

APRIL  
2018



## VICTORY THROUGH PRAISE

*"I will bless the Lord at all times:  
his praise shall continually be in my  
mouth." (Psalms 34:1)*

Praise should be a big part of every believer's life. Many have a very limited knowledge about the benefits of praising God. Praise is a type of prayer that we should employ, especially in a difficult season. Praise can be used to overcome spiritual attacks. It's a powerful spiritual weapon we can use against the enemy. Let's uncover its benefits from Scripture and put it to work!

### PRAISE IS A TYPE OF PRAYER

In the book of Ephesians, the Apostle Paul tells us that there are all kinds of prayers. He said, "pray in the Spirit on all occasions with all kinds of prayers and requests..." (Ephesians 6:18 NIV) The prayer of praise and thanksgiving is a type of prayer we can use in our daily lives. In Philippians 4:6 we are to "not fret or have anxiety about anything, but in every circumstance and in everything, by prayer and petition, **with thanksgiving**, make your wants known to God." (Phil. 4:6) After we make our requests to God, praise is something we should do while we wait for the answer. Paul said this to the Hebrews: "Through Him, therefore, let us constantly and at all times offer up to God a **sacrifice of praise**." (Hebrews 13:15 AMP)

### THE MEANING OF PRAISE

In our everyday language, the verb "to praise" means to bless, admire, approve, applaud, honor, glorify, exalt, elevate, and worship. The biblical word for praise

comes from the Hebrew word "halal" which means to praise, celebrate, glory and boast. This same word is also found in other ancient languages (eg. Babylonian, Assyrian) and means to praise by shouting and to be jubilant! This word halal is the source of the Hebrew expression "Hallelujah" which translates to "Praise the Lord."

### PERSONAL AND PUBLIC PRAISE

In Psalm 34:1 David said "I will **praise** the Lord" and in verse 3 he said "let us **exalt** His Name together." Praise is not only for our private prayer times, but also for our public gatherings. There are many Scriptures that exhort us to praise God in the congregation. We are also encouraged to praise God in front of our children. "We will not hide them from their children, shewing to the generation to come the **praises of the Lord**, and his strength, and his wonderful works that he hath done." (Psalms 78:4 KJV)

### PRAISE IS A WEAPON

In David's life, praise was a way of life, as you can see in our opening text in Psalm 34 "I will **bless the Lord** at all times: his **praise** shall continually be in my mouth" (v 1). During the writing of Psalm 34, David was being pursued by King Saul who was jealous and sought to kill him. In the midst of his most challenging times, David chose to praise God. "I sought the Lord and he heard me and delivered me from all my fears." (Psalm 34:4) Throughout the Psalms you can see that David used praise as a weapon of power!

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The Bible says God inhabits the praises of his people: "But thou art holy, O thou that inhabitest the **praises of Israel.**" (Psalms 22:3 KJV) The Creator manifests Himself in our worship and praise. As a result of jubilant praise and worship, God appears in power and His enemies are destroyed. "I will **sing praises** to your name, O Most High. My enemies retreated; they staggered and died when you appeared." (Psalms 9:2-3 NLT) Another Scripture tells us his enemies scatter and melt like wax before the presence of God (Psalm 68:1 KJV).

When the people of Israel were overwhelmed by forces greater than them, God instructed them to use praise as a weapon of war. In 2 Chronicles 20, Israel was surrounded by three strong armies. They were not strong enough to fight and had no way out. When they prayed in desperation, God instructed them to use the power of praise. "And when they began **to sing and to praise**, the Lord set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten." (2 Chronicles 20:22 KJV) Even in the New Testament, Paul and Silas were released from prison by praising God. "And at midnight Paul and Silas prayed, and **sang praises** unto God: and the prisoners heard them. And suddenly there

was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed." (Acts 16:25 - 26 KJV) When you feel overwhelmed and don't know what to do and fear is trying to overtake you, use praise to fight back. Your praises to God will push back the enemy in your life and release you from bondages such as fear, oppression and depression!

### THE BENEFITS OF PRAISE

Here are just a few of the many benefits you will experience by praising God.

- 1) Praise brings God's presence on the scene. (Psalm 22:3)
- 2) Praise pushes the enemy out of our lives. (Psalm 9:1-3, 2 Chronicles 20:22)
- 3) Praise brings deliverance from oppression. (Acts 16:25)
- 4) Praise renews your mind. (Psalm 103:1-6)
- 5) Praise fills you with joy and gratitude. "My soul shall be satisfied as with marrow and fatness; and my mouth shall **praise thee** with joyful lips." (Psalm 63:5)

Miigwetch,  
Dr. Roma J. Fisher



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