



Date 09/05/2021

*Series: How to be Effective in Prayer*  
**Power of Praise**

**Why Praise the Lord?**

**A. Praise is Our Purpose**

**Isa 43:21** - the people I formed for myself, that they may proclaim my praise.

**Psalm 147:1** - Praise the LORD. How good it is to sing praises to our God, How pleasant and fitting to praise him!

**Psalm 150:6** – Let everything that has breath praise the Lord!

**1 Peter 2:9** – But you are a chosen people a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.

**Praise Pleases God**

**Hebrews 13:15-16** - With such sacrifices God is pleased

**Psalm 149:6a** Let the high praises of God be in their mouth (KJV).

**1 Peter 2:5** – You also like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

## Praise Transforms Us

*Praise is the fastest way to get your eyes above the circumstances.*

### 2 Cor 3:18

And we, who with unveiled faces all reflect (contemplate) the Lord's glory, are being **transformed into his likeness** with ever-increasing glory (glory to glory), which comes from the Lord, who is the Spirit.

## How do We Praise The Lord?

### Praise Him with God's Word

- **Psalm 16:11** - In Your presence, is the fullness of joy.
- **1 Chronicles 17:19** - You have done great things... no God but you.
- **Psalm 97:9** – Most high above all the earth.
- **Isaiah 40:28** – Everlasting, Creator, won't grow tired or weary.
- **Psalm 145:8** – gracious, compassionate, slow to anger, rich in love.
- **Rev. 5:12** – worthy to receive power, wealth, wisdom, strength, honor, glory, praise.
- **John 15:12-15** - Friend of God

### 1 Chronicles 29:11-13

<sup>11</sup>Yours O Lord, is the **greatness** and the **power** and the **glory** and the **majesty** and the **splendor**, for **everything in heaven and earth is yours**.

Yours, O Lord, is the **kingdom**; you are **exalted** as **head over all**.

<sup>12</sup>**Wealth** and **honor** come from you; you are the **ruler** of all things.

In your hands are **strength** and **power to exalt** and **give strength to all**.

<sup>13</sup>Now, our God, we give you thanks, and praise your glorious name.

## Praise Him Lavishly!

Praise is one of the *simplest* kinds of prayers!

### **Psalm 103**

Grease the skids of Praise - **Psalm 145-150**

### House of Prayer

- **Psalm 149:1** – Praise the LORD. Sing to the LORD a new song, his praise in the assembly of the saints.
- **Psalm 150:1** – Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens.

*Series: How to be Effective in Prayer*  
**Power of Praise**

**Opening**

(Pray)

**Transition**

Sermon Handouts, Notes

Sermon Series: How to be Effective in Prayer

- Start with who Jesus is.
- Understand the Dynamics and Difficulties of Prayer
- Full Honesty, Full Surrender
- House of Prayer – More than individuals, Pray as His people.  
→ Today – Power of Praise. Full Circle.

Hand Illustration

We cannot only be making requests! All the others

In the first part of this Prayer series we said that the place start is not the how-to of prayer, but Who-to of prayer. Who is it we are praying to.

We will come back to that today. This series starts by going to Jesus, and it ends with going to Jesus.

Next Week Sunday we are going to pray.

**Body**

Begin by Noting:

Praise and Thanksgiving are closely related. Saying, Praise God for who he is, Thank God for what he's done. Nice saying, but the Bible writers did not have such a distinction. You can praise God for what He's done

and Thank Him for who He is. For today, I will lump these together under Praise.

Praise vs. Worship – Praise lifts God up. Worship bows myself down.

For as much as the Bible praises the Lord, we should emphasize praise more often!

## **Why Praise the Lord?**

### **A. Praise is Our Purpose**

We were made for praise!

**Isa 43:21** - the people I formed for myself, that they may proclaim my praise.

When we praise the Lord, there is something in us that says this is right.

**Psalm 147:1** - Praise the LORD. How good it is to sing praises to our God, How pleasant and fitting to praise him!

**Psalm 150:6** – Let everything that has breath praise the Lord!

For us, praise is like coming home.

We may have lost this along the way.

Before I came to Jesus Christ, the only time I thought of God was to get angry at Him for a bad thing that happened. I never gave him praise for food, shelter, family, country, Hawaii, health, but I was quick to blame him for not preventing me from pounding my thumb with a hammer, for my dropping an automotive part I was working on.

