

**N**o wonder the Scriptures continually admonish Christians to constantly praise and worship God; in the morning, at noon and when the Sun goes down!

Not only is the Lord blessed and satisfied when His people show admiration and appreciation for Him, praise produces numerous positive benefits that affect every area of the believer's life as well. Below we have listed just two of the most important.

### *Praise Calls Forth God's Intervention*

**P**raise is a powerful spiritual weapon. The Bible is full of examples where it was used to call forth God's supernatural intervention against severe attacks from the enemy and the appropriate response to that intervention.

For instance, in the Book of Exodus, we learn that as long as Moses held up his hands in prayer and praise to God, the Israelites prevailed over the Amalekites, but when he lowered his hands, the enemy prevailed.

We learn from Second Chronicles chapter twenty that it was when the Levites and singers began to sing and praise the Lord that He rescued Jehoshaphat and his army from the three armies of Moab, Ammon, and Mount Seir that had gathered against them.

Jehoshaphat and his men did not even have to fight! When they looked over the battle field, there was not one man left alive, and it took the Israelites three days to gather the spoils. Praise released God's power and guidance to destroy the enemy.

And what about King David? What did he do in the situation where his wives and those of his men were captured and he risked being stoned by his army?

The Bible says he encouraged and strengthened himself in the Lord. He began to praise and thank God with some of the very Psalms written in the Bible. And we know how it turned out for him.

In the Book of Acts we are told that Paul and Silas were locked up in prison for preaching the Gospel. They were put in the lowest part; most likely a dark, damp, rat-infested dungeon. Their hands and feet were also put in stocks.

In such a gloomy situation, I doubt very much that their flesh felt like singing praises to God. But that is what they did, and the earthquake that followed was no coincidence.

In Second Kings, we read how King Jehoshaphat of Judah joined up with the king of Israel and the king of Edom to fight the Moabites. The king of Israel feared the Lord would deliver them into the enemy's hand, but Jehoshaphat remembered the Prophet Elisha and sought his help.

Understanding the power of praise, Elisha asked for a musician to be brought to him. And while the musician was playing, the power of the Lord came on him.

This is exactly what we read in Psalm twenty-two. It says that God inhabits the praises of His people. Praise is so irresistible to the Lord, that as soon as He hears it, He begins to manifest His presence and answer prayers.

What the Prophet Elisha did also illustrates the principle why Church Services are set up the way they are. Over the centuries, the Body of Christ understood the power of praise, how it releases the anointing of God and drives out the enemy.

Finally, David had designated four thousand people to praise God constantly and Solomon followed the same example when he dedicated the Temple. And we read that it was only when Solomon had finished praying and praising God that the glory of the Lord filled the house.

This passage also tells us that because of this the priests could not enter. Why? Because when the anointing falls, so do people! It is frequently called *Slain in the Spirit*.

And you don't have to wait to go to Church. I have witnessed believers falling under the power of God in their own living room, after spending considerable time in the Word and prayer! That being said, as usual, Satan has his imitations.

### *Praise Produces Sound Health*

Perhaps not so many are aware that praising God also has tremendous effects on an individual's physical and emotional well-being.

When Jesus made His triumphal entry into the City of Jerusalem just before His Passion, thousands of people went out to greet Him. When He entered the Temple, and performed miracles, the little children were running around crying, "*Hosanna to the Son of David.*" This greatly upset the Chief Priests and Pharisees and they asked Jesus to silence them. But the Lord, quoting from Psalm eight, replied:

*Have you never read, "out of the mouths of infants and nursing babies you have prepared praise for yourself?"*

*(Matthew 21:16b)*

Jesus answered them by quoting Psalm eight, but He changed the phrase a little. He gave us, as it were, His own commentary on the sentence.

The Psalmist said, "*ordained strength*," but Jesus said, "*prepared praise*." This means that the strength of God's people is praise; it literally builds up physically, emotionally, and spiritually.

How? Very often, a lot of the believer's physical, mental and spiritual problems are directly related to a daily onslaught from the devil and his demons. But, as stated earlier, praise literally makes the enemy flee in terror and rage. Being mad jealous of God and His people, they just can't bear to hear it.

There are even first-century reports of Roman emperors who stuck their fingers in their ears and screamed out in anger because Christians would praise God even in the very last stages of painful deaths.

One is also reminded of King Saul, and how the evil spirit of depression departed from him when David began to worship.

Finally, there is something else to take notice of in Psalm eight. It says "*out of the mouth*." The mouth is the primary channel for releasing spiritual weapons against Satan's kingdom. Psalm 149 says, "*Let the high praises of God be in their mouths and a double-edge sword in their hands*."

Sitting in silence with your arms folded at Church or at home will have no effect or benefit! Remember it was when Moses put demands on the flesh, by raising his arms, that the Israelites got the victory.

Note also that Jesus said out of the mouths of "*nursing babies and infants*." The term is not necessarily a reference to young children; rather it most often refers to those who recognize they have no

physical strength or help of their own, but must depend totally on God. Jesus said elsewhere, speaking of His Disciples:

*I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants.*

*(Luke 10:21b)*

### *In Every Circumstance!*

**W**e will finish this short article with one last important point. Sometimes believers are tempted to wait for circumstances to change before coming to thank and praise God. This is because they sometimes feel it is hypocritical to do otherwise.

In reality, it is a demonstration of great faith; a declaration to the whole spiritual and natural world that you trust the Lord has already provided the solution.

The world may call this escapism, or wishful thinking, but the Bible calls it a “*sacrifice of praise,*” something very precious to God, and that will move His Mighty Arm!