

Introduction

This book is a tool that will enable you to focus your time and your mind on breaking through to that “next level” in praise. We are intent on letting our praise “build a road” and “open a door” for someone else.

How to Use This Book

Always begin with pleading the Blood

Utilize the postures of praise

A praise for each day will help direct your worship

Psalm 149, names of God, and the praise pages will concentrate your energy on getting closer to God through praise

Word Insight

Ex. 12:13 – And the Blood shall be to you for a token upon houses where you are; when I see the blood I will pass over you and the plague shall not be upon you to destroy you.

Re. 12:11 – And they overcame him by the Blood of the Lamb

Pleading the Blood

**Over This Day
Over My Family
(5 minutes)**

**Over My Pastors
Over Church Leadership
(5 minutes)**

“The blood of Jesus is our only counteragent. When there is no blood covering, sin is free to corrupt and destroy.”

Word Insight

Ps. 22:23 – Ye that fear the Lord, praise him; all ye that seed of Jacob, glorify him; and fear him, all ye the seed of Israel.

Ps. 50:23 – Whoso offereth praise glorifieth me; and to him that ordereth his conversation aright will I shew the salvation of God.

Praise

(20 Minutes)

God Is Worthy

II Sam. 22:4 – I will call on the Lord, who is worthy to be praised; so shall I be saved from mine enemies

Rev. 5:12 – Saying with a loud voice, Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory and blessing.

Word Insight

Ps. 95:6 – O come, let us worship and bow down; let us kneel before the Lord our maker.

Ps. 29:1 – Give unto the Lord, O ye mighty, give unto the Lord glory and strength.

Praise

The Postures of Praise

Todah – Thank God by raising the hands, palms inward expecting to receive
The Jews would place their hands to their sides and raise up hands, palms up, to scoop up hands full of glory to give to God. They offered up to Him glory and God loved it.

Shachah – Bow Down and reverence on your knees
The Jews would bow down in worship in reverence Him.

Abdah – Prostrate oneself on your face

Word Insight

Ps. 72:11 – Yea, all kings shall fall down before him: all nations shall serve him.

Ps. 149:1 – Praise ye the Lord. Sing unto the Lord a new song and his praise in the congregation of the saints.

Praise

The Postures of Praise

Saheed – Fall down, collapse

The Jews would walk in worship and then fall down on their faces before God; just thinking about Him was overpowering.

Ahbadah – Worship and to work

The Jews would worship because God is worthy. They worshipped whether they felt like it or not.

Barak - Bless God for Who He is, from a kneeling position

The Jews loved God and praised him for the victory while on their knees.

Word Insight

Ps. 150:5 – Praise him upon the loud cymbals; praise him upon the high sounding cymbals;

Ps. 149:1 – Praise ye the Lord. Sing unto the Lord a new song, and his praise in the congregation of the saints.

Ps. 47:1 – O clap your hands, all ye people; shout unto God with the voice of triumph

Praise

The Postures of Praise

Zamar – Play an instrument or praise with song

God liked being praised with the instruments.

Shabach – Shout or sing loudly

God liked the expression of shouting and singing loudly. It let people know they were not ashamed to praise Him.

Tehillah – Sing in the Spirit, constantly, Spontaneously

This was an automatic praise of singing in tongues. No one had to tell them to worship and praise, but was in their heart.

Word Insight

Ps. 68:25 – The singers went before, the players on instruments followed after; among them were the damsels playing with timbrels.

Ps. 149:3 – Let them praise his name in the dance; let them sing praises unto him with the timbrel and harp.

Ph. 2:2 – Fulfill ye my joy, that ye be like-minded, having the saints love, being of one accord, of one mind.

Praise

The Postures of Praise

Nahol – Dance before God, play the timbrel, Clap

God liked the demonstration of this worship.

Hallah - To be excited, boast, rave, to celebrate in one accord

God wanted a demonstration of praise along with unity of spirit, being in one mind and one accord.

Yadah – To throw the hands out to bless the Lord

The Jews entered the temple raising their hands, palms outward to God in surrender.

A Praise for Each Day

Day 1 - God the Creator – “Creator God, I praise You because You made the heavens, even the highest heavens, and all their starry host, the earth and all that is one it, the seas and all that is in them, You give life to everything and the multitudes of heaven worship you.” (Neh. 9:6)

Day 2 - The Only God – “God, I praise you because You are the Lord, and there is no other: apart from You there is no God.” (Is. 45:5)

Day 3 - The Almighty God – “O Lord, God Almighty, who is like You? You are might, O Lord, and your faithfulness surrounds you.” (Ps. 89:9)

Day 4 - A Loving God – “I praise You because thy loving kindness is better than life my lips shall praise.

