

PRAISE - A SPIRITUAL AND SCRIPTURAL WAY TO HONOR GOD

Phrases and Praises Worth Repeating.

- “Praise is an impenetrable defense before the enemy and an indefensible weapon in Spiritual Warfare.”
- “Praise is the most powerful tonic for a tired soul and greatest therapy for a heavy spirit.”
- “Praise is the Church’s secret weapon against which the enemy has no defense and before which His ranks fall into confusion and disarray.”
- “Praise Douses Doubts and Waters Faith at the Same Time.”
- “Praise is a Powerful Disinfectant That Kills on Contact a Myriad of Germs Which are allowed to Proliferate in a Praiseless Atmosphere.”
- “Praise Crowns Obedience and Puts the Praiser Over into the Victory Column.”
- “While Praise is the Highest of Spiritual Exercise it is Something We Become Before it is Something We Do.”
- “Our Lives First Become Songs of Praise....Then Out of Our Lives Issue Meaningful Songs of Praise.”
- “Praise is a Decisive Down-Payment on and Plays the Greatest Role in Mental Health and Emotional Stability.”
- “Praise and Prayer, Like a Straight Line, is the Shortest Distance Between A Born-Again Believer and His God!”

Five Reasons for Lifting the Hands in Praise:

1. **Lifting the Hands is a Scriptural way of expressing Thanks to God!**
Psalm 63:3-4, “Your unfailing love is better than life itself; how I

praise you! I will praise you as long as I live, lifting up my hands to you in prayer.”

2. Lifting The Hands is an appropriate way to Worship God in the Sanctuary.

Psalm 132:4, “*Lift your hands toward the sanctuary, and praise the LORD.*”

3. It is God's Will that We Worship in this Way.

1 Timothy 2:8, “*In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.*”

4. Lifting Hands is a Symbolic way of expressing Ascending Worship.

Psalm 141:2, “*Accept my prayer as incense offered to you, and my upraised hands as an evening offering.*”

5. Lifting the hands is a way of expressing Spiritual Thirsting.

Psalm 143:6, “*I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain.*”

"God is restoring Praise to His church and with it the graces that will make the Bride-elect both Bride-conscious and Bride-beautiful."