

Praise Training Course

Seven Forms of Personal & Corporate Praise

Sources:

<http://www.theworshipcommunity.com/7-ways-to-praise-a-simple-teaching-on-worship/>

http://www.tehillahword.com/7_types_of_praise

http://www.lyricsmode.com/lyrics/s/steve_kuban/seven_ways_to_praise_the_lord.html

<http://stevekuban.bandcamp.com/track/seven-ways-to-praise-the-lord-2>

Towdah – Sacrifice of praise.

Foundational to all other forms of praise. Towdah is a heart of faith-praise given at a cost/sacrifice. Historically expressed by raising the right hand (a sign of covenant), as a physical declaration that you believe and glorify God even when you cannot see/feel Him.

Yadah – Hands raised – surrender, cry-out, throw/bless, receive.

Barak – Quiet voice – kneel, bow, humility, submission.

Halal – Soul rejoice – dance, shine forth, clamourously exclaim.

Zamar – Play for Him a song – to praise with an instrument.

Tehillah – You can sing along – spontaneous combination of any/all – new song.

Shabach – Shout for joy – loudly, triumphant, as if victory was in balance and we win!

Psalm 100 will always be our keystone training Psalm. Read it aloud. Memorize it. Pray it. But in all you do, live out the Psalm that captures almost all of the meanings of praise.

Psalm 100

- 1 A psalm. For giving thanks (Towdah). Shout (Rua) for joy to the LORD, all the earth.
- 2 Worship (Abad – work/serve) the LORD with gladness; come before him with joyful songs.
- 3 Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.
- 4 **Enter into his gates with thanksgiving (*Towdah*), and into his courts with praise (*Tehillah*): be thankful (*Yadah*) unto him, and bless (*Barak*) his name.**
- 5 For the LORD is good and his love endures forever; his faithfulness continues through all generations.

1. Towdah – Sacrifice of praise.

Wisdom Principle: The secret power of the cross/death. (i.e. - If you lose your life you'll save it, or complete faith – believing the truth when all that is around you contradicts the truth.)

Picture: A seed falls into the ground and dies so that it's purpose might be realized. As we personally and corporately "Towdah" - sacrificially praise the LORD, in song and deed, by laying down all in agreement with who He is and His covenant with us, our eternal purpose will come forth; our glorification as the Body of Christ on earth.

Strong's # 8426: towdah (to-daw'); from 3034; properly, an extension of the hand, i.e. (by implication) avowal, or (usually) adoration; specifically, a choir of worshippers: KJV-- confession, (sacrifice of) praise, thanks (-giving, offering). confession, praise, thanksgiving

Attitude: I'm thanking God. I'm agreeing with God that it is as He says. I don't care what it looks like. I'm agreeing with what His Word says. Example: Father, I thank You that I am healed.

Scriptures References: Psalm 50:23 The one who offers thanksgiving as his sacrifice glorifies me; to one who orders his way rightly I will show the salvation of God!" (Also:

Hebrews 13:15 By Him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name.

Psalms 54:6 I will freely sacrifice unto thee: I will praise thy name, O Lord; for it is good.

Psalm 42:4 These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

Description: This word means to show agreement with by extending the right hand; an idea that is usually associated with sacrifice (specifically things given up to show thankfulness to God). In today's society the closest thing we have is a handshake to seal a deal or pact where something is sacrificially given to the other. It is a great picture of our hearts toward God and one another.

This is the sacrifice of praise. Praising the Lord in spite of the fact that things are upside down in your own world. Towdah praise is praising the Lord even if you don't feel like praising Him or praising the Lord even though you are going through many trials in your life. This is your sacrifice of praise to God. To give worship by the extension of the hand in adoration or agreeing with what has been done or will be. This word is commonly found in connection with sacrifice-applying the giving of thanks or praise as a sacrifice before reception or manifestation. Thanking God for something that I don't have in the natural. It is agreeing with His Word by putting faith in His Word." This form of praise goes in operation just because His Word is true. "Father, I thank YOU that YOUR WORD is TRUE. As we raise our hearts and hands in praise to the Lord, it involves a sacrifice, especially if one is very sick in body. The carnal mind would fight and ridicule this particular action, but there is great faith in TOWDAH as praise. The lifting of the hand symbolizes agreement. The right hand symbolizes my covenant with my Father. As I go through the scriptures, God is seen extending His Right Hand to me. That's the covenant. When He extends His right hand to me, He's saying to me - ALL THAT I AM IS YOURS, and when I extend my right hand to Him, I am saying "All that I am is yours and I agree with what You're saying. It is the sacrifice that God honors by His performing of miracles.