A Praise for Each Day

- Day 5 - **The Everlasting Father** – “I praise You Lord, as the ‘Ancient of Days’, the ‘Everlasting Father’ who lives forever and ever.” (Is. 9:6)
- Day 6 - **A God of Justice** – “Lord, I praise and magnify You, who is just and the one who justifies those who have faith in Jesus. (Rom. 3:26)
- Day 7 - **A Faithful God** – “Heavenly Father, I give You my praise and adoration, because You are a faithful God, keeping Your covenant of love to a thousand generations of those who love you and keep Your commands.” (Dt. 7:9)
- Day 8 - **A Merciful God** – “You are a gracious and merciful God, and I praise you for your great mercy.” (Neh. 9:31)

A Praise for Each Day

- Day 9 - **God, My Refuge, My Fortress** – “I praise You, Lord for you are my mighty rock, my refuge.” (Ps. 62:7)
- Day 10 - **A Patient, Persevering God** – “Father, I praise You because You are patient with Your children, not wanting anyone to perish, but everyone to come to repentance, thank you for your patience with me.” (II Pet. 3:9)
- Day 11 - **Eternal, Saving God** – “I give praise to You, Father the only God our Savior. To you be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore.” (Jude 25)
- Day 12 - **The Holy One** – “Holy, holy, holy are you Lord God Almighty, who was and is and is to come.” (Rev. 4:8)

A Praise for Each Day

- Day 13 - A Personal God – “I praise You God, because You are a personal God, who gives me the honor of knowing You personally, even inviting me to feast at Your kingdom’s table with Abraham, Isaac, and Jacob.” (Mt. 8:11)
- Day 14 - A Giving God – “All praise and honor be Yours, O God, because You are a generous God, who did not even stop short of giving Your own Son.” (Jn. 3:16)
- Day 15 - A Provider God – “I praise You today, Lord, as my Jehovah-Jireh (the Lord will provide), who makes all grace abound in me and generously provides all I need.” (II Cor. 9:8)
- Day 16 - God, My Shepherd – “I bless Your name and praise You as my Jehovah-Rohi (Lord my shepherd), who will guide me in paths of righteousness for your name “ (Ps. 23:1)

A Praise for Each Day

- Day 17 - God, My Victory – “Praise to You, my God, because you are my Jehovah-Nissi (Lord my banner), God, my victory, who always leads me in triumphal procession in Christ.” (II Cor. 2:14)
- Day 18 - God, My Peace – “I praise You with all my heart, Lord, because You are my Jehovah-Shalom (Lord our peace), the God of peace who will soon crush Satan under my feet.” (Rom. 16:20)
- Day 19 - The God Who Heals – “Father, I praise You because You are the Lord who heals me.” (Ex. 15:26)
- Day 20 - The God of All Comfort – “Praise be to the God and Father for You are with me, Your rod and Your staff they comfort me.” (Ps. 23:4)

A Praise for Each Day

- Day 21 - **The God of Miracles** – “Lord, I praise You because You are the God who performs miracles: you display Your power among the people.” (Ps. 77:14)
- Day 22 - **A Forgiving God** – “I want to bless You with praise, Father, because You are a forgiving God, gracious and compassionate, slow to anger and abounding in love.” (Neh. 9:17)
- Day 23 - **A Burden Bearer** – “Praise be to the Lord, to God my Savior, who daily bears my burdens.” (Ps. 68:19)
- Day 24 - **A Faithful God** – “I praise You because Your love, O Lord, reaches to the heavens, Your faithfulness to the skies, and great is your faithfulness.” (Ps. 36:5, Lam. 3:23)

A Praise for Each Day

- Day 25 - **King of Kings and Lord of Lords** – “All honor and praise be to You, my God, the blessed and only Ruler, the King of Kings and Lord of Lords, who alone is immortal and who lives in unapproachable light.” (I Tim. 6:15)
- Day 26 - **God the Liberator** – “I will praise You because You are my help and my deliverer; O Lord.” (Ps. 70:5)
- Day 27 - **The Lifter of My Head** – “Father God, I praise You because you are a shield around me, O Lord; you bestow glory on me and lift up my head when I am weary or despised.” (Ps. 3:3)
- Day 28 - **God of Light** – “I praise You, Lord, because You are the light of the world, if I follow You I will not walk in darkness but have the light of life.” (Jn. 8:12)

A Praise for Each Day

- Day 29 - God of Joy – “I give You praise, O Lord, because You have granted me eternal blessings and made me glad with the joy of Your presence.” (Ps. 21:6)
- Day 30 - The God Who Answers Prayer – “I praise and honor You, Father, because You are a God who loves to answer prayer and who begins to answer even before I pray.” (Is. 65:24)
- Day 31 - The God of All the Earth – “I praise and adore You, Lord, as the Holy One of Israel, my Redeemer, the God of all the earth.” (Is. 54:5)
- Day 32 - The Delivering God – “I give You praise, O Lord, because in my time of trouble, I can call upon You, and you will deliver me.” (Ps. 50:15)

