

Physical Expressions of Praise, Worship and Prayer Unto the Lord

This word is for those who believe in God the Father and His Son Jesus Christ.

Sincere praise and worship is birthed out of a love and insatiable hunger for the Lord. Our desperation for Jesus should then be outwardly expressed!

Around the throne of God there is constant praise and worship with sounds, movement and colors. There are many examples of physical expressions in praise, worship, and prayer. All of these examples are found in the bible scriptures. But these forms of reverence and commands are rarely experienced in churches or congregations.

We are commanded to praise and worship the LORD, and when we do so we fulfill what it says in this scripture in **Matthew 6:10** *Thy kingdom come. Thy will be done in earth, as it is in heaven.* We agree with God, and do what His angels and all His saints are doing in heaven.

There is quite a difference between praise and worship. Let's look at their meanings:

Praise- (is the root word for hallelujah). It means to be thankful, to rejoice, and boast about someone. It is by speaking the glorious attributes (of Yahweh). It can be a spontaneous song. In praise we extol and bless the Lord; we make known, speak, and declare His majesty and goodness... while giving Him all the glory.

Praise is proclaiming in a loud voice, shouting, and commanding triumph or glory. We must will ourselves to praise even when we don't feel like it. Praise is based on God's greatness, not our feelings.

Worship- means: bow, humbly beseech, kiss, to reflex in homage to God, and to kneel down in reverence and submission. Worship is to adore reverently, to feel deep devoted love for God, to regard with respect, and with great awe and devotion. We worship the Lord to the depth that we know Him.

True worship is a way of life for the individual believer and the body of Christ. We are to demonstrate what the Holy Spirit is revealing to us and obeying what the Word of God says.

God's ways are unsearchable and past finding out, so we don't want to limit Him by habitually praising Him the same way all the time. We are to allow the Holy Spirit to lead us into different biblical forms of fresh praise and worship.

There are many physical expressions in praise, worship, and prayer according to the Holy Scriptures rarely seen in churches.

Being Still/Waiting- Psalm 62; 1, 5 *Truly my soul waiteth upon God: from him cometh my salvation. 5. My soul, wait thou only upon God; for my expectation is from him.*

Bowing down- Psalm 95:6 *O come, let us worship and bow down: let us kneel before the LORD our maker.*

Clap your hands and Shout - Psalm 47:1 *O clap your hands, all ye people; shout unto God with the voice of triumph.*

Sing- Psa 47:6, 7 *Sing praises to God, sing praises: sing praises unto our King, sing praises. For God is the King of all the earth: sing ye praises with understanding.*

Dancing- Jer 31:13 *Then shall the virgin rejoice in the dance, both young men and old together: for I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow. Psa 149:3* *Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.*

Raising our hands- 1 Tim 2:8 *I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting.*

Meditating- also known as “davening”, which means to ponder; meditate on scriptures and quietly repeat them, it also means to rock back and forth. It is to commune with God and focus on Him alone. **Psalm 1:2** *But his delight is in the law of the LORD; and in his law doth he meditate day and night.*

Anointing with oil- James 5:14 *Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:*

Instruments:

In **Psalm 150** it lists a **tambourine, flute, harp, psaltery, cymbals, stringed instruments, and organs.**

Trumpet- The Word of God commands us in **Joel 2**, *Blow ye the trumpet in Zion, and sound an alarm in my holy mountain:*

It is a sacred musical instrument for praise and worship unto the Lord. In Hebrew it is called a shofar. Used as a brandishing weapon to cut through the 1st, 2nd, and 3rd heaven into the glory of God.

Exo 19:19 *And when the voice of the trumpet sounded long, and waxed louder and louder, Moses spake, and God answered him by a voice.*

Also known as the ram’s horn, the shofar is blown into glory as a weapon for spiritual warfare, repentance, judgment, deliverance, assembly of peoples, gathering of troops, sounding the alarm, the calling of a solemn assembly, jubilee, freedom and liberty. There are different calls or tones of the shofar. The Yemenite triple twist shofar is the most popular one today, but the ram’s horn is the original shofar used. The cows horn must never be used for it reminds God of the golden calf that was worshipped by the Israelites.

