

# 7 Expressions of Praise & Worship

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4 Jun 2017

## Introduction

God desires our worship. But how should we praise and worship Him through music, song and dance? Bible is filled with examples. There are different ways of expressing our adoration, praise and worship to God.

The English and many other translated Bibles simply use the term "praise" or "worship", without telling us what type of praise or worship the Bible is referring to. We should remember that the Bible was written in Hebrew, Greek and Aramaic. In these languages, there are different words from which we get our words praise and worship. There are different types and expressions of praise and worship in the original languages. I am going to explain some of the Hebrew words because it will help us to understand the diversity and freedom in our expression during gatherings and services.

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## Hallal (הלל)

### Meaning

- To shine with God's favour.
- To be boastful, excited and enjoying the greatness and goodness of God.
- Joyous praise in song!
- Clamorously foolish. People in a sport stadium can express great excitement when their team wins. Hallal is almost similar, but it is all about God! It might seem that you are clamorously foolish before the Lord.

You are proud of who God is and you are expressing it. You make it known to everyone that God is worthy to be praised. We are unashamed in letting everyone know that God is Almighty and worthy. The focus is placed on God, not us.

Hallal is the root word for hallelujah, meaning praise Yahveh. (Yah = Yahveh)

For most Christians Hallelujah is considered a joyful word of praise to God, rather than an injunction to praise Him.

## David worship joyfully & Michal despised it

In 1 Chronicles we read about the story when David brought the ark of the covenant back to Jerusalem.

**1Ch 15:28** Thus all Israel brought up the ark of the covenant of Jehovah with shouting, and with sound of the cornet, and with trumpets, and with cymbals, sounding aloud with psalteries and harps. 1Ch 15:29 And it came to pass, as the ark of the covenant of Jehovah came to the city of David, that Michal the daughter of Saul looked out at the window, and saw king David dancing and playing; and she despised him in her heart.

David expressed energetic praises to God and shouted before God. Michal, his wife, despised David and God struck her with barrenness.

### **Scripture References**

#### **1Ch 23:5**

*four thousand will be guards at the temple, and four thousand will praise (Hallel) the LORD by playing the musical instruments I have given them.*

#### **Ps 113:1-3**

*Praise (halal) ye the Lord, praise (halal) o ye servants of the Lord, praise (halal) the name of the Lord.*

#### **Ps 150:1**

*Praise (halal) the Lord! Praise (halal) God in his sanctuary; Praise (halal) him in his mighty expanse.*

#### **Ps 149:3**

*Let them praise (halal) his name in the dance: let them sing praises with the timbrel and harp.*

### **Actions accommodating Hallel**

- Clapping of hands.
- Raising your hands to God
- Lively dancing and jumping before the LORD.
- Music and high praises.

Hallel is found about 166 times in Bible.

### **Songs**

- Praise is rising (G)
- Your love is amazing (sing Hallelujah) G
- Sing sing sing (G)

### **More Hallel Scripture References**

*1Ch\_23:4-5 (2), 1Ch\_23:30, 1Ch\_25:3, 1Ch\_29:13, 2Ch\_8:14, 2Ch\_20:19, 2Ch\_20:21, 2Ch\_23:13, 2Ch\_29:30, 2Ch\_31:2, Ezz\_3:10, Neh\_12:24, Psa\_22:22-23 (2), Psa\_22:26, Psa\_35:18, Psa\_56:4, Psa\_56:10 (2), Psa\_63:5, Psa\_69:30, Psa\_69:34, Psa\_74:21,*