A Praise for Each Day

- Day 33 - God My Rock – “All honor and praise be to You, my God, who alone is my rock and my salvation; my defense.” (Ps. 62:6)
- Day 34 - The Alpha and Omega (The Beginning and the Ending) – “I will praise You because you are the Alpha and Omega the Beginning and the Ending, which is, and which was and which is to come.” (Rev. 1:8)
- Day 35 - The God of Excellence – “I praise you with all my heart, O Lord how excellent is your name, and your glory is above the heavens.” (Ps. 8:2)
- Day 36 - The God of Wisdom – “I will praise You O God, worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing.” (Rev. 5:2)

A Praise for Each Day

- Day 37 -** **The Glorious God** – “I praise You because Your name is Glorious for ever and ever and your glory fills the whole earth.” (Ps. 72:19)
- Day 38 -** **The God of Strength** - “I praise You O God because You are my light and my salvation and You are the strength of my life, so I will not be afraid.” (Ps. 27:1)
- Day 39 -** **The Living God** – “I will praise You because you are the Living God, who will without fail drive away all of my enemies.” (Josh.3:10)
- Day 40 -** **The Powerful Word of God** – “I praise you O God for Your word is quick and powerful and sharper than any two-edged sword.” (Heb. 4:12)

Word Insight

Ps. 148:5 – Let them praise the name of the Lord; for he commanded, and they were created.

Ps. 78:4 – We will not hide them from their children, showing to the generation to come the praises of the Lord, and his strength, and his wonderful works that he hath done.

I Pet. 2:9

Psalms 149

1 Praise Ye the Lord. Sing unto the Lord a new song, and his praise in the congregation of the saints.

God Wants Us to Sing a New Song

2 Let Israel rejoice in Him that made him;

-God created us, chose us and ordained us to praise Him

-Praising God is our purpose and calling

-It is our responsibility to show praise

-Praise is passed on from generation to generation

**“One generation shall praise Thy works to another, and shall declare they mighty acts.”
(Ps. 145:4)**

Word Insight

Ps. 40:3 – And he hat put a new song in my mouth, even praise unto our God; many shall see it and fear and shall trust in the Lord.

Psalms 149

2 *Let the children of Zion be joyful in their King.*

-Joyful – In verse 2 means to spin violently
-God must be King – the reason people are not willing to do it because God is not King in their lives

3 *Let them praise his name in the dance; let them sing praises unto him with the timbrel and harp*

Dance – means to praise; to twist and twirl

4 *For the Lord taketh pleasure in His people; he will beautify the meek with salvation. Let the saints be joyful in glory;*

-Joyful and Glory – means jump for joy

Word Insight

Ps. 30:5 – For his anger endureth but a moment; in his favor is life: weeping may endure for a night, but joy cometh in the morning.

Psalms 149

5 *Let them sing aloud upon their beds*

-Joy comes in the morning, but bed is not the time of day, it represents the turning of a new day.

6 *Let the high praises of God be in their mouth, and a two-edged sword in their hand;*

High Praise – means exaltation
Root Word – to be in need of
God is exalted by our meekness

“Without You, God, I am nothing”

Word Insight

Heb. 13:15 – By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name.

Psalms 149

*7 To execute vengeance upon the heathen,
and punishments upon the people;
8 To bind their kings with chains, and their
nobles with fetters of iron;
9 To execute upon them the judgment written;
this honor have all his saints. Praise Ye the
Lord.*

**Everyone is able to access the Power of
God through Praise!**

Word Insight

1 Jn. 2:1 Jn. 8:58
Rev. 22:13 Is 7:14
Heb. 12:2 Is. 26:4
Mt. 12:18 Lu 1:69
Jn. 6:32 Mi. 5:1
I pe. 5:4 Ac.3:14
Ps. 118:22
Is. 9:6
Jn. 1:3
Lu. 1:78
Ro. 11:26
Jn. 10:7
Is. 9:6
He. 6:20
Jn. 10:11
Mt. 2:6
He. 4:14

Names of God

Advocate	Almighty	Alpha & Omega
Author and Finisher of Our Faith		Beloved Son
Bread of Life	Chief Sheppard	Corner-Stone
Counselor	Creator	Dayspring
Deliverer	Door	Everlasting Father
First and Last	Forerunner	Good Sheppard
Governor	Great High Priest	Holy One
I am	Immanuel	Horn of Salvation
Jehovah	Jesus	Judge of Israel
Just One	King of the Ages	King of Kings

