

March 2024

This month marks 3 years since Chief went to his eternal home. It seems fitting that this month be something that was near and dear to him and those of you who knew him will understand completely. Those who didn't know him but only had contact through these newsletters will hopefully understand more about him. This month is going to be about praise and worship! Chief was a worshipper, he loved the presence of the Lord, and at every opportunity, he would go there, and he would bring anyone who wanted to go with him in as well. If you were ever in a service where he was ministering in song, you know what I am talking about. I have had guys who have gotten out and are pursuing God in their home churches on the worship team because of the teaching and training they received from Chief. One is pursuing a formal education in music because of the inspiration Chief gave him. What he did in prison was also what he did on the outside. He encouraged others, led by example, and loved the presence of God. So, let's talk about praise/worship, what it is, how we are to do it, and the benefits/consequences associated with praise/worship according to the scripture.

When people engage in praising and worshiping the Lord, it is typically a way of expressing devotion, gratitude, and reverence to God. The specific experiences and beliefs associated with praise and worship can vary among different denominations. Even within the Christian faith, there are many expressions of praise and worship. Understanding the difference between praise and worship can bring a new depth to the way we honor the Lord. The Bible has numerous commands to "praise the Lord." Angels and the heavenly hosts are commanded to praise the Lord (Psalm 89:5; 103:20; 148:2). All inhabitants of the earth are instructed to praise the Lord (Psalm 138:4; Romans 15:11). We can praise Him with singing (Isaiah 12:5; Psalm 9:11), with shouting (Psalm 33:1; 98:4), with the dance (Psalm 150:4), and with musical instruments (1 Chronicles 13:8; Psalm 108:2; 150:3-5). When I did a word search online, one source said in the King James Version, praise, is referenced 259 times and worship 188 times, I have listed only a few. I encourage you to dig deeper.

Praise is the joyful recounting of all God has done for us. It is closely intertwined with thanksgiving as we offer back to God, appreciation for His mighty works on our behalf. Praise can be a feature of other relationships as well. We can praise our family, friends, boss, or paperboy. Praise does not require anything of us. It is merely the truthful acknowledgment of the righteous acts of another. Since God has done many wonderful deeds, He is worthy of praise (Psalm 18:3).

Worship comes from a different place within our spirits. Worship should be reserved for God alone (Luke 4:8). Worship is the art of losing self in the adoration of another. Praise can be a part of worship, but worship goes beyond praise. Praise is easy; worship is not. Worship gets to the heart of who we are. To truly worship God, we must let go of our self-worship. We must be willing to humble ourselves before God, surrender every part of our lives to His control, and adore Him for who He is, not just what He has done. Worship is a lifestyle, not just an occasional activity. Jesus said the Father is seeking those who will worship Him "in spirit and in truth" (John 4:23).

In Scripture, praise is usually presented as boisterous, joyful, and uninhibited. God invites praise of all kinds from His creation. Jesus said that if people don't praise God, even the "stones will cry out" (Luke 19:40). When the Bible mentions worship, however, the tone changes. We read verses like, "Worship the Lord in the beauty of holiness" (Psalm 96:9). And, "Come let us worship and bow down" (Psalm 95:6). Often, worship is coupled with the act of bowing or kneeling, which shows humility and contrition (2 Chronicles 29:28; Hebrews 11:21; Revelation 19:10). It is through true worship that we invite the Holy Spirit to speak to us, convict us, and comfort us. Through worship, we realign our priorities with God and acknowledge Him once more as the rightful Lord of our lives.

Just as praise is intertwined with thanksgiving, worship is intertwined with surrender. It is impossible to worship God and anything else at the same time (Luke 4:8). The physical acts often associated with worship—bowing, kneeling, lifting hands—help to create the necessary attitude of humility required for real worship. Wise worship leaders know how to structure a worship service to allow participants to both praise and worship the Lord. Often, services begin with joyous praise songs and transition to a quieter, more introspective opportunity for worship.

Worship is an attitude of the heart. A person can go through the outward motions and not be worshiping (Psalm 51:16-17; Matthew 6:5-6). God sees the heart, and He desires and deserves sincere, heartfelt praise and worship.

Here are some general aspects often associated with praise and worship, along with corresponding scripture references from the Bible: (There are many more scriptures and I encourage you to do an in-depth word study yourself)

- Expressing Gratitude and Adoration: Psalm 100:4 (NIV) "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- Drawing Closer to God: James 4:8 (NIV) "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."
- Spiritual Connection: John 4:24 (NIV) "God is spirit, and his worshipers must worship in the Spirit and in truth."
- Celebrating God's Attributes: Psalm 145:3 (NIV) "Great is the Lord and most worthy of praise; his greatness no one can fathom."
- Invoking God's Presence: Psalm 22:3 (NIV) "But you are holy, you who inhabit the praises of Israel."
- Humbling Oneself: Philippians 2:9-11 (NIV) "Therefore God exalted him to the highest place and gave him the name that is above every name."
- Fostering Unity and Fellowship: Psalm 133:1 (NIV) "How good and pleasant it is when God's people live together in unity!"