Psa\_102:18, Psa\_104:35, Psa\_105:45, Psa\_106:1, Psa\_106:48, Psa\_107:32, Psa\_109:30, Psa\_113:1 (5), Psa\_113:9, Psa\_116:17-19 (3), Psa\_117:1-2 (2), Psa\_119:164, Psa\_119:175, Psa\_135:1 (3), Psa\_135:3, Psa\_135:21, Psa\_145:2, Psa\_146:1-2 (3), Psa\_146:10, Psa\_147:1, Psa\_147:12, Psa\_147:20, Psa\_148:1-5 (9), Psa\_148:7, Psa\_148:13-14 (2), Psa\_149:1, Psa\_149:3, Psa\_149:9, Psa\_150:1-6 (13), Pro\_27:2, Pro\_28:4, Pro\_31:31, Isa\_62:9, Jer\_20:13, Jer\_31:7, Joe\_2:26

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## Zamar (זמר)

### Meaning

Zamar demonstrates **music** in praise to God and it advocates that praise and music are similar.

- The Hebrews used **music as an expression of praise and worship**.
- **It involves the playing of a musical instrument through the plucking of the fingers.** (guitar, harp, etc.). Praise God with **instruments**.
- Can also use **voices**

### Scripture References

#### Psa 149:3

*Let them praise (Hallel) his name in the dance: Let them sing praises (Zamar) unto him with timbrel and harp.*

#### Psa 57:7

*My heart is fixed, O God, my heart is fixed: I will sing, yea, I will give praise (Zamar).*

#### Psa 30:4

*Sing (Zamar) praise unto Jehovah, O ye saints of his, And give thanks (Yadah) to his holy memorial name (give thanks to His holiness).*

#### Psa 21:13

*Be exalted O Lord, in Thine own strength, so will we sing and praise (zamar) Thy power.*

#### 1Chr 16:9

*Sing to Him, sing praises (zamar) to Him; speak of all His wonders.*

#### Ps 57:8-9

*Awake my glory; awake harp and lyre, I will awaken the dawn! I will give thanks to Thee, O Lord among the peoples; I will sing praises (zamar) to Thee among the nations.*

Zamar is found about **42 times in Bible**.

## Songs

**Instrumental:** Am G F E

### **More Scripture References**

Jdg 5:3, 2Sa 22:50, Psa 27:6, Psa 30:4, Psa 30:12, Psa 33:2, Psa 47:6-7 (5), Psa 57:9, Psa 59:17, Psa 61:8, Psa 66:2, Psa 68:4 (3), Psa 68:32, Psa 71:22-23 (2), Psa 92:1, Psa 98:4-5 (2), Psa 101:1, Psa 104:33, Psa 135:2-3 (3), Psa 138:1, Psa 144:9, Psa 146:2, Psa 147:1, Psa 147:7, Psa 149:3, Isa 12:5

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## **Shabach שִׁבַּח**

### **Meaning**

This word is best illustrated in Psalm 117:1; 'o praise the lord, all ye nations: praise him, all ye people.'

As it is used here it means to:

- Speak highly of God, to address in a loud tone, to command triumph,
- Praise Him with a loud voice! Glory and to shout.
- Call out His praises over Him.
- We recommend God to someone in a loud voice.

### **Scripture References**

#### **Psa 117:1**

*Let all the nations give praise (Hallel) to the Lord: let all the people give him praise (Shabach). Psa 117:2 For great is his mercy to us, and his faith is unchanging for ever. Praise be to the Lord. (Hallelujah)*

#### **Psa 145:4**

*One generation after another will give praise (Shabach – address in a loud tone) to your great acts, and make clear the operation of your strength.*

One generation exalts and make God great before the next (upcoming) generation.

We tell and shout of what He has done and about His great deeds. Our children should hear our Shabach!

Our praises should be loud, noticeable. In the Tabernacle of David it was not quiet and neat, but loud and jubilant.

#### **Ps 47:1**

*O clap your hands, all peoples; shout (shabach) to God with the voice of joy (or triumph).*

Isa 12:6

*Cry aloud and shout (shabach) for joy, O inhabitant of Zion, For great in your midst is the Holy One of Israel.*

### Song

- Shout to the Lord (A)
- God of Wonders (G)

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### Tehilah תהלה

#### Meaning

Tehilah is derived and closely connected with Hallel, to sing out loud, especially a free form of worship. Tehilah is a very special kind of singing that is unrehearsed, unprepared and which today is referred to as "singing in the spirit" or also free worship.