If you can accept it, this is the wisdom on which the earth is founded. If we receive the gift of God's wisdom and grace then we get not only heaven's perspective (wisdom) but also heaven's ability (grace) and can "rejoice in suffering" which is a supernatural response. Therefore, if you lack wisdom, ask for it with faith - then **Towdah** in word, song, and deed and the LORD will build us into a House of Praise for His Glory to dwell in.

2. Yadah – Hands raised

Picture: A soldier surrendering. A child crying out “Abba!” A son or daughter receiving the Father’s blessing. Also, picture throwing a rock or shooting an arrow of praise toward heaven and the throne of God.

Attitude: Complete surrender. Reaching for a loving Father. Receiving all God has given and will give to you. Also, a vigorous giving of the praise that is in your heart toward God’s throne.

Strong’s Definition: 3034 yadah (yaw-daw’); a primitive root; used only as denominative from 3027; literally, to use (i.e. hold out) the hand; physically, to throw (a stone, an arrow) at or away; especially to revere or worship (with extended hands); intensively, to bemoan (by wringing the hands):

Scriptures References:

Psalms 134:2

Lift your hands in holiness and bless the Lord.

Psalms 63:4

Thus will I bless thee while I live: I will lift up my hands in thy name.

Lamentations 3:41

Let us lift up our heart with our hands unto God in the Heaven.

Psalms 42:5, The Dedication of The Temple in 2 Chronicles 7 uses this expression of praise (visualize Levites blowing the trumpets and calling everyone to worship and the “praise” that everyone is expressing is through standing and lifted hands).

Other scriptures: Gen. 29:35, Psalms 9:1, 28:7, Psalms 33:2 49:18, Isaiah 12:1

Description: This is the demonstration of our love and submission to the Lord by the raising of our hands. It is lifting your hands to the Lord in total submission and devotion. This means to show reverence or praise with extended hands. Extend your hands high above your heads in a sign of surrender and desire to be held. You could also use the image of throwing or shooting your praise outwardly to God instead of holding it in. It is to worship with the extended hand. The giving of oneself in worship and adoration. To lift your hands unto the Lord. It carries the meaning of absolute surrender as a young child does to a parent - "pick me up, I'm all yours".

Practice: Lift my hands to Him and say how I am surrendering myself to Him. List the ways that I am surrendering to Him. Be diligent. Be disciplined. Be specific. Take the discipline and SAY to the Lord how I am surrendering to Him. With my hands uplifted - surrender unto my God - spirit, soul & body. Totally commit myself to my father.

3. Barak – Quiet voice

Wisdom Principle:

Picture:

Attitude:

Strong’s Definition:

1288 barak (baw-rak’); a primitive root; to kneel; by implication to bless God (as an act of adoration), and (vice-versa) man (as a benefit); also (by euphemism) to curse (God or the king, as treason):

KJV-- X abundantly, X altogether, X at all, blaspheme, bless, congratulate, curse, X greatly, X indeed, kneel (down), praise, salute, X still, thank.

Attitude:**Scriptures References:**

Ephesians 3:13&14

Wherefore I desire that ye faint not at my tribulations for you, which is your glory. For this cause I bow my knees unto the Father of our Lord Jesus Christ.

Romans 14:11

For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God.

Psalms 95:6

O come, let us worship and bow down; let us kneel before the Lord our maker. (expresses this idea literally);

Psalms 103 (uses the phrase "bless the Lord" to convey this expression)

Description:

This means to bow. To be completely overwhelmed by His majesty and bow at His feet in submission and honor to the Lord.

3) Barak (baw-rak') 1288:

This flavor of praise is one that we commonly see around altars. It means to kneel down. It means to bow low as a sign of adoration and reverence. It carries with it the idea of humbling yourself to a place that is lower than the recipient of your worship (God).

This one might be the most physically "uncomfortable" expression to have people do, but you can have people stand up and bow or kneel right where they are. I also like to have people think about a royal court of years gone by. Have them answer what would be the first thing you'd do before approaching the throne to have an audience with a king or queen. You would bow low as a sign of reverence and deference to their power. The same applies here: we bow and kneel to outwardly express our awareness of God's greatness.

4. Halal – Soul rejoice

Wisdom Principle:**Picture:****Strong's Definition:****Attitude:****Scriptures References:****Description:**

This means to rave and boast of the wonders of the Lord with excitement through dance.

