

# Laying the Foundation for a *Lifestyle of Worship*

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## Lesson 2 – Three-Dimensional Praise and Worship

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### Introduction

Praise and worship consists of three distinct dimensions: upward, outward and inward. As we incorporate each of these dimensions into our lives, we recognize how far-reaching, out-reaching, and in-reaching our praise to God can become. As we pour out our adoration to the Lord, those around us are enlightened. In addition, the words we speak and our physical expressions of praise help us to encourage ourselves.

### Lesson Focus

The three dimensions of praise and worship

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#### Section 1 – Upward Praise and Worship (God)

- A. Our Strength and Shield
- B. Our King
- C. The Lifter Over Enemies
- D. The One Who Deals Bountifully with Us
- E. The God of Mercy
- F. The God of the Marvelous
- G. The God Who is Worthy of Praise

#### Section 2 – Outward Praise and Worship (Others)

- A. Teaching and Admonishing One Another
- B. Proclaiming the Gospel
- C. Singing a New Song
- D. Worship Evangelism

#### Section 3 – Inward Praise and Worship (Self)

- A. Praise That Encourages Us
- B. Praise That Helps Us to Focus



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## Section 1 – Upward Praise and Worship (God)

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Our human resources fall short of what is necessary to sustain a *lifestyle of worship*. As we praise and worship upwardly, we become aware of the overcoming power that emanates from the Lord. This transforming power becomes the means for a life of worship.

### A. Our Strength and Shield

The Lord continually looks throughout the face of the earth for those who are fully committed to Him. Praise and worship is an effective way to bring our hearts into alignment with God's heart and to position ourselves to receive His fullness:

*9 For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him (2 Chronicles 16:9a).*

*7 The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him (Psalm 28:7).*

### B. Our King

We will recognize Jesus Christ as King of kings, either willingly in this life or through judgment in the life to come:

As we praise and worship upwardly, we become aware of the sustaining and conquering power that emanates from the Lord.

*9 For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living. 10 You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. 11 It is written: "'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will acknowledge God.'" 12 So then, each of us will give an account of ourselves to God (Romans 14:9-12).*

*6 Sing praises to God, sing praises; sing praises to our King, sing praises (Psalm 47:6).*

### C. The Lifter Over Enemies

God enables us to rise above the power of the enemy. This is reason to lift up a song of praise:

*6 Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD (Psalm 27:6).*

**D. The One Who Deals Bountifully with Us**

The phrase “with your bounty” in the following Scripture means to benefit, requite of toil, reward, or to become ripe: <sup>1</sup>

*11 You crown the year with your bounty, and your carts overflow with abundance (Psalm 65:11).*

**E. The God of Mercy**

God’s mercies are new each morning:

*22 Because of the Lord’s great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness (Lamentations 3:22-23).*

We are admonished “to sing for joy to our God our strength; shout aloud to the God of Jacob.”

**F. The God of the Marvelous**

Our Lord is the God of the marvelous. Marvelous encompasses the extraordinary, the astonishing and the miraculous. It also means doing what is beyond the bounds of human powers or expectations:

*1 Sing to the LORD a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him (Psalm 98:1).*

**G. The God Who is Worthy of Praise**

We are admonished to “sing for joy to our God our strength; shout aloud to the God of Jacob” (Psalm 81:1). This verse means to split the ears with sound, to shout with joy, cry out with a loud voice, raise a cry, and to exult over a conquered enemy. <sup>2</sup> To shout a joyful noise is actually a welcomed expression of praise to God:

*1 Shout for joy to God, all the earth! (Psalm 66:1).*

*1 Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. 2 Let us come before him with thanksgiving and extol him with music and song (Psalm 95:1-2).*

*4 Shout for joy to the LORD, all the earth, burst into jubilant song with music... 6 with trumpets and the blast of the ram's horn — shout for joy before the LORD, the King (Psalm 98:4,6).*

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## Section 2 – Outward Praise and Worship (Others)

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While our praise and worship should always be directed upwardly, an outward dimension exists as well. When we publicly acknowledge God for His attributes, we have an impact on those around us. The words from our lips and our physical expressions of praise and worship can point others to Christ:

*7 My heart, O God, is steadfast, my heart is steadfast; I will sing and make music. 8 Awake, my soul! Awake, harp and lyre! I will awaken the dawn. 9 I will praise you, Lord, among the nations; I will sing of you among the peoples (Psalm 57:7-9).*

### A. Teaching and Admonishing One Another

The word *teaching* in Colossians 3:16 means to admonish or to set the mind aright by imparting positive truth. The primary means for this is by allowing the message of Christ to dwell richly in us. The Apostle Paul, however, declares that His truth also comes to us as we sing *psalms* (inspired poems in the Hebrew canon set to music), *hymns* (songs that honor God by declaring His greatness), and *spiritual songs* (all types of music inspired by the Holy Spirit):

*16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts (Colossians 3:16).*

### B. Proclaiming the Gospel

The words from our lips and our physical expressions of praise and worship can point others to Christ.