- It is a free form of worship.
- Not pre-rehearsed. You are not singing someone else's words, but your own and you make it up as you go along.
- Tehilah is spontaneous praise and worship from your heart.

This exhibition of praise brings unity into the congregation and allows God to move in miraculous ways.

#### God inhabits Tehilah

**Psa 22:3** *But thou art holy, O thou that inhabitest the praises of Israel. ASV*

**Psa 22:3** *But you are holy, O you who are seated among the praises of Israel. BBE*

**Psa 22:3** *Yet you are holy, enthroned (to sit down, inhabit) on the praises of Israel. ESV*

God responds to all forms of worship, but one type He inhabits and that is Tehilah. Today we even get DNA songs.

#### Scripture References

**Ps 33:1**

*Rejoice in the Lord, o ye righteous, for praise (tehillah) is comely (beautiful) for the upright.*

**Isa 61:3**

*To grant to those who mourn in Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise (tehillah) instead of the spirit*

of fainting, So they shall be called oaks of righteousness, The planting of the Lord, that He may be glorified.

### **Isa 61:3**

to appoint unto them that mourn in Zion, to give unto them a garland for ashes, the oil of joy (gladness instead) for mourning, the garment of praise (Tehillah) for the spirit of heaviness; that they may be called trees of righteousness, the planting of Jehovah, that he may be glorified.

When your spirit is heavy, Tehilah! Many Christians get depressed and down because they don't free worship. Spontaneous worship from the heart brings life.

### **Psa 51:15**

O Lord, let my lips be open (open thou my lips), so that my mouth may make clear your praise (Tehillah).

### **Sela**

Sela is free and spontaneous. It is closely linked to Tehilah and intercession and prayer until the goal of the prayer is achieved.

### **Psa 3:4**

I cry unto Jehovah with my voice, And he answereth me out of his holy hill. Selah.

### **Selah 74 occurrences.**

Psa 3:2, Psa 3:4, Psa 3:8, Psa 4:2, Psa 7:4-5 (2), Psa 9:16, Psa 9:20, Psa 20:3, Psa 21:2, Psa 24:6, Psa 24:10, Psa 32:4-5 (2), Psa 32:7, Psa 39:5, Psa 39:11, Psa 44:8, Psa 46:3, Psa 46:7, Psa 46:11, Psa 47:4, Psa 48:8, Psa 49:13, Psa 49:15, Psa 50:6, Psa 52:3, Psa 52:5, Psa 54:3, Psa 55:7, Psa 55:19, Psa 57:3, Psa 57:6, Psa 59:5, Psa 59:13, Psa 62:4 (3), Psa 62:8, Psa 66:4, Psa 66:7, Psa 66:15, Psa 67:1, Psa 67:4, Psa 68:7, Psa 68:19, Psa 68:32, Psa 76:3 (2), Psa 76:9, Psa 77:3, Psa 77:9, Psa 77:15, Psa 81:7, Psa 82:2, Psa 83:8, Psa 84:4, Psa 84:8, Psa 87:2-3 (2), Psa 88:6-7 (2), Psa 88:10, Psa 89:4, Psa 89:37, Psa 89:45, Psa 89:48, Psa 140:3, Psa 140:5, Psa 140:8, Psa 143:6, Hab 3:3, Hab 3:9, Hab 3:13

### **Song**

Let's free worship on this:

**Psa 3:8** *Salvation comes from the Lord; your blessing is on your people. Selah.*

### **More Scripture References**

Scriptures to study are: Psalms 34:1, 40:3, 66:2, 100:4, 22:3, 9:14, 33:1, 65:1, 147:1-2, 149:1-2, Isaiah 61:3 and 2 Chronicles 20:22.