Psalms 149:3

Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.

II Samuel 6:16

And as the Ark of the Lord came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the Lord.

Psalms 30:11

Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness.

6) Halal (haw-lal') 1984:

This might be one of the most “fun” forms of praise because it requires one to step outside of “dignity” for a moment. It means to be clamorously foolish. To boast. To shine. This is the kind of praise that David exhibited when he danced for joy at the return of the Ark of The Covenant to Israel. It’s also the form of praise that prompted his wife to ridicule him for his lack of dignity.

This is also where we get the word Hallelujah from. It literally means “Praise the Lord” but even more literally it means to BE CLAMOROUSLY FOOLISH unto the Lord! This includes dancing and laughing and leaping and twirling before the Lord, but it also (and probably more accurately) includes the state of the heart before God. A heart that is turned towards God and not afraid to BOAST in and of God is a “halal” heart. Halal is not only demonstrative praise, but can also be the force behind any of these other forms of praise. You can sing or shout or even play an instrument as a halal.

Scriptures to reference: This word appears over 100 times in the Old Testament. 1 Chronicles 16:4 (there were actual appointed musicians to “halal” before the Lord); Nehemiah 12:24 (an example of call and response halal) Scripture: 1 Chron. 16:4, 23:5,30, 25:3, 29:13, Neh. 12:24 (this word appears over 110 times in the OT)

1984 halal (haw-lal'); a primitive root; to be clear (orig. of sound, but usually of color); to shine; hence, to make a show, to boast; and thus to be (clamorously) foolish; to rave; causatively, to celebrate; also to stultify:

KJV-- (make) boast (self), celebrate, commend, (deal, make), fool (-ish, -ly), glory, give [light], be (make, feignself) mad (against), give in marriage, [sing, be worthy of] praise, rage, renowned, shine.

1) to shine a) (Qal) to shine (figurative of God's favor) b) (Hiphil) to flash forth light 2) to praise, to boast, to be boastful a) (Qal) 1) to be boastful 2) boastful ones, boasters (participle) b) (Piel) 1) to praise 2) to boast, to make a boast c) (Pual) to be praised, to be made praiseworthy, to be commended, to be worthy of praise d) (Hithpael) to boast, to glory, to make one's boast e) (Poel) to make a fool of, to make into a fool f) (Hithpoel) to act madly, to act like a madman

5. Zamar – Instrument Song

Wisdom Principle:

Picture:

Strong's Definition:

Attitude:

Scriptures References:

Description:

Zamar

Playing any instrument that glorifies the Lord.

Psalms 150

Hallelujah! Yes, praise the Lord! Praise him with the trumpet and with lute and harp. Praise him with the drums and dancing. Praise him with stringed instruments and horns. Praise him with the cymbals, praise him upon the high sounding cymbals.

5) Zamar (zaw-mar') 2167:

This literally means to pluck the strings, to celebrate in song and music. Basically it's probably the most common form of "praise" we have across the world in our churches. It's just singing songs put to music. What's neat about it though, is that it can also refer to JUST PLAYING, as well. It is usually translated as "sing praises."

Scriptures to reference: Psalm 150 (this psalm illustrates a picture of instrumental worship).

A fun way to illustrate this is to have everyone clap together (playing their five fingered instruments!). There's not much needed to illustrate this form of praise though, because it is so prevalent in our churches. Our regular Sunday Setlists are filled with ZAMAR.

6.ZAMAR - zaw-mar - To sing with instruments. To make music accompanied by the voice. One of the musical verbs for praise in the book of psalms. It carries the idea of making music in praise to God as in Psalm 92:1. The word ZAMAR also means to touch the strings, and refers to praise that involves instrumental worship as in Psalm 150. The one word is usually translated "sing praises".

2167 zamar (zaw-mar'); a primitive root [perhaps ident. with 2168 through the idea of striking with the fingers]; properly, to touch the strings or parts of a musical instrument, i.e. play upon it; to make music, accompanied by the voice; hence to celebrate in song and music: KJV-- give praise, sing forth praises, psalms.

to sing, to sing praise, to make music; (Piel)

1) to make music, to sing

2) to play a musical instrument

6. Tehilah – Sing along.

Wisdom Principle:

Picture:

Strong's Definition:

Attitude:

Scriptures References:

Description:

This one is the best. It is the combination of singing, shouting, dancing, clapping and rejoicing before the Lord.

Psalms 47:1

O clap your hands, all ye people: shout unto God with the voice of triumph.

