

Choose Joy Part 1: Praise God

"Sorrowful, **yet** always rejoicing; poor, **yet** making many rich; having nothing, and **yet** possessing everything."
2 Corinthians 6:10 NIV

"The Spirit of the Lord GOD is upon Me, because the LORD has anointed Me **to preach good tidings** to the poor; He has sent Me to **heal the brokenhearted**, to proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; To comfort all who mourn, to console those who mourn in Zion, to **give them beauty for ashes**, the **oil of joy** for mourning, the **garment of praise** for the spirit of heaviness; That they may be called trees of righteousness, the planting of the LORD, that He may be glorified." Isaiah 61:1-3 NKJV

"To give them the oil of joy for mourning, the **garment of praise** for the **spirit of heaviness**." Isaiah 61:3 NKJV

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

"Come, let us **bow down in worship**, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice." Psalm 95:6-7 NIV

Praise is for **what He has done**. Worship is for **who He is**.

Praise is **horizontal**. Worship is **vertical**.

Praise is a **choice**. Worship is a **response**.

- ✓ Praise focuses on **God**, not **me**.

"Those who **sacrifice** thank offerings **honor me**..." Psalm 50:23 NIV

- ✓ Praise reminds me of the **eternal**, not the **temporal**.

"We are **hard pressed** on every side, but **not crushed**; perplexed, but **not in despair**; persecuted, but **not abandoned**; struck down, but **not destroyed**...For our light and momentary troubles are achieving for us an **eternal glory** that far outweighs them all. So we **fix our eyes** not on what is seen, but on what is **unseen**, since what is seen is temporary, but what is unseen is **eternal**." 2 Corinthians 4:8-9, 17-18 NIV

- ✓ Praise is **outward**, not **inward**.

"Through Jesus, therefore, let us continually offer to God a **sacrifice of praise**—the fruit of lips that **openly** profess his name." Hebrews 13:15 NIV

"Right at the crest, where Mount Olives begins its descent, the whole crowd of disciples burst into **enthusiastic praise** over all the **mighty works** they had witnessed: Blessed is he who comes, the king in God's name! All's well in heaven! Glory in the high places! Some Pharisees from the crowd told him, "Teacher, **get your disciples under control!**" But he said, "If they kept quiet, the stones would do it for them, shouting **praise**." Luke 19:37-40 MSG

1. Making music.

"It is good to praise the LORD and **make music** to your name, O Most High." Psalm 92:1 NIV

"Praise him with the **strings** and **flute**, praise him with the clash of **cymbals**, praise him with resounding cymbals." Psalm 150:3-5 NIV

2. Standing in public.

"I will thank you **in front** of the great assembly. I will **praise** you before all the people." Psalm 35:18 NLT

"My feet **stand** on level ground; **in the great congregation** I will praise the Lord." Psalms 26:12 NIV

3. Singing out loud.

"Praise the Lord. **Sing to the Lord** a new song, his praise in the assembly of his faithful people." Ps 149:1 NIV

"Be filled with the Holy Spirit, **singing** psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts." Ephesians 5:18-19 NLT

4. Clapping my hands.

"**Clap your hands**, all you nations; shout to God with cries of joy." Psalms 47:1 NIV

"You will go out in **joy** and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will **clap their hands**." Isaiah 55:12 NIV

5. Lifting my hands.

"Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name **I will lift up my hands**." Psalm 63:3-4 NIV

"Therefore I want the **men everywhere** to pray, **lifting up holy hands** without anger or disputing." 1 Timothy 2:8 NIV

6. Shouting in victory.

"O clap your hands, all ye people; **Shout unto God** with the voice of triumph." Psalm 47:1 KJV

"**Shout!** For the Lord has given you the city!" Joshua 6:16 NIV

7. Dancing for joy.

"You have turned my mourning into **joyful dancing**. You have taken away my clothes of mourning and clothed me with joy." Psalms 30:11 NLT

"Wearing a linen ephod, David was **dancing** before the Lord **with all his might**." 2 Samuel 6:14 NIV