

power of praise and worship. It will launch you into a fresh new dimension of your Christian walk. **You can reap untold benefits with only a slight adjustment in your mind and manner. Start singing to the Lord!** You don't have to sing loudly. Remember, it says *"making melody in your heart to the Lord."* Worship Him under your breath when you are walking alone. Worship when you are in your car alone. Use all those "in-between" times to sow into the Spirit with praise and worship. *"What should I sing?" you may ask.* Well, most anything! Take Psalm 23 for example. Start with *"The Lord is my Shepherd."* Now sing it -- *"The Lord is my Shepherd!"* Now sing it repeatedly. Change the emphasis slightly as you sing it over and over and over . . .

*"The Lord IS my shepherd! (sing it).
The Lord is MY shepherd . . .
I shall not want! I shall not want!
I shall NOT want!"*

Do you see? Make up your own melody as you go. You simply do what the apostle Paul taught – you *"sing and make melody in your heart to the Lord."* You are not performing for others. In fact, this is something that you will probably do when you're alone. **Like David, you will become a true worshipper. You will be exercising your mind and heart in one of the most basic needs of humanity – that is, expressing your love to God. And, when you do, all sorts of wonderful things happen!** Your mind and emotions are strengthened. The power of God is released. Psalm 22:3 says that God *"inhabits the praises of His people."* Sometimes, I just let my Bible flop open to any one of the Psalms and I start singing. I make up a melody as I go. It strengthens me. It helps me hear God. And God is glorified.

Benefits of Praise & Worship

The benefits of praise and worship could fill many books. Quickly, here are ten powerful benefits that you will reap as you become a worshipper. **THE HABIT OF PRAISE AND WORSHIP WILL –**

1. Shift your focus from your problems to the fact that God is your Source of supply. He can meet any need! Ps 34

2. Have a healing, therapeutic effect on your mind and emotions. His presence will restore you. Psalm 23

3. Help release God's strength and ability in your life. Ps 18

4. Give you a greater level of courage and confidence to face difficulties. Ps 27

5. Link you to God's wisdom and success. God's voice and creative ideas will come when you worship. Ps 29

6. Open your thoughts to perceiving the will of God. God can lead you and guide you as you minister to Him. Acts 13:2

7. Activate your prophetic capacity. The Holy Spirit can show you things to come and prepare you. Jn 16:14,14

8. Push back the forces of darkness. Satan can't stand worship! He flees at the presence of God. 1 Sam 16:23

9. Set miracles in motion. Throughout the Bible, worship activated miracles. 2 Chron 20:21,22

10. Help others respond to Christ. Group worship can open the hearts of those who do not yet know Christ. 1 Cor 14:24-26

Dear friend, I pray that you will develop the habit of praise and worship and enjoy all the benefits thereof. ■ -- *Jason Peebles*



APPLICATION: *Once you've read this Study Guide, I want to "push you" beyond your comfort zone. Find a place alone somewhere. Go on a walk or to another part of your home and softly lift your voice in worship. It may seem a little strange at first, but do it! Be bold and step over into a whole new dimension of God's love and presence in your life.*

Key Memory Verse:

"Be filled with the Spirit; speaking to yourselves in psalms, hymns and spiritual songs, singing and making melody in your heart to the Lord."

Ephesians 5:18,19

Prayer for Worship

"Father, thank you for sending your Son, Jesus Christ, to die on the cross for my sins. I accept His sacrifice and commit my life to Him. Teach me to worship throughout the day. Draw me into a deeper level of fellowship and communion by the Holy Spirit. Thank you for your great love. In Jesus Name – Amen."

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The Power of Praise & Worship!

by Jason Peebles

I believe that this Study Guide could very well be one of the most life changing tools that you will ever have as a Christian. How could I suggest such a thing? Well, it's certainly not because I think my writing skills will amaze you! No, I can say it because I know that once you discover the power of praise and worship, you will step into a wonderful new dimension in your walk with Christ. **The habit of praise and worship throughout the day will connect you to a deeper level of fellowship with your Savior and His supply of wisdom, guidance, and miracles.** In my own life, I can testify that my Christian life jumped "light years" once I discovered the power of praise and worship.

True Worship

As a young boy, I grew up attending one of the major churches that many people go to. The only thing that I really knew about "worship" was that it was a "service" that lasted an entire hour! It's true that the songs would sometimes inspire me and touch my heart. Yet, like millions every Sunday, the whole thing was more or less something to be endured until lunch time. Now mind you, I am in no way pointing an accusing finger at the church I grew up in. I'm sure that many people in attendance knew Christ and were worshipping from their hearts. I'm talking about me. I just wasn't connected to the whole idea of "worship." To me, Church seemed like something that good moral people should do. At that time in my life, I certainly did not know Jesus Christ in a personal way.

Later in high school, I “heard” the message of Jesus Christ for the first time through a school ministry. I was challenged to receive Christ, repent of my sins, and join a Bible study. Thank God I responded and my life began to change. I still thank God for a man named Scott who was the speaker that night. He also taught a group of guys in my school how to have a Quiet Time and study the Bible. During the following years, I kept growing. I stayed busy “for” Christ – witnessing, leading Bible groups, and studying my Bible. Most people would have called me a dedicated Christian. Sadly, though, it would be years later before I discovered the power of praise and worship.

Like my story, most people have a worship “service” mentality vs. a “lifestyle” of worship. And for those of us who know Christ, it’s easy to get “busy” for Him and never step into the flow of true worship. **Yet our Heavenly Father longs for our fellowship. He wants us to be true worshippers every day.** Jesus said, *“The hour comes, and now is, when the true worshippers shall worship the Father in spirit and in truth; for the Father seeks such to worship Him. God is a Spirit and they that worship Him must worship Him in spirit and in truth” (Jn 4:23,24).* Imagine that! The God of the universe is looking for someone that will fellowship with Him and love Him.