Psalms 47:6

Sing praises to God, sing praises; sing praises unto our King, sing praises.

Psalms 144:9

I will sing a new song unto thee, O God:

upon a psaltery and an instrument of ten strings will I sing praises unto thee.

4) Tehillah (tel-hil-law') 8416:

This type of praise is singing, but not just any type of singing. It's the singing that bubbles up from our hearts. It's a spontaneous type of singing. These songs are unrehearsed and unprepared. They are straight to God.

Scriptures to reference: Psalm 22:3 (these are the types of “praises” that God enthrones or inhabits, which is interesting because it’s so specific: God literally lives in the SPONTANEOUS praises of His people!); Psalm 33:1 (this type of praise is “fitting” for God’s people, or it literally makes them “look good”); When Isaiah talks about trading garments of ashes and mourning for garments of joy and praise, the word praise their literally means SPONTANEOUS praises!)

This is also a tough one to get people to just do because of the spontaneous nature of it. But you could have everyone on the count of three to stand up and just blurt out a praise to God! That would illustrate it. It would be coordinated, but each person would be “praising” spontaneously.

2.TEHILLAH -teh-hil-law- to sing, to laud. A spontaneous new song. Singing from a melody in your heart by adding words to it. This refers to a special kind of singing-it is singing unprepared, unrehearsed songs. Brings tremendous unity to the body of Christ. Singing straight to God. Can move into tehilah anytime. Singing it the second time would be ZAMAR. It is the praise that God inhabits (sits enthroned on)(Psalm 22:3) God manifests Himself in the mids of exuberant singing.

Scripture: Psalms 22:3, 34:1, 40:3, 66:2, 2 Chronicles 20:22

8416 tehillah (teh-hil-law'); from 1984; laudation; specifically (concretely) a hymn: KJV-- praise.

praise, a song or a hymn of praise a) praise, adoration, thanksgiving (paid to God) b) the act of general or public praise c) a praise-song (as a Hebrew title) d) praise (demanded by qualities or deeds or attributes of God) e) renown, fame, glory 1) used of Damascus , God 2) an object of praise, a possessor of renown (figurative)

7. Shabach – Shout for joy

Wisdom Principle:

Picture:

Strong's Definition:

Attitude:

Scriptures References:

Description:

Shabach

This means to shout. Praise to the Lord given in the form of a shout. cLifting your voice unto the Lord, giving praise for what He has done and what He is going to do.

Psalms 98:7

Let the sea in all its vastness roar with praise!

Let the earth and all those living on it shout, "Glory to the Lord!"

Ezra 3:11

And all the people shouted with a great shout, when they praised the Lord.

Isaiah 12:6

Let all the people of Jerusalem shout his praise with joy.

For great and mighty is the Holy one of Israel, who lives among you.

7) Shabach (Shaw-bakh') 7623:

Are you ready to get loud? Shabach means to address in a loud tone. It's typically associated with freedom or triumph. But it's more than just a loud shout, it's the idea of putting everything you have into it. An attitude of wholehearted praise.

Scriptures to reference: Psalm 63:3-4 (We typically look at this psalm as soft cry of thirst in a dry place, but the words in these verses literally mean to SHOUT praises!)

This is pretty simple to illustrate. Ask people to stand up and shout a phrase (Hallelujah or Praise the Lord works great) together on the count of three! Encourage them to view it as a wholehearted expression of praise. One of the best comparisons for this is the spontaneous, electric cheers and yells that fans at a sporting event utter when something good happens to their team.

7.SHABACH - shaw-bakh - to address in a loud tone, a loud adoration, a shout! Proclaim with a loud voice, unashamed, the GLORY, TRIUMPH, POWER, MERCY, LOVE OF GOD. This word implies that testimony is praise. The phrase "shout unto the Lord" can be understood as the action of SHABACH. It is not just being loud. You should have the attitude of putting your whole being into it, an attitude of being totally uninhibited. Scripture: Psalm 117:1, 63:3-4

7623 shabach (shaw-bakh'); a primitive root; properly, to address in a loud tone, i.e. (specifically) loud; figuratively, to pacify (as if by words): KJV-- commend, glory, keep in, praise, still, triumph.

1) to soothe, to still, to stroke a) (Piel) to soothe, to still b) (Hiphil) stilling (participle) 2) to laud, to praise, to commend a) (Piel) 1) to laud, to praise (God) 2) to commend, to congratulate (the dead) b) (Hithpael) to boast