

## ***The Posture of Praise***

### ***The “Posture of Praise” Walk***

This weekend the Ron Salisbury Memorial Prayer Walk theme is being converted to “The Posture of Praise.”

Each prayer station will remind you of one of the Hebrew words for praise. There, we will encourage you to praise God with a different posture or expression.

We hope that this prayer walk theme will expand your experience with the ways to praise the Lord and that you will sense His presence with you in new and meaningful ways.

Please choose a time to stroll through the prayer walk and express your praise to God.

### ***1. The essence of worship***

**Philippians 2:9** (NIV) <sup>9</sup> Therefore God exalted him to the highest place and gave him the name that is above every name, <sup>10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup> and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

**John 3:27-30** (NIV) <sup>27</sup> To this John replied, “A man can receive only what is given him from heaven. <sup>28</sup> You yourselves can testify that I said, ‘I am not the Christ but am sent ahead of him.’ <sup>29</sup> The bride belongs to the bridegroom. The friend who

attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom’s voice. That joy is mine, and it is now complete. <sup>30</sup> He must become greater; I must become less.

**Mark 1:7** (NIV) <sup>7</sup> And this was his message: “After me will come one more powerful than I, the thongs of whose sandals I am not worthy to stoop down and untie.

**Zephaniah 3:17** (NIV) <sup>17</sup> The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.”

### ***2. The expressions of worship***

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**יָדָה**   **Yadah**   *Worship with extended hand*

**Genesis 29:35** NIV <sup>35</sup> She conceived again, and when she gave birth to a son she said, “This time I will praise (yadah) the LORD.” So she named him Judah (Yěhuwdah).

**Psalm 9:1** NIV <sup>1</sup> I will praise (yadah) you, O LORD, with all my heart; I will tell of all your wonders.

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## תְּהִלָּה Tehillah *Spontaneous new song*

**Psalm 40:3** NIV <sup>3</sup> He put a new song in my mouth, a song of praise (tehillah) to our God.

**Psalms 22:3** ESV <sup>3</sup> Yet you are holy, enthroned on the praises (tehillah) of Israel.

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## בָּרַךְ Barak *To bless, kneel*

**Psalms 95:6** NIV <sup>6</sup> Come, let us bow down in worship, let us kneel (barak) before the LORD our Maker.

**Psalm 103:2** ESV <sup>2</sup> Bless (barak) the LORD, O my soul, and forget not all his benefits.

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## הָלַל Halal *To rave about the Lord*

**1Chronicles 23:5** ESV <sup>5</sup> 4,000 gatekeepers, and 4,000 shall offer praises to the LORD with the instruments that I have made for praise (halel).

**1Chronicles 16:4** NIV <sup>4</sup> He appointed some of the Levites to minister before the ark of the LORD, to make petition, to give thanks (yadah), and to praise (halel) the LORD, the God of Israel.

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## תוֹדָה Towdah *Extend hand in agreement*

**Psalm 50:23** ESV <sup>23</sup> The one who offers thanksgiving (towdah) as his sacrifice glorifies me; to one who orders his way rightly I will show the salvation of God!"

**Psalm 42:4** NIV <sup>4</sup> These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving (towdah) among the festive throng.

**Psalm 92:1-3** NIV <sup>1</sup> It is good to praise (yadah) the LORD and make music (zamar) to your name, O Most High, <sup>2</sup> to proclaim your love in the morning and your faithfulness at night, <sup>3</sup> to the music of the ten-stringed lyre and the melody of the harp.

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## שָׁבַח Shabach *Proclaim with a loud voice*

**Psalm 117:1** ESV <sup>1</sup> Praise (halal) the LORD, all nations! Extol (shabach) him, all peoples!

**Psalms 63:3-4** NIV <sup>3</sup> Because your love is better than life, my lips will glorify (shabach) you. <sup>4</sup> I will praise (barak) you as long as I live, and in your name I will lift up my hands.

### 3. The encounter of worship

**1Samuel 16:23** ESV <sup>23</sup> And whenever the harmful spirit from God was upon Saul, David took the lyre and played it with his hand. So Saul was refreshed and was well, and the harmful spirit departed from him.

**2Chronicles 20:15-17** NIV <sup>15</sup> ... This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's... <sup>17</sup> You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you...

**2Chronicles 20:22** NIV <sup>22</sup> As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.