



The Year of H.O.P.E.

HEALING. OUTREACH. PRAISE & WORSHIP. EMPOWERMENT

The Anatomy of Praise and Worship

Introduction: “To worship is to quicken the conscience by the holiness of God, to feed the mind with the truth of God, to purge the imagination by the beauty of God, to open the heart to the love of God, to devote the will to the purpose of God.” —William Temple (*Celebration of Discipline*, by Richard Foster, p.158)

I. Definition of Praise

Sociological Definition:

1. To express warm approval or admiration of
2. To express one’s respect and gratitude toward (a deity) especially in song.
3. To say or write good things about someone or something; to express approval

Theological Definition:

1. The **telling** of one’s **story** about God.
2. The **celebration** of the truth one has learned from experiences with God.
3. The **acknowledgement** of God’s presence in peaceful and painful situations.
4. Bowing, lifting hands, lamenting, crying, singing, dancing, writing, clapping, preaching, serving, silence, mediating, and reflecting are examples of forms of praise.

II. Theology of Praise

Praise is not just for **God**; it’s for **you**. When we become deeply aware of who God is and the power God has, it becomes more difficult to dwell on what’s not going well in our lives. Our **emotions** and our **intellect** are transformed by our praise to God. **Psalm 100**

III. Benefits of Praise

- A. Praise helps us **remember** perpetual **blessings**. **Psalm 103**
- B. Praise helps us **reach** potential **believers**. **Psalm 40:3 /Acts 16:25, 29-30**
- C. Praise helps us **refocus** when life is painful and **broken**. **Psalm 34:1**

THE HOUSE OF HOPE MACON