Then when I became a Christian, I discovered this thing called praising God. My soul discovered a dimension that was missing, and everything told me that this is what I was made for. This was my purpose as a human being!

It was definitely my purpose as a Christian. God sought me, bought me, and brought me into fellowship with Him.

**1 Peter 2:9** – But you are a chosen people a royal priesthood, a holy nation, a people belonging to God, **that you may declare the praises of him** who called you out of darkness into his wonderful light.

So, Praise is our Purpose

So, when we fulfill *our* purpose it follows that ...

### **Praise Pleases God**

Stan, how do you know praise pleases God? I asked Him. (ok, not.)

**Hebrews 13:15-16** - With such sacrifices God is pleased

**Psa 149:6a** Let the high praises of God be in their mouth (KJV).

**1 Peter 2:5** – You also like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

In the midst of a vast congregation of God’s creation –  
Revelation 4:11

### **Praise Transforms Us**

- **Promotes Peace, Purges Pressure**
- All of prayer does that, but Praise does this even better.
- Waahila Ridge – pressure from my to do list.
  - In the College ministry we would to a “day alone.”
  - Years later I would spend 30-60 minutes looking up at the sky, mountains, Ocean, people (like ants).
  - Seeing how **big God is** put my problems into **perspective**.
    - Cars looked like ants, barely see people.
    - I would think, that person has problems, anxieties, loss.
    - That problem looks infinitesimally small.
    - My own troubles & stresses seem to shrink!
    - Interestingly, when I returned to my office I always did my work with greater clarity of mind, enthusiasm, and reduced stress.

- I discovered the power of Praise
  - Lifts your eyes above your circumstances.
  - Behold the One who runs the Universe. He isn't tired anxious. (Isa 40)

We need this today in our world of bad news.

- Natural disasters, pandemic, politics, mental illnesses.
  - Praise Him!
- Some don't have time to care for the world because your own world is collapsing around you. Turn off the world, and
  - Praise Him!
- 5-6 years ago, after going through an exceedingly stressful time that lasted for a long time.
  - Conflicts in church & family, tragedy,
  - (one of many) learned the art of starting my day with Praise.
  - If you are stressed, in grief, confused, hurt, your soul gasping for spiritual air, do this:
    - See appendix to sermon notes

### 2 Cor 3:18

And we, who with unveiled faces all reflect (contemplate) the Lord's glory, are being **transformed into his likeness** with ever-increasing glory (glory to glory), which comes from the Lord, who is the Spirit.

As you praise Him, declare His attributes and qualities, You cannot help but reflect and contemplate the Lord's glory. (does that make sense?)

As you do...

→ you are transformed a bit more.

His glory rubs off on you more and more.

- It's difficult to be a cheat and liar if you praise Him for His Truth.
- It's difficult to be proud & arrogant if you give Him all glory.
- It's difficult to be apathetic if you praise His compassion, love.

Really praising Him, not just sing a song or read the scriptures.

Most of us do not have or do enough of this.

- What if you have sin in your heart? Praise Him anyway!
- Not sure if your heart is far from Him? Start here and praise the Lord. You're not freezing him isn't going to bring your heart any closer. Praise Him, then go out and bring your heart close to him in the other parts of your life.

Praise takes you out of your own self, your self-pity, your self-absorption, your dismal circumstances, and focuses on God. That alone works wonders in arriving at the right attitude!

"Do not worry" is not a command but a destination. Jesus presumes you worry. HOW do you not worry? Praise the Lord!

### **How do We Praise The Lord?**

#### **Praise Him with God's Word**

Use the God's Word to grease the skids of your Praise potential. In Praise, the Word and Prayer merge and integrate as ONE. In other words, God's Word becomes **Your** voice!

**Psalm 16:11** - In Your presence, is the fullness of joy.

**1 Chronicles 17:19** - You have done great things... no God but you.

**Psalm 97:9** – Most high above all the earth.

**Isaiah 40:28** – Everlasting, Creator, won't grow tired or weary.

**Psalm 145:8** – gracious, compassionate, slow to anger, rich in love.

**Rev. 5:12** – worthy to receive power, wealth, wisdom, strength, honor, glory, praise.

**John 15:12-15** - Friend of God



I'm grateful for songwriters because songwriters have read God's Word, digested God's Word, Reflected God's Word.

