

**How powerful is praise and worship?** Praise and worship elevates us into the very divine presence and awesome power of God. Here are just a few scriptural examples of how powerful and effective praise and worship really is: 1) The priests made a long blasting sound with the trumpets; and then the people raised a great shout of praise, joy and triumph. God's awesome, glorious and divine presence descended from heaven; and the walls of Jericho fell down flat [Jos 6:1-21](#). 2) On the Day of Pentecost, 120 believers were gathered together. There was a rushing mighty wind from heaven. Tongues of fire sat upon each of them. Wind symbolizes the Spirit of God. God's divine presence is manifested through various audible and visible signs such as wind and fire. They were filled with the Holy Spirit, and started to speak in languages that they had never learned before [Ac 2:1-13](#). The gifts of speaking in different unlearned languages, and being able to communicate the message spoken in those languages so that hearers will understand, are imparted by the Holy Spirit. Speaking and interpretation of tongues are two of the nine gifts of the Holy Spirit [1 Co 12:8-10](#). 3) Paul and Silas were praying and singing hymns of praise to God, resulting in God's awesome, divine and glorious presence descending. A sudden violent earthquake came, and shook the foundations of the prison. The doors flung open and the bonds of Paul, Silas and every prisoner were released. That same night, the jailer and his entire family were saved immediately. His belief in God filled him with joy. This is how God's power and divine presence manifested. This is a powerful example of how we must pray to God in all circumstances no matter how we are feeling, or what we are facing [Ac 16:16-40](#). 4) Another powerful example of the spectacular and awesome presence of God, is in the passage of [2 Ch 20:1-30](#), where praise to God resulted in victory! War was declared on Jehoshaphat, King of Judah, by his enemies - the Moabites, Ammonites and some of the Meunites. King Jehoshaphat then started to inquire of the Lord through prayer. God communicated His message through the Levite Jahaziel, who was a prophet, *'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'* [2 Ch 20:15-17](#). Jehoshaphat and all the people of Judah and Jerusalem worshiped the Lord, and some Levites praised the Lord. Then Jehoshaphat proceeded to encourage Judah and the people of Jerusalem, to have faith in the Lord and His prophets. Jehoshaphat then appointed men to sing to the Lord, and to praise Him for the splendor of His holiness as they went out at the head of the army, saying: *'Give thanks to the LORD, for His love endures forever.'* As they began to sing and praise, the Lord set ambushes against their enemies, destroyed them and were completely defeated! [2 Ch 20:18-22](#). 5) Praise drives out evil spirits! It brings powerful results! While good anointed music was being played for Saul, he became refreshed, was relieved and made well, and the evil spirit of torment departed from him [1 Sa 16:14-23](#).

Before you begin to praise and worship God, and experience powerful results in your life, remember to begin with the first crucial step - repentance! You will experience God's glorious presence in your life, and many life transforming miracles including: victories; deliverance; divine health and healing; and peace, joy and happiness!

## Scriptural References:

Exodus 15:2  
Deuteronomy 10:21  
Psalm 7:17  
Psalm 9:2,11,14  
Psalm 16:7  
Psalm 18:46,49  
Psalm 22:25-26  
Psalm 26:7,12  
Psalm 44:8  
Psalm 45:17  
Psalm 48:1,10  
Psalm 52:9  
Psalm 64:10  
Psalm 66:4,8,18-20  
Psalm 67:3-5  
Psalm 78:4  
Psalm 86:9,12  
Psalm 96:9  
Psalm 97:7  
Psalm 103:1-22  
Psalm 104:1,33-35  
Psalm 106:1-2  
Psalm 111:10  
Psalm 112:1  
Psalm 117:1-2  
Psalm 119:7,164  
Psalm 148  
Psalm 149  
Isaiah 25:1  
Zephaniah 2:11  
Luke 4:8  
Luke 5:26  
Luke 7:16  
Luke 13:13  
Luke 18:43  
Luke 19:37  
1 Peter 2:24 (KJV)

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# Praise And Worship



What is praise and worship? How powerful is it? What kinds of instruments are mentioned in the Bible? What are some Biblical expressions of praise? How do we praise and worship God? Is the use of the cross in worship, Biblically correct?