Here are some key principles and scripture references related to praise and worship:

- Continual Praise: Psalm 34:1 (NIV) "I will extol the Lord at all times; his praise will always be on my lips."
- Corporate Worship: Hebrews 10:24-25 (NIV) "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the day approaching."
- In Times of Joy and Celebration: Psalm 150:4 (NIV) "Praise him with tambourine and dancing; praise him with the strings and flute."
- In Times of Difficulty: Job 1:20-21 (NIV) "At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: 'Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised."
- With Thanksgiving: Psalm 100:4 (NIV) "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- With a Heart of Humility: James 4:10 (NIV) "Humble yourselves before the Lord, and he will lift you up."
- In Spirit and Truth: John 4:24 (NIV) "God is spirit, and his worshipers must worship in the Spirit and in truth."
- As a Lifestyle: 1 Thessalonians 5:16-18 (NIV) "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

These verses emphasize the idea that praise and worship are not limited to specific times or situations but are integral to the Christian life. Believers are encouraged to maintain a spirit of gratitude, humility, and worship in various aspects of their lives, both individually and collectively. Engaging in praise and worship is believed to bring about various spiritual, emotional, and psychological benefits. Here are some commonly acknowledged benefits:

- Spiritual Connection: Praise and worship are seen as a means of drawing closer to a higher power (God), fostering a deeper spiritual connection, and experiencing a sense of God's presence.
- Expressing Gratitude: Praising and worshiping are ways to express gratitude and thankfulness for the blessings and provisions in one's life, acknowledging the source of these blessings.
- Strengthening Faith: Regular engagement in praise and worship is believed to strengthen one's faith and trust in God, providing a foundation for facing life's challenges with confidence.
- Emotional Healing: Worship is often considered a therapeutic and healing practice, providing emotional release and comfort during difficult times. It can be a source of solace and peace.
- Promoting Unity and Fellowship: Corporate worship fosters a sense of community and unity among believers, creating a supportive environment for shared beliefs, values, and experiences.
- Cultivating Humility: Worship involves acknowledging a higher power and humbling oneself before God. It helps in cultivating humility and recognizing the need for divine guidance.
- Joy and Celebration: Praise and worship can be expressions of joy and celebration, especially during times of victory, milestones, or significant events in one's spiritual journey.
- Focus and Clarity: Engaging in worship can provide a focused and reflective time, allowing individuals to gain clarity, perspective, and a renewed sense of purpose in life.
- Stress Reduction: For many, worship serves as a form of stress relief and relaxation. It offers a respite from daily challenges and encourages a shift in focus toward the divine.
- Cultivating a Positive Mindset: Praise and worship often involve focusing on positive aspects of life, which can contribute to cultivating a positive mindset and attitude.

The absence of praise and worship may also be viewed in terms of spiritual, emotional, and relational consequences. Here are some potential considerations:

- Spiritual Disconnection: Not participating in praise and worship may lead to a perceived distance from God, resulting
  in a diminished sense of spiritual connection and intimacy.
- Lack of Gratitude: Praise and worship are often associated with expressing gratitude for the blessings in one's life. Not engaging in these practices may lead to a reduced awareness of the positive aspects and provisions.
- Missed Opportunities for Spiritual Growth: Regular engagement in praise and worship is seen as a way to nurture spiritual growth. The absence of these practices may result in missed opportunities for deepening one's faith and understanding.
- Emotional and Psychological Impact: Worship is often considered a source of emotional healing and a means of finding solace during challenging times. Not participating in these practices may lead to a lack of emotional support and coping mechanisms.
- Isolation from Community: Corporate worship often fosters a sense of community and fellowship. Neglecting such practices may result in a sense of isolation from a supportive religious community.
- Potential for Spiritual Stagnation: Praise and worship are viewed as dynamic aspects of spiritual life, contributing to personal and communal growth. Without these practices, there may be a risk of spiritual stagnation.
- Missed Opportunities for Reflection: Worship provides a dedicated time for reflection and contemplation. The absence
  of such practices may lead to a lack of intentional and focused reflection on one's beliefs, values, and life journey.
- Potential for Increased Stress: For some individuals, worship serves as a form of stress relief. Not engaging in these practices may result in an increased perception of stress and a lack of a spiritual outlet.

## Scripture References for Praising and Worshiping:

- Praising God: Psalm 150:6 (NIV) "Let everything that has breath praise the Lord. Praise the Lord."
- Worshiping in Spirit and Truth: John 4:23-24 (NIV) "Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth."
- Celebrating with Praise: Psalm 100:2-4 (NIV) "Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- In Everything Give Thanks: 1 Thessalonians 5:16-18 (NIV) "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- Humbling Ourselves in Worship: Philippians 2:9-11 (NIV) "Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father."

Scripture References Highlighting Consequences of Not Praising and Worshiping:

- Spiritual Consequences: James 4:8 (NIV) "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."
- Lack of Gratitude: Psalm 106:7 (NIV) "When our ancestors were in Egypt, they gave no thought to your miracles; they did not remember your many kindnesses, and they rebelled by the sea, the Red Sea."
- Isolation from God's Presence: Isaiah 59:2 (NIV) "But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear."
- Missed Opportunities for Blessings: Malachi 3:10 (NIV) "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."

Now is the time to give Him praise and worship for all He has done and who He is! Blessings to you all!

## Ms. Chief (aka Ms.G)

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