were taught, and abounding *and* overflowing in it with thanksgiving." (Colossians 2:7b)
 1. We can increase in our walk of faith through living a life of praise and thanksgiving.
 2. Praise is the highest form of faith. We can thank Him because the work is already done.
 3. We can praise Him because we are expecting the manifestation of His goodness to show up in our lives.
 4. Praise causes our faith to rise. When we're going through a tough time, that's when we need to praise God even more.
 5. God's grace will carry us through these turbulent times.
 6. Our lifestyle of praise and thanksgiving increases our faith and encourages our hearts.

All scripture references are in the King James Version (KJV) unless indicated.

TPT – The Passion Translation

NKJV – New King James Version

MSG – The Message

AMPC – Amplified Bible Classic

NLV- New Living Translation

CSB – Christian Standard Bible