**What is praise and worship?** The word 'praise' originates from a Latin word 'pretium,' meaning 'value' or 'price.' Therefore, praising God means proclaiming His worth. To express our admiration and approval of, and thanksgiving to Him Ps 7:17. We commend, glorify, exalt, magnify and honor God Ps 34:3. Worship means to show our deep devotion, respect and reverence for God. It is an intense passion for, and adoration of Him as the Creator of the universe. It refers to worthiness directed towards God. There are many Biblical terms used to express praise to God. For example: glory of His majesty; splendor of His holiness; blessing; reverence and thanksgiving. Although, we find many scriptures where humans praise God; there are also examples where angels and the heavenly hosts praise God Ps 103: 148; Isa 6:1-3; Lk 2:13-14. Different forms of praise and worship, include: 1) Offering our bodies as living sacrifices, holy and pleasing to the Lord Ro 12:1-2. We submit to God, and completely give all of ourselves to Him. We are consecrated to His service. We present to God all our heart, mind, soul, strength, will, thoughts and emotions. We surrender our lives to Him. We do not conform to the evil ways of this world. We approach God with clean hands; pure, repentant heart; steadfast spirit; renewed and unpoluted mind, with true wisdom that comes only from God. 2) A sacrifice of praise - acknowledging, confessing and glorifying God's name, with thanksgiving Heb 13:15. 3) Pleading and honoring God by living a holy and godly life 1 Co 6:18-20; Tit 2:12; 2 Pe 3:11 4) Confessing that Jesus Christ is Lord Ro 10:9; Php 2:9-11. 5) Thanksgiving to God 2 Co 9:11. 6) Prayer and petition, with thanksgiving Php 4:6. 7) Meditating and reflecting on God's mighty works Ps 77:12, 8) Singing and making music to the Lord Ps 21:13; 30:4; 33:1-3; 40:3; 57:9; 59:17; 68:4; 92:1-5; 98:4-5; 101:1; 108:3; 147:1,7; Jer 20:13; Eph 5:19-20. 9) Praising the Lord with various instruments - Ps 150.

**Biblical expressions of praise:** Clapping - Ps 47:1; Loud acclamation and shouting - 2 Ch 15:14; Very loud voice - 2 Ch 20:19; Songs of thanksgiving - Ne 12:27; Shout for joy - Ps 33:3; Lifting our hands - Ps 134:2; Sing psalms, hymns and spiritual songs with our hearts full of gratitude - Eph 5:19; Col 3:16; Joyful songs - Ps 100:2; Joyful noise - Ps 100:1 (KJV); Instruments of praise - 2 Ch 30:21; Playing musical instruments - 2 Ch 34:12; Diverse musical instruments - Ps 150; Rejoicing - 2 Ch 23:13; Dancing - Ps 149:3.