Our praise and worship to God can be a compelling way to proclaim the Gospel. We see this in the Bible when Paul and Silas began to sing praises to God as they were shackled in a dark prison. The Greek word for “singing” in the following passage is *humneo* which means to celebrate.<sup>3</sup> In the worst of human circumstances, Paul and Silas celebrated unto God. This resulted in the prisoners and the jailer being changed by the Gospel of Jesus Christ:

25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. 26 Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose. 27 The jailer woke up, and when he saw the prison doors open, he drew his sword and was about to kill himself because he thought the prisoners had escaped. 28 But Paul shouted, "Don't harm yourself! We are all here!" 29 The jailer called for lights, rushed in and fell trembling before Paul and Silas. 30 He then brought them out and asked, "Sirs, what must I do to be saved?" 31 They replied, "Believe in the Lord Jesus, and you will be saved—you and your household" (Acts 16:25-31).

### C. Singing a New Song

The new song of the Lord is a vehicle for having an impact on others. Many will see a new song and turn their affections to the Lord. What is it that people see? I believe people see our passion for Christ – a passion that is exhibited through enthusiastic, spirit-filled, demonstrative expressions of praise and worship. Seeing (not merely hearing) this new song expressed through passionate praise and worship prompts many to reverence the Lord and put their trust in Him.

*3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him (Psalm 40:3).*

Our worship to God, expressed through a deliberate and purposeful time of reaching people, is essential in establishing a *lifestyle of worship*.

### D. Worship Evangelism

1. Worship evangelism is the term used to describe the use of worship as a means to share His Gospel. Our worship to God, expressed through a

deliberate and purposeful time of reaching people, is essential in establishing a *lifestyle of worship*.

2. Guidelines for worship evangelism:

a. Be compassionate.

Compassion comes from two Latin words, *com* (together) and *pati* (to bear, suffer). True compassion takes on the hurts and suffering of others. A Christ-like compassion moves us to action upon seeing a need:

*36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd (Matthew 9:36).*

*40 A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean." 41 Jesus was indignant. He reached out his hand and touched the man. "I am willing," he said. "Be clean!" 42 Immediately the leprosy left him and he was cleansed (Mark 1:40-42).*

- b. Be focused.

Worship evangelism assesses community needs, targets specific people groups and meets those needs.

- c. Be an example.

We are to seek out those who are hurting and model a *lifestyle of worship*.

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### Section 3 – Inward Praise and Worship (Self)

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#### A. Praise That Encourages Us

Our expressions of praise and worship remind us of who God is and the great works He has accomplished on our behalf. Even if in the moment we lack the will to honor God, as we engage in praise and worship our souls can still be strengthened. Our spirits are renewed as we offer physical expressions of sacrificial praise and worship. Our minds are renewed as we listen to the words that we are saying or singing. This is particularly true when we speak or sing of His attributes:

*1 Praise the LORD, my soul. LORD my God, you are very great; you are clothed with splendor and majesty (Psalm 104:1).*

#### B. Praise That Helps Us to Focus

Our minds are renewed as we listen to the words we are saying or singing.

King David discovered that speaking to his soul was an effective way of focusing on God's benefits:

*1 Praise the LORD, my soul; all my inmost being, praise his holy name. 2 Praise the LORD, my soul, and forget not all his benefits (Psalm 103:1-2).*

Our *outward* expression of praise and worship encourages others and is a means by which the Gospel is shared. Our *inward* praise and worship renews our soul.

## CONCLUSION

We can effectively equip ourselves for a *lifestyle of worship* when we recognize the three dimensions of praise and worship. Our *upward* praise and worship acknowledges and honors God's power. Our *outward* expression of praise and worship encourages others and is a means by which the Gospel is shared. Our *inward* praise and worship renews our soul.