Heart of a Worshipper

David was a true worshipper. Early on, he discovered this area of fellowship with God. He was a worshipper long before he became the King of Israel. **The truth is, it was David’s lifestyle of praise and worship as a shepherd boy that gave him his unusual influence and favor.** His fellowship with the heavenly Father empowered him to do amazing things. David credits his ability to defend his flock against lions and bears to God’s presence in his life (1 Sam 17:37). Later, with God’s help, he was able to slay Goliath and end up as the ruler of Israel.

Before any of that happened though, David’s reputation as a worshipper and skillful musician for the Lord was known. As a shepherd boy, he would worship on the hillsides of Israel while performing his duties. Try to imagine that scene. During the day or at night after the sun went down,

you just might hear the voice of a young lad singing to God. David wasn’t “performing” for anyone. He wasn’t trying to write the next “hit” song. Yet, he would lift his voice and sing from His heart to the Lord. God was his best friend and God took note of it. When the prophet Samuel visited David’s home, it was David who was chosen above his brothers to be anointed and prophesied over (1 Sam 16). Thus, when Saul’s court was looking for a worshipper to minister before Saul, David’s name was brought up. Notice what they were already saying about David – *“Then one of the servants answered, and said, Behold I have seen a son of Jesse that is cunning in playing, and a mighty valiant man, a man of war, prudent in matters, and a comely person, and the Lord is with him” (1 Samuel 16:18).*

And, dear friend, the same will be said of you if you will become a worshipper. You see, when you become a true worshipper, the Lord will likewise grant you the very same qualities that David had. They go hand-in-hand with worship. The Lord will be “with you” in a more powerful way than ever before. You will tap into a greater level of God’s courage, wisdom, and favor. How so? It’s because praise and worship connects you to God’s presence. In God’s presence there is faith, courage, and the answers you need. Worship helps you draw on all that God has and is. David wrote most of the Psalms. Over and over again we see the heart of a true worshipper. David’s heart is expressed in these verses: *“O God, thou art my God; early will I seek thee; my soul thirsts for thee, my flesh longs for thee in a dry and weary land, where no water is. Because thy loving kindness is better than life, my lips shall praise thee” (Ps 63).*



Secrets from Ephesians

Let me tell you how I moved from a worship “service” mentality to a “lifestyle” of worship – and how you can do the same. *For me, the answer came when I ran across a passage that connects the habit of singing to the Lord to being filled with the Spirit.*

If you’ve been around Christian circles very much, then you know that the concept of being “filled with the Spirit” can generate all kinds of interesting debates. You’re bound to hear all sorts of ideas from repentance, rededication, the gifts, to emotional experiences, etc. It’s a literal smorgasbord of ideas. After years of study and observation though, I can tell you that for me, being “filled with the Spirit” is an ongoing process. That much should be obvious. Perhaps it started on a certain day in your life, but it must be ongoing. To say that it’s only a one-time event would be just as foolish as saying that your car’s gas tank only needs filling once! Likewise, your soul-tank (your mind, will, and emotions) needs ongoing “filling” or input from the Holy Spirit. To be “filled with the Spirit” is to walk under the control and influence of the Holy Spirit each day. Yes, yielding, repentance, and the gifts of the Spirit are all important. But there is a SECRET KEY (and one that’s so simple a shepherd boy got it) that I missed for years. Look closely at this passage and see if you can spot it –

“Wherefore, be not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit; speaking to yourselves in psalms, hymns and spiritual songs, singing and making melody in your heart to the Lord.”

Ephesians 5:16-19

In this passage, the apostle Paul gives us one of the major keys for staying filled with the Holy Spirit (*living under His influence and direction*). It’s the same key that David had – PRAISE AND WORSHIP! Let’s examine a few key points that I underlined --

1. **“Be not unwise, but understanding what the will of the Lord is”** – Basically, Paul is saying that if you want God’s will in your life, then you should

do what he says here. First of all, being “filled” with the Spirit (led and influenced) IS the will of God. Furthermore, I think it’s fair to say that when you do what Paul instructs here (worship) that it helps you stay filled. It also leads you to an understanding of God’s will in other areas. Worship will help you tap into God’s will and plan for your life.

2. **“Be filled with the Spirit”** – as stated above, this is the will of God. In fact, in the original language **“BE FILLED”** is a command, not a suggestion. Additionally, it’s written in a Greek tense that indicates **ongoing action, not a one-time event.** It could literally be translated, *“but be being filled”* or, *“keep on being filled.”* And then, Paul gives us a secret “how-to” key --

3. **“Psalms, hymns, and spiritual songs”** – Ahhh! Here’s a secret key that I had missed for so long! If I want to keep on being filled with the Spirit, then I must become a worshipper! I need to sing to my Lord and Savior throughout the day whenever possible. I must do what David did and fellowship with the Lord. We all have those “in-between” times when we are driving, walking, doing chores, etc. where we could softly worship. No one else may ever know. What Paul is teaching here is a very personal and private action between you and the Lord, for it says *“in your heart.”*

4. **“Singing and making melody in your heart to the Lord”** - notice that this is a very personal exercise. It says, “in YOUR heart to the Lord.” Paul is not merely talking about group worship (congregational worship is important too); but he says to sing and make melody in “YOUR heart” to the Lord. It’s clear that there’s a personal application here. David was a worshipper; Paul was a worshipper; and YOU can become a worshipper too! It’s interesting that Paul mentions this same idea when he taught on the gifts of the Holy Spirit (1 Cor 14:15). He said that he sang with the understanding and with the Spirit.

Becoming a Worshipper

Dear friend, the simple secret that will revolutionize your personal walk with Christ is the