**What is true and false worship of God?** We must be extremely careful that we worship God in the correct way. The first crucial step is true, heartfelt repentance. God will not hear the praises of those who cherish sin in their hearts Ps 66:18-20 (read tract - 'Repent or Perish!'). Our hearts must be right with God, before we praise and worship Him Am 5:21-27. God inhabits the praises of those who are His people Ps 100. We must seek God and His divine presence in our lives. We approach Him with a humble spirit, and seek Him wholeheartedly Jer 29:13. Genuine, wholehearted praise will draw us closer to God Isa 29:13. True worship requires complete commitment, devotion and dedication to God. We follow Christ, and become more like Him in every aspect of our Christian lives. We become humble and submissive to God. We are forbidden to make a representation of God in any shape or form. God commands us to flee from idolatry, which is a breaking of the first and second commandments Ex 20:3-6; Dt 4:15-31; Eze 23:49; 1 Co 10:14; Gal 5:19-21; Col 3:5. We never use physical aid in our worship, because God is Spirit, and His worshipers must worship in spirit and in truth Jn 4:23-24. This means, that we obey God's commandments, including keeping the Sabbath day holy, and celebrating God's appointed Holy Days. Not pagan human traditions, such as Christmas and Easter (read tract - 'God's Holy Days or Human Tradition?'). Jesus sharply rebuked hypocritical, vain worship - those who draw near to Him only with their mouths, and honor Him only with their lips; but their hearts are far from Him. We always uphold God's Laws and Biblical truth; and never uphold man-made rules and traditions Isa 29:13; Mt 15:8; Mk 7:6. It is vitally important that God is first love and top priority in our lives. Only the true God of the Bible - Creator of the universe, is worthy of all glory, honor and praise. We praise and worship God for who He is - holy 1 Sa 2:2; Ps 29:2; good 1 Ch 16:34; righteous Ps 145:7; loving Ps 144:2; compassionate Ps 111:4; faithful, just and upright Dt 32:3-4 (read tract - 'Attributes, Qualities & Characteristics'). We never praise and worship: creation, Mary, saints, angels, prophets, servants of God, false gods, so-called celebrities, icons, statues, figurines, wealth, houses, cars and other physical possessions, anything or anyone else. Those who worship false gods, or useless and worthless idols, will lose God's blessings of grace and mercy in their lives Jnh 2:8. Jesus set the perfect example, when He rebuked Satan who tried to tempt Him, and said that we are to worship the Lord our God, and serve Him only Mt 4:10. Do not allow anyone to lead you astray into worshipping false gods. We are not even to invoke the names of false gods or worship them Ex 23:13; Dt 8:19-20; 11:16-21; Jos 23:6-8; Jer 25:4-7. We become more conscious of God's holy and divine presence, when we begin an intimate relationship with Him, through prayer and bible study (read tract - 'Intimacy With God'). Prayer (read tract - 'Powerful & Effective Prayer') and Fasting (read tract - 'Power Of Fasting') are also our spiritual acts of worship, and helps us grow spiritually. We strengthen, develop and maintain the bond in our relationship with God, through obedience to His commandments. This is how we demonstrate our passion for Him. The greatest commandment is to love the Lord with all our heart, mind, soul and strength Dt 6:5 (read tract - 'The Greatest Commandment'). We love and honor Him with all our being. This means our focus is on God. He takes pre-eminence in our lives. He is of greatest importance to us. We praise God unceasingly, anytime and anywhere, no matter how we feel. Praise is a lifestyle. We continually offer to God a sacrifice of praise Ps 113:1-3. This pleases God, and is an outward expression of our faith in, passion and devotion for Him; and declaration of triumph and victory! Heb 13:15.

**What is the posture during worship?** Biblical examples of postures suitable for praise and worship, include: Bowing the head - Ge 24:26; Ex 4:31; 12:27; 34:8; 2 Ch 29:30 (KJV); Bowing low and falling prostrate (lie flat on the ground with face downwards) - 1 Ki 18:39; 1 Ch 29:20; Ne 8:6; Walking and jumping - Ac 3:8; Lifting hands - Ps 28:2; 1 Ti 2:8; Clapping - Ps 47:1; Kneeling - 1 Ki 8:54; 2 Ch 29:29; Ps 22:29; 95:6; Lk 22:41-42; Standing - Ex 33:10; Rev 7:11-12; Holding palm branches - Rev 7:9-10; Falling down - 2 Ch 20:18; Rev 7:11-12.