Word Insight

Is. 33:22 Jn. 1:1
Jn. 1:29 Sg. 2:1
Is. 55:4
Jn. 14:6
Ac. 10:36
I Co. 2:8
I Ti. 6:15
I Ti. 2:5
Mal. 3:1
Da. 9:25
Is. 9:6
Is. 60:16
Re. 22:16
Jn. 1:18
Re. 1:5
Lu. 24:19
Jb. 19:25
I Co. 10:4

Names of God

Lawgiver	Lamb of God	Leader Word
Life	Lord of All	Light of the World
Lion of the Tribe of Judah		
Lord of Lords	Mediator	Lord of Glory
Messiah	Mighty God	Messenger
Morning Star	Prince of Peace	Mighty One
Redeemer	Prophet	Only Begotten Son
Rock	Root of David	Resurrection of Life
		Rose of Sharon

Word Insight

Ps. 103:20, 148:2
Ps. 30:4, 149:5
Ps. 117:1, Ro 15:11
Ps. 8:2, Ro. 15:11
Ps. 8:2, Mt. 21:16
Ps. 148:1, 11
Ps. 148:12
Re 19:5
Ps. 107:8, 148:1-10

Praise

Is Obligatory Upon

Angels	Saints
Gentiles	Children
High and Low	Young and Old
Small and Great	All Men
All Creation	

Word Insight

Is. 43:21 – This people have I formed for myself; they shall shew forth my praise.

Is. 61:3

Ac. 16:25

I Ch. 16:35

Ps. 106:47

Jas. 5:12 – Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms

Is. 42:12

Ps. 34:3, 95:1

Ps. 51:15, I Ch. 23:30

Praise

Saints Should

Show forth praise

Be endued with the spirit of praise

Render, under affliction of praise

Glory in praise

Triumph in praise

Declare praise

Express their joy by praise

Invite others to praise

Pray for the ability offer praise

Posture suited to praise

Word Insight

Heb. 13:15

Ps. 66:8 – O bless our God, ye people, and make the voice of his praise to be heard.

Ps. 47:1 – O clap your hands all ye people; shout unto God with the voice of triumph.

Is. 51:3

Ps. 98:5

Is. 61:3

Ps. 27:6

Ho. 14:12

Is 6:3, Lu. 2:13

Praise

Called the...

Fruit of the lips

Voice of praise

Voice of triumph

Voice of melody

Voice of a psalm

Garment of praise

Sacrifice of praise

Sacrifices of joy

Calves of the lips

Praise
Due to God on Account of...

HIS MAJESTY

Ps. 96:1,6 – O sing unto the Lord a new song; sing unto the Lord all the earth. Honor and Majesty are before Him; strength and beauty are I his sanctuary.

HIS GLORY

Ps. 138:5 – Yea, they shall sing in the ways of the Lord; for great is the glory of the Lord.

HIS MERCY

Ps. 100:5 – For the Lord is good; His mercy is everlasting; and His truth endureth to all generations.

HIS WONDERFUL WORKS

Ps. 89:5 – And the heavens shall praise Thy wonders, O Lord; thy faithfulness also in the congregation of the saints.

Praise
Due to God on Account of...

HIS EXCELLENCY

Ex. 15:7 – And in the greatness of thine Excellency Thou hast overthrown them that rose up against thee; thou sentest forth Thy wrath, which consumed them as stubble.

HIS GREATNESS

Ps. 145:3 – Great is the Lord, and greatly to be praise; and His greatness is unsearchable.01

HIS HOLINESS

Isa. 6:3 – And one cried unto another, and said, Holy, Holy, Holy, is the Lord of hosts; the whole earth is full of His glory.

HIS SALVATION

Ps. 18:46 – The Lord liveth; and blessed be my rock; and let the God of my salvation be exalted.

Praise

Due to God on Account of...

HIS LOVING-KINDNESS AND TRUTH

Ps. 138:2 – I will worship Thy holy temple, and praise Thy name for Thy loving-kindness and for Thy truth; for thou has magnified Thy word above all Thy name.

HIS FAITHFULNESS AND TRUTH

Is. 25:1 – O Lord, thou art my God; I will exalt thee, I will praise Thy name; for Thou hast done wonderful things; Thy counsels of old are faithfulness and truth.

HIS CONSOLATION

Is. 12:1 – And in that day thou shalt say, O Lord, I will praise Thee; though Thou wast angry with me, Thine anger is turned away and Thou comforted me.

Praise

Due to God on Account of...

HIS WISDOM

Jude 1:25 – To the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. Amen.

HIS POWER

Ps. 21:13 – Be Thou exalted, Lord, in Thine own strength; so will we sing praise of Thy power.

HIS GOODNESS

Ps. 107:8 – O that men would praise the Lord for His goodness, and for His wonderful works to the children of men.

HIS JUDGMENT

Ps. 101:1 – I will sing of mercy and judgment; unto thee, o Lord will I sing.