Psalms, hymns, and spiritual songs help our souls to praise the Lord.

The Word informs and instructs our Praise, and we reflect it back to Him.

**1 Chronicles 29:11-13** (David, at Solomon's coronation)

<sup>11</sup>Yours O Lord, is the **greatness** and the **power** and the **glory** and the **majesty** and the **splendor**, for **everything in heaven and earth is yours**.

Yours, O Lord, is the **kingdom**; you are **exalted** as **head over all**.

<sup>12</sup>**Wealth** and **honor** come from you; you are the **ruler** of all things.

In your hands are **strength** and **power to exalt** and **give strength to all**.

<sup>13</sup>Now, our God, we give you thanks, and praise your glorious name.

*How do we praise Him?*

**Praise Him Lavishly!**

Look for things to Praise God for! It's there, everywhere!

Look for ways, times and places to praise God.

Things, ways, times and places are everywhere!

Praise is one of the **simplest kinds of prayers**

→ make a list of God's attributes, then praise the Lord!

BTW – Praising God is good for your brain. (More in the future)

Let's look at

- **Psalm 103**

*What do **I** praise the Lord for?*

Unfathomable wisdom, forces of nature, beauty of the earth.

Ants, spiders, trees, weeds, dirt, asphalt, concrete, nails.

Hardships, suffering, healing, losses, pains.

Eternal kingdom, International saints, your future glory.

- **Grease skids of Praise - Psalm 145-150**

- I can't Praise God for you. It has to come from you.

- Reality is, not many of us will do this on our own. We need ...
  - **House of Prayer** requires Church support.
  - **House of Prayer is this:**
    - **Psalm 149:1** – Praise the LORD. Sing to the LORD a new song, his praise in the assembly of the saints.
    - **Psalm 150:1** – Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens.
  - Some of the most impactful times of praise for me have been in Worship services. Sunday Services, but also Special worship services. Seminars on Worship,
  - Many of these were in Charismatic churches. It's too bad all churches don't have special Praise and Worship services.
  - Most of us do not have enough of these opportunities.
  - It's here that Praise...
    - transforms you.
    - gives you an entirely new perspective;
    - calms your anxiety;
    - comforts your grief and loss;

→ Incrementally, you become a different person.

## Appendix: Pastor Stan's Recovery Plan

### Morning Rule

#### ■ Live in God's GRACE:

##### God Resupplies All Creatures Equally

Matt 5:43-48, Matt 6:26-30

Psa 143:8; 118:24; 139; 103, Lam 3:22-23, Jn 1:16, Isa 6:3 41:10, 43:18-20, 61;

Zech 4:6, Phil 1:6,4:19, 2 Cor 12:9, Matt 6:33; Heb1:3, Col1:15-17.

- Jer 32:17 Ah, sovereign LORD, you have created the heavens and the earth by your great power and outstretched arm. Is there anything too hard for you?

- Psa 30:5,11-12 favor lasts a lifetime; turns mourning to dancing.

- Ja 2:13 Mercy triumphs over judgment

#### ■ Live IN CHRIST 2 Co 5:17:

- NEW creation in NEW age.

- fix eyes on Christ (trellis)

- Perceive Already & Not Yet

Col 1:27-9, Jn 15:5-7, 1 Pt 3:1-9

- Rom 8:38 Nothing can separate us from the love of God that is IN CHRIST Jesus

- greater is He who is IN ME than he who is in the world.

- Psa 3:3 You are a shield around me, my glory and the lifter of my head

#### ■ Counter ANTs, OCD, & free-floating anxiety with truth, prayer, scripture;

2-3 witnesses; clear conscience; reason (2 Co 10:5). (trellis)

#### ■ Counter Other People's Expectations with Clarity of God's purpose & call now.

#### ■ Live in Forgiveness! → Clean slate! Guilt chains broken!

#### ■ Serenity Prayer 🙏 (trellis)

Lord grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time;

accepting hardship as a pathway to peace, taking as Jesus did this sinful world as it is, not as I would have it, trusting that you will make all things right if I surrender to your will;

so that I may be reasonably happy in this life, and supremely happy with you in the next.

- Reinhold Niebuhr

#### ■ Put on Armor of God 🛡️ (trellis)

Courage, Fortified spirit,

Accuracy of thoughts,

Wisdom in tactics