**Is the use of the cross in worship, Biblically correct?** Jesus is often incorrectly portrayed in paintings, on crucifixes and t-shirts, etc. 1 Co 11:14-15 states that it is disgraceful for a man to have long hair. Therefore, Jesus had short hair. Isa 50:6 states that Jesus had a beard. Jesus was a carpenter who worked outdoors, until He began His earthly ministry at the age of about 30 yrs, and therefore, He would've had a physically fit and well-

developed muscular body Ps 45:3; Mk 6:3; Jn 2:15. Bible resources indicate that Christ was crucified on an upright stake, with no crossbeam. Not on a cross as traditional Christianity portrays. *Vine's Expository Dictionary of New Testament Words* states: "the word 'Staurus' denotes, primarily, "an upright pale or stake." On such malefactors were nailed for execution. Both the noun and the verb staurao, "to fasten to a stake or pale," are originally to be distinguished from the ecclesiastical form of a two beamed "cross." The shape of the latter had its origin in ancient Chaldea, and was used as the symbol of the god Tammuz (being in the shape of the mystic Tau, the initial of his name) in that country and in adjacent lands, including Egypt. By the middle of the 3rd cent. A.D. the churches had either departed from, or had travestied, certain doctrines of the Christian faith. In order to increase the prestige of the apostate ecclesiastical system pagans were received into the churches apart from regeneration by faith, and were permitted largely to retain their pagan signs and symbols. Hence the Tau or T, in its most frequent form, with the cross-piece lowered, was adopted to stand for the "cross" of Christ ..." The pagan symbol of the cross was promoted by pagan Emperor Constantine, in the 4th century, to make it easier for pagans to accept "Christianity." The *New Catholic Encyclopedia*, states: "The cross is found in both pre-Christian and non-Christian cultures, where it has largely a cosmic or natural signification." The *Encyclopedia Britannica* states that: "... The use of the cross as a religious symbol in pre-Christian times, and among non-Christian peoples, may probably be regarded as almost universal, and in very many cases it was connected with some form of nature worship." There is absolutely no evidence that the New Testament Church used the cross in worship. The 2nd commandment forbids us to make carved images Ex 20:4-6. We flee idolatry in all its forms! Ex 20:4-5; 1 Co 10:7,14; 1 Jn 5:21 (read tracts - 'Ten Commandments' & 'No Idols!'). Devotion to, and worship of any pagan symbol is clearly condemned in the Bible 2 Co 6:14-18. Christ taught His followers to demonstrate living faith by actions and good deeds Mt 5:16 (read tract - 'Who Through Faith ...'). Under the New Covenant, God's Laws are to be written on our hearts and in our minds Heb 10:16. We must shine as stars in the universe, in a perverse world Php 2:15-16; and live a life of holiness and godliness. This is how we are identified as true Christians, in a spiritually darkened world; and how we stand out from the rest of the world. We don't wear a cross (with a symbol t) as a sign of being a Christian, because it is a pagan symbol, which was adopted by "Christians" even though it had nothing to do with true Christianity.

#### Instruments mentioned in the Bible:

##### Percussion Instruments

**Bells** - Attached to the hem of the priest's robe Ex 28:33-34; 39:25-26; Zec 14:20 mentions "bells of the horses" which were attached to the bridles or belts round the necks of horses trained for war, for the purpose of accustoming them to noise.  
**Cymbals** - Prominent in religious ceremonies. Used also for military purposes, and music accompaniment at national dances 1 Ch 15:16, 19, 28; 2 Ch 5:13; 29:25; Ps 150:5.  
**Sistrum** - Used on both joyous and sad occasions. Small U-shaped frame with a handle attached at bottom of curve. Metal pieces were strung on small bars stretched from one side of the instrument to the other 2 Sam 6:5 (KJV uses cornet; RSV uses castanets).  
**Timbrel or Tabret** - a small drum or tambourine Ps 68:25 (KJV); Ps 81:2; Isa 30:32 (NIV). Used in religious services 2 Sa 6:5. In dances Ex 15:20. To celebrate military victories Ex 15:1-21. Farewells Ge 31:27. Victory procession 1 Sa 18:6. Festivities Isa 5:12; Jer 31:4. In praise Ps 150:4. Accompanied songs and lively music Job 21:12; Ps 149:3.  
**Gong** - The term used is "brass" in KJV. Loud instrument. Possibly the kind of cymbal used in Temple worship 1 Co 13:1 (NIV).

