

# The Salt of Praise

## HOOK

Postures: sprinter stance, batting stance, boxing, free throw (shout out each)

- Each of these are postures of anticipation which clearly identify the sport.
- Do non-believers recognize your love for Jesus from your posture?
- Does God see your love for Him through your posture?
  - The posture of a Jesus-follower is praise.

## BOOK

**Psalm 145:21** - *My mouth will speak the praise of the LORD, and let all flesh bless His holy name forever and ever.*

**Matthew 5:13** - *You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.*

- Light, in the following verses, represents truth: knowledge of God. Jesus is the light that reveals the Father. Jesus calls us the light – reflections of Him.
- The salt, which adds enjoyment to food (also food preservative and income of Roman soldiers), could be seen to represent your enjoyment of following Jesus. No one, not even you, will be drawn towards Christ if you're walking through life like a sad sack.
  - In Jesus is **hope, joy, and purpose!** Are you even following Jesus if these aren't coming out of you like sweat on an August day in Louisiana?

\*The life of someone who has been raised from the dead by the sacrifice of Jesus who carries the joy of God's love, will abound in praise. **Psalm 145:21** - *My mouth will speak the praise of the LORD, and let all flesh bless his holy name forever and ever.*

## LOOK

Worship defined: Our response to how awesome God is.

The purpose of worship: not for our own benefit, but to benefit God, to please Him.

- "Did you enjoy worship today?" – never about us or how we feel. He is worthy of praise no matter our circumstances or how we feel.
- Worship is a heart-direction which forges a lifestyle.

If worship is a heart condition, it will overflow with the external expressions of that passion for the Lord. Those are praise. **Praise defined: is the outward expression of an inward heart of worship.**

Some side effects of praise:

- Glorifying God
- Unifying the Church
- Witnessing
- Encouragement, motivation, hope (to us and others)
- Humility and Repentance (Gives us a correct perspective of who we are compared to God)
- Growth in spiritual maturity

We'll be discussing 7 forms of praise in the bible, but without a heart of worship (a choice to respond to God's awesomeness), these are just putting on an act.

**Key Flipside:** You don't have to wait to feel an emotion to give outward praise. Just like the sports examples, we are posturing ourselves for praise.

- How is this different from putting on show?
  - "What will people think of me?" **VS.** "Is God worthy of praise?"

**1. Hallal (haw-lal')** – literally = **to be rowdy to the point of foolishness.** (Brag/dance)

- a. **Psalm 63:3-4** – *"Because your love is better than life, my lips will glorify you. I will praise you as long as I live..."*
- b. To boast, brag, rave about God to the point of shedding dignity. Demonstrative praise!
  - i. Physically – dancing, jumping, laughing
  - ii. Verbally – bragging on how awesome God is
- c. Root of the word Hallelujah – *"praise YHWH"*
- d. This word appears over 100 times in the OT alone.
- e. Story of David bringing the ark of the Covenant to Jerusalem.
- f. **Psalm 63:3-4** – *"Because your love is better than life, my lips will glorify you. I will **praise** you as long as I live..."*
- g. Application: Everyone consider one thing that's brag-worthy about God or a praise report of what He's done in your life. Dance and thank Him aloud.

**2. Yadah (yaw-daw')** – **to worship with raised hands.**

- a. **Psalm 42:5** - *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation.*

- b. The word is literally connected to shooting an arrow or throwing a rock in the air.
- c. Throwing up your hands is a sign of adoration (concert) or surrender (“you’ve got me”).
- d. The word is associated with the picture of a small child running to their parent with their arms extended as high as they can with a desire to be held.
- e. Great for times of joy, but perfect when in need or desperate and crying out for help.
- f. **Psalm 42:5** - *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation.*
- g. Application: Everyone worship with hands raised.