In the New Testament it says in **1 Thes 4:16** *For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:*

Prophetic Acts- Are done in the natural/ physical realm to confirm what God is speaking in the Spirit.

There are examples all throughout scripture. God can reveal Himself and His will to us however He desires.

Jer 1:11-14 Moreover the word of the LORD came unto me, saying, Jeremiah, what seest thou? And I said, I see a rod of an almond tree. Then said the LORD unto me, Thou hast well seen: for I will hasten my word to perform it. And the word of the LORD came unto me the second time, saying, What seest thou? And I said, I see a seething pot; and the face thereof is toward the north. Then the LORD said unto me, Out of the north an evil shall break forth upon all the inhabitants of the land.

Exo 14:21 *And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided.*

And **Judges 6:37** Speaking of Joshua *Behold, I will put a fleece of wool in the floor; and if the dew be on the fleece only, and it be dry upon all the earth beside, then shall I know that thou wilt save Israel by mine hand, as thou hast said.*

Flags/Banners- Psa 60:4, 5 *Thou hast given a banner to them that fear thee, that it may be displayed because of the truth. That thy beloved may be delivered; save with thy right hand, and hear me.*

Worshiping with flags is a prophetic demonstration.

Flagging is a disciplined, practiced and dedicated ministry. It is a creative art form of music and creativity with precision movements. It can depict the army of God in a battle or victory, movements of the Holy Spirit, the glory of God, praise, and worship, acting out, signaling, moving and showing His will. The movements may reveal His heart and burdens, and how He has made us able to worship Him in a beautiful way. Flags are an excellent way to express what the Holy Spirit is doing in a worship meeting.

Praying under the Tallit (prayer shawl) – The Word tallit in Hebrew means a small tent, a tabernacle or a dwelling place in the presence of God, which also was given the name as a prayer shawl in English. The tallit is mentioned in both the Old and New Testaments:

Deut 22:12 *Thou shalt make thee fringes upon the four quarters of thy vesture, wherewith thou coverest thyself.*

In Luke 8:43 when the woman was healed by touching Jesus's garment she touched His tallit. The law in the Old Testament pronounced a person unclean when they would touch anything dead. So when Elijah raised the widow woman's son to life he first placed his mantle or tallit upon the boy, and then lay upon him. **1 Kings 17:18-21**

And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers. (Act 18:3) The tents that Paul made were actually tallits.

The Hebrew writing on the crown of the tallit is *"Blessed art Thou LORD our GOD, King of the Universe, Who has sanctified us with His commandments and commanded us to wrap ourselves in the tzitzit".*

Today the prayer shawl is still used for weddings (vows are spoken by the groom and the bride under the tallit called a "huppah"). The tallit is also used when making the covenant of brotherhood.

The tallit symbolizes God's covering or presence that covers individuals here on earth in their time of prayer and spiritual intimacy. Kiss the Son in worship, and love Him in truth.

John 3:8 *The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.*

And everything we do should always be confirmed in the Word.

In **Luke 10:21** it says that *Jesus rejoiced in spirit and said, I thank thee, O Father, Lord of heaven and earth,.....* The word rejoiced here means leaping and shouting with joy. As Jesus was teaching His disciples He spontaneously turned away from the people and publicly burst into Praise unto His Father. Jesus' personal devotion was not hindered even though there were people around Him and He is our example to openly express ourselves.

Let's be completely real before God, spontaneous, and child-like in the expression of our love to Him. God made us, loves us and wants us to love Him wholeheartedly. There sure is a lot more joy and freedom when we are unreserved and openly loving our Lord and Savior, Jesus Christ. He is worthy of your praise!

God bless you as you embrace God's call to higher praise and deeper worship. Study to be approved and pleasing before God, a workman who rightly divides the Word of Truth.