##### Stringed Instruments

**Harp (lyre) - 1 Sa 10:5 (NIV). (1 Ch 15:28 KJV uses the word harp). Most ancient and common stringed instrument among the Jews. It was light and portable. 1 Ki 10:12 mentions it was made of almsgood. With three strings in 1 Sa 18:6 (margin); and ten strings in Ps 33:2; 92:3; 144:9. Used in: Praise to God Ps 43:4. Worship 1 Sam 10:5; 1 Ch 16:5. Dedication of the new walls of Jerusalem Ne 12:27,36. Celebrations Isa 5:12; 23:16; Eze 26:13; Rev 18:22. In mourning Job 30:31. Heard in heaven, in John's apocalyptic vision Rev 5:8; 14:2; 15:2.  
**Viol** - Formerly six-stringed. Usually rendered "psaltery" Isa 5:12; 14:11; Am 5:23 (KJV).  
**Psaltery** - A kind of lyre or harp. Normally had 12 strings 2 Sa 6:5; 1 Ch 13:8; Ps 33:2 (KJV). It was used in religious services.  
**Lute** - Triangular instrument with 3 strings 2 Ch 20:28 (NIV). 1 Sa 18:6 (KJV) mentions "instruments of music" - which may refer to the lute.  
**Trigon** - Mentioned in Da 3:5,7,10,15 (Amplified Bible). Small triangular harp or lyre, with three corners and four strings.**

##### Wind Instruments

**Clarinet** - Popular instrument used in funerals, banquets and weddings Isa 5:12; 30:29; Jer 48:36 (incorrectly translated pipe in KJV; or flute RSV). Mt 9:23; 11:17; Lk 7:32; 1 Co 14:7.  
**Pipe** - Used in religious services 1 Sa 10:5 (KJV). Festive occasions 1 Ki 1:40; Lk 7:32; Isa 5:12 (KJV). Processions Isa 30:29 (KJV). Denotes mourning in Jer 48:36 (KJV). Considered important at funerals. In later times, professional pipers present at death beds and funerals. Made of reed, copper and bronze. The words 'organ' and 'flute' used in KJV, instead of pipe.  
**Flute** - KJV uses pipe. Common among the ancient Egyptians. In the Hebrew text, the instrument in Dan 3:5,7,10,15 with the name "maskroth'a," is the syrinx or panflute with seven to nine reed tubes, of different lengths and thicknesses, arranged in a row. NT references in Mt 11:17; 1 Co 14:7. Jubal was the inventor of musical instruments Ge 4:21.  
**Organ** - The KJV uses the term 'organ' which modern translations recognize as a pipe or shrill flute Ge 4:21; Job 21:12; 30:31; Ps 150:4. Probably a type of pan's pipes, with seven or eight reeds of unequal length.  
**Shophar** - Translated "trumpet" in Jos 6:4,6,8. A loud, clear, shrill sounding instrument, made of ram's horn. Used for signals Ex 19:13. Day of Atonement Lev 25:9. Appointed Feasts and New Moon Festivals Nu 10:10. Military signals Jdg 7:16,18. Walls of Jericho Jos 6:3-5. Ark of the covenant 1 Ch 15:28. Used frequently to warn people of their sins and call them to repentance Isa 58:1; Eze 33:1-6; Joel 2:15. Used in war to sound the alarm for battle Nu 10:9; Jos 6:4-20; Jdg 7:22. Used in praising the Lord Ps 98:6. To convene assemblies, and announce the Jubilee and new year Nu 10:7; Lev 25:8. Used on Feast Days Ps 81:3. Signalling victory of the Lord Rev 11:15.  
**Cornet** - It was of a winding shape like a horn; used in armies and on joyous occasions. Ark of God 1 Ch 15:28 (KJV). Praising the Lord Ps 98:6 (KJV).  
**Straight trumpet** - Nu 10:1-10. Some have identified it with the modern trombone.  
**Dulcimer** - Da 3:5,10,15 (KJV). The rabbins describe it as a type of bagpipe, with two pipes connected to a leathern sack. It produced a harsh, screaming sound.