### 3. Barak (baw-rak') – to bow or kneel as a sign of reverence, adoration, repentance.

- a. **Psalm 95:6** - *Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!*
- b. It carries the weight of humbling yourself and to be lower than the one you are worshipping.
- c. It's an outward expression of our awareness of God's holiness and power and submission to it.
- d. “Barak” also carries the idea of **being a blessing** to the One being worshipped.
- e. Consider how this is the contrast to “Hallal.” Exuberant worship vs. reverent bowing.
- f. **Psalm 95:6** - *Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!*
- g. Application: Everyone bow in reverence and submission to the Lord.

### 4. Tehillah (tel-hil-law') – to break out in singing.

- a. **Psalm 33:1** - *Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise Him.*
- b. There are over 300 mandates in the bible to sing!
- c. But not just looking at a hymnal – spontaneous, bubbling up from your heart, outbursts of singing.
- d. **Isaiah 61:1-3** – Speaks about God being enthroned, living in the spontaneous praises of His people.
- e. **Psalm 33:1** - *Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise Him.*

f. Application: We can't coordinate spontaneity, but we can all sing loudly to our King of Kings.

## 5. Zamar (zaw-mar') – to pluck the strings of an instrument.

- a. **Psalm 18:1-3** - *I love you, O LORD, my strength. The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.*
- b. Where "tehillah" focuses on singing, "zamar" is focused on making joyful music for the Lord.
- c. It's used in the bible to convey using every musical instrument you can get your hands on to give praise.
- d. **Psalm 150:3-6** - *Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals! Let everything that has breath praise the LORD! Praise the LORD!*
- e. Application: Not everyone can play an instrument, but we can all clap, stomp, snap, or whistle. Make some rhythmic noise to the Lord.

## 6. Todah (to-daw') – to extend the hand in adoration, acknowledgement, or acceptance.

- a. **Psalm 50:23** - *The one who offers thanksgiving as his sacrifice glorifies Me.*
- b. This word is the picture of extending your right hand in agreement – like shaking hands to make a pact.
- c. This is praise based on faith in God's fidelity to deliver us **before** we have the outcome. It's called a sacrifice of praise because it's giving thanks when we don't feel like it.
- d. The handshake agreement is: "Lord, because You have committed to fulfill Your promises; I commit to trust You, even thank You, when I can't see a good outcome yet."
- e. **Psalm 56 (1 Sam. 21)**- When David was trapped by the Philistines in Gath and things were hopeless, He gave thanks before seeing God's deliverance.
- f. **Jonah 2:9-10** - *But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!" And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.*
- g. **Psalm 50:23** - *The one who offers thanksgiving as his sacrifice glorifies me.*

- h. Application: Eyes closed. Consider an unresolved issue in your life and raise a hand of agreement (like shaking hands) to trust God. Thank Him for His victory and deliverance tonight.

## 7. **Shabach** (shaw-bakh') – to shout in a loud voice.

- a. **Psalm 63:3** - *Because your steadfast love is better than life, my lips will praise you.*
- b. This is the shout of victory, whole-hearted bursts of praise. A cacophony of joy!
- c. Imagine the roaring arena of a college football team that has fought tooth-and-nail against their nemesis. The game spills into overtime from the untipped scale of nearly equal-powered rivals. Then an unlikely player on your team breaks free from the fray of clashing bodies to score a touchdown and win the game. The stadium would be deafening from the sounds of triumph!
- d. How much more do we have to shout about that God has won victory over our ancient enemy, setting us free from sin and crushing death for us! That is worthy of a “shabach” level hallelujah!
- e. **Psalm 63:3** - *Because your steadfast love is better than life, my lips will praise you.*

## TOOK

Giving praise to God looks like:

1. **Hallal** – to brag on God (dancing optional).
2. **Yadah** – to raise your hands.
3. **Barak** – to bow in reverence.
4. **Tehillah** – to sing spontaneously.
5. **Zamar** – to play an instrument.
6. **Todah** – to give thanks even before deliverance.
7. **Shabach** – to shout.

**Psalm 145:21** - *My mouth will speak the praise of the LORD, and let all flesh bless His holy name forever and ever.*

These are the overflows of joy, the salt of praise in the heart of a Jesus-follower.