



# Basic Lesson 2

## Praise and Worship

Teaching and Meditation on Praise and Worship  
Psalm 100

Begin prayer with praise and worship to become aware of God's presence.

It is in this spiritual atmosphere that you meditate and pray.

These 5 verses of Psalm 100 include six different praise expressions, five relational names of God, and three of His attributes.

**Basic Principle:** There are instructions in the Hebrew words for praise.

Mathew Henry suggests that perhaps this Psalm was intended to teach proselytes during the time of Messiah.

**Psalm 100:1** “Make a joyful shout to the LORD, all you lands!” (KJV)

“All you lands” does not just mean all the people. This praise command includes the earth, the trees, mountains, fire, hail, snow, the animals as well as the nations. (Psalm 148)

This shows everything God created has capacity to worship Him. This first shout is a loud joyful shout... to the LORD. This means you are shouting to Him, He is the focus, the shout is not just for the sake of making noise. This shout would be to honor Him, to express joy in Him.

**Psalm 100:2** “Serve the LORD with gladness;”

Jesus ties worship to service when He confronted Satan in the wilderness temptation.

“Get behind Me, Satan. You shall worship the LORD your God and Him only shall you serve.” (Luke 4:8)

You are to minister to the LORD in worship;

“... it is your reasonable service.” (of worship). **Romans 12:1**

**Ps 100:2** continued,

“Come before His presence with singing”

His presence means you come face to face with God singing and with joyful shouts. Imagine the Lord's eyes on you as you wholeheartedly worship this way.

To worship God face to face, will change the way you worship.

**v3** “Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.”

Know is experiential knowledge of God in the context of worship.

Five different names or descriptions of God here show different relationships you can have with God:

- **“Know that the LORD (Jehovah),** Who is self existent, ever present, all powerful having all wisdom and knowledge,
- **He is God.” (Elohim),** The God of all gods, other gods are idols, elohims. Elohim is the plural name of God, Father, Son and Holy Spirit, the Trinity.
- **“It is He who has made us, and not we ourselves.” (Creator),** Who has purpose and destiny for us.
- **“We are His people...” (King),** Who rules us.
- **“...and the sheep of His pasture.” (Shepherd)** Who leads us.

This is an invitation to experientially know God through these five different Names in the context of worship. LORD (Jehovah), Elohim (Trinity) Creator, King, Shepherd.

**Instruction - How to come into God’s presence:**

**v4 “Enter into His gates with thanksgiving, and into His courts with praise.”**

Come first with **thanksgiving**, sometimes a costly sacrifice of praise **with the lifting of the hands** before the situation changes. (Hebrew, todah) Then enter into the courtship intimacy with **vocal lavish praise to God**. (Hebrew, the sung halals)

v4 cont. **“Be thankful to Him and bless His Name.”**

This word **thankful** here is a type of praise that confesses who God is, recognizes and declares attributes. It has in its Hebrew meaning, instructions to **raise your hands**.

This gesture shows both surrender and a confession, a declaration of who God is. (Hebrew, yadah)

To **“bless His Name”** is to **kneel**, to bow the spirit, here to acknowledge submission to Jehovah regarding the revelation of His Name. (Hebrew, barak)

**Three attributes of God:**

**v5 “For the LORD is good; His mercy is everlasting, and His truth endures to all generations.”**

Verse 5 is an example of **thankful praise**, (Hebrew, yadah,) described in verse 4 that blesses God, confesses who He is, declares His attributes, His character, His Names. This praise is confrontational in the spiritual realm as it exposes and denounces the counterfeits by comparison, for example, that which is not good, merciful or truthful.

**This is a place of safety for the worshipper**, the LORD fights through the praise.

Isaiah 42:12,13 says as we declare His praise, the LORD goes forth like a warrior prevailing against His enemies.

Songs of God's goodness, mercy and truth are repeated throughout Scripture testifying to God's character.

This is the song the priests sang (sang and shouted a song, v22) as they went ahead of the soldiers in battle in 2 Chronicles 20:21

**“Praise the LORD, (Hebrew, yadah, confess who God is, His attributes) for His mercy endures forever.”**

The enemy went into confusion, killed each other and the Israelites picked up the spoil for 3 days. This valley was called the **Valley of Blessing**, and they **bowed** themselves there and acknowledged what God had done.

**Apply principles of praise and worship in the prayer meeting.**

Begin with worship that acknowledges God. Invite His presence. Maintain His presence throughout the prayer time.

God is **enthroned** in the praises of His people.

**“You are holy, enthroned in the praises of Israel.”** Psalm 22:3

This is verbal, loud and extravagant, verbal praise (sung halal praise).

**Praise and worship make us aware of the presence of God.**

**“Where two or three are gathered in My Name, I am there in their midst.”** Matthew 18:20

**The same worshipful attitude is maintained as we read the Word and meditate.**

Mary of Bethany had this worshipping, servant attitude as she sat at Jesus feet and heard His Word. (Luke 10:39)

- These expressions of praise have a place in the prayer time.
- Teach principles of worship.
- Understanding makes praise more effective.

Especially in all night prayer meetings, it is refreshing to sing with shouts as shown in Psalm 100. Shouting brought confusion to the enemy in Judges 7:20. Gideon's army was to cry out, shout, **“The sword of the LORD and the sword of Gideon.”** Use the rhema swords, the specific Words you received for prayer in singing and shouting praise to the Lord.

**“Pray . . . and sing with the spirit and with the understanding.”** 1 Corinthians 14:15

Application: Meditate through Psalm 100. Respond to the insight you receive, apply it personally. Use the insights in prayer for the worldwide Body of Christ. You and your church will be blessed as well.