the Benefits of Praise
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the Benefits of Praise
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“Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!”

*Psalms 107:8*

“O Give thanks unto the Lord for his goodness, and for his wonderful works to the children of men!”

*Psalms 136:1*

In the Scriptures, we are commanded to praise the Lord. Sometimes, as believers we let the devil rob us of our joy and our praise of God.

Many believers, the moment they are in a hard situation, stop praising and start complaining. That’s not the right thing to do! The right thing to do is to praise God.

“Rejoice in the Lord, O ye righteous; for praise is comely for the upright.”

*Psalms 133:1*

“Rejoice in the Lord always: and again I say Rejoice.”

*Philippians 4:4*

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.”

1 Thessalonians 5:12

“Well, Brother Glenn, I don’t feel like praising God.” We do not praise God because we feel like it, but because we are commanded to do so.
“Let everything that hath breath praise the LORD. Praise ye the LORD.”

Psalms 150:6

“Oh, Brother Glenn, if you knew what I was going through, you wouldn’t be telling me to praise God!”

That’s why I’m telling you to praise God. Even though I may not know what you are going through, I do know one thing — **murmuring and complaining is not the answer**. The only true and real answer is,

“**It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High.**”

Psalms 92:1

“**Praise ye the Lord: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.**”

Psalms 147:1

There are benefits in praising God. Tremendous power is available when you praise God. Praise will change your life. Praise will deliver you. No matter what situation you are going through, if you can praise God — and you can, then God will turn your situation around.

**God is a specialist in turning impossible situations into miracles.**

**God can turn setbacks into setups to promote you.**
In the sixteenth chapter of Acts, Paul found himself in a very painful predicament with Silas. After casting a devil from a woman who was a soothsayer, trouble was stirred by her masters. Paul and Silas were beaten and thrown into the inner dungeon of the prison.

In the natural, their situation looked bleak: everything pointed towards failure and desolation. As far as the natural realm was concerned, it looked to be a masterstroke of Satan to destroy Paul and keep him bound without ever coming out. Paul and Silas however, had a different plan.

They were bound hand and foot as well as being thrust into the inner prison, but they changed their circumstances.

“And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and everyone’s bands were loosed.”

Acts 16:25,26

Through the power of prayer and praise, the prison doors were unlocked. Notice, the Bible says, “At midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.”

There’s something powerful about unrestrained praise. The Scripture says, “the prisoners heard them”, which means regardless of what the prisoners thought about them, they were going to praise God.
Some people say, “What will people say?” It does not matter what people say; what matters is what God says. You see, you must realize that people will think whatever they want to think anyway, so let them think and say whatever they want. At the end of the day, they are not the one saving or delivering you. God is your salvation. He is your deliverance.

Paul and Silas didn’t feel like praising God, but they did it anyway. They didn’t feel like shouting, but they did it anyway. They didn’t feel like raising their voices and hands, but they did it anyway. What was the end result?

“And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened and everyone’s bands were loosed.”

Acts 16:26

Sudden Breakthrough!

The devil did not expect it but God moved! God is a “God of Suddenlies”. He moves in miraculous fashion when nobody expects it. The whole world may have given up on you and your case may look impossible but God will move suddenly when you praise him.

As you are reading today, maybe you find yourself in a tight situation. I want you to know that as you begin to praise God, he will move on your behalf. If He did it for Paul and Silas, and God is not a respecter of persons, why won’t God move for you?

You may not feel like singing praise today but do it anyway. You may not feel like raising your voice but do it anyway and expect a breakthrough from God.
Blessings flow when we live a life of praise. Something good always happens when we praise the name of Jesus. Paul’s prison doors were opened.

As you begin to praise God, your prison door – it may be one of financial difficulties or sickness – will break open and you’ll just walk free. Believe it, Expect it, Receive it, Shout it and sing it!
Chapter 3
Benefits Of Praise

There are many benefits when we praise the Lord. Benefits means “you’re better off for having received them”. You will be much better off when you tap into the power of praise. Below are some of the benefits for praising God that are sure to be a blessing to you.

Praise goes to the root or foundation of the problem.

“And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened.”

Acts 16:26

Notice it says, “the foundations of the prison doors were opened”. Praise goes straight to the root or core of the problem and deals with it. Many times, what we deal with are the symptoms; praise deals with the real problems and shakes them. Praise goes to the root of the situation and uproots it.

Praise will trouble your troubles. Once you have dealt with the root of the problem, it is only a matter of time before the symptoms eventually disappear. Paul and Silas’ praise caused an earthquake to shake their predicament.

They did not allow their problem to shake them but they shook their problem. Through the power of praise they shook it to the core. You can do the same thing too.
Benefits Of Praise

chapter 3

Blocked and closed doors will be opened

Imagine Paul’s dilemma! He and Silas found themselves stripped, beaten up and shackled in the inner prison. Locked within four enclosing walls it seemed the devil had them cornered. Yet:

“And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.”

Acts 16: 25

In the midst of this adverse circumstance, they chose to praise God. That’s not what the devil expected. He expected them to mourn and complain. Notice, the Bible says, “at midnight”. That’s an interesting hour. It is coming to the end of a day and the beginning of a brand new day. What the devil has assigned to be your last hour can be a brand new beginning in your life as you rejoice and praise the Lord.

The Scriptures declare,

“And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened and everyone’s bands were loosed.”

Acts 16:26

“All the doors were opened.” For the doors to be opened naturally, they had to first be opened in the realm of the spirit. Everything natural is a reflection of the spiritual. Praise opened the doors in the realm of the spirit first and then they were opened in the natural realm. Praise has the power to open every blocked or closed door that you face.

No matter what doors the enemy has closed before you, whether it is a door of ministry breakthrough, health and wealth, or of lost opportunity, praise can break it open and give you your miracle.
If you see a door of opportunity has been locked in front of you, don’t just sit there and cry, break it open with the power of praise. Break the doors of poverty and lack. Break the doors of failure and depression. Break them open in Jesus’ name through the power of praise.

◊ **PRAISE BRINGS STRENGTH**

When Jesus went into the temple (Matthew 21) and cleansed it, the Word tells us that the children began to sing. Their praise irritated the priests and scribes and they summoned Jesus. His reply was a quote from the book of Psalms,

“...And Jesus saith unto them, Yea; have you never read, Out of the mouth of babes and suckling thou hast perfected praise?”

**Matthew 21:16**

“Out of the mouth of babes and sucklings hast thou ordained strength...”

**Psalms 8:2**

Notice in the book of Psalms it said, “ordained strength” and Jesus said,”perfected praise”. Therefore praise is strength. When you praise God, you are strengthening yourself. Nehemiah states, “The joy of the Lord is our strength.” (Nehemiah 8:10) Praise strengthens your faith. In fact, praise is the highest expression of your faith.

◊ **PRAISE STOPS THE DEVIL**

“Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger.”

**Psalms 8:2**
Praise will stop the devil in his tracks. So many times the devil moves in the lives of people, penetrating their finances, homes and families. As you begin to sing praises to God, the enemy has to stop. Praise stops Satan.

He cannot move in or intrude when you are a praiser. I don’t know about you but I want to stop the movement of Satan in my life. I want to silence, stop and shut him up completely. Therefore I will praise my God with my whole spirit, soul and body. *When you change your tune, the devil will change his tune.*

**PRAISE PUTS YOU IN THE WILL OF GOD**

“*Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you.*”

1 Thessalonians 5: 16-18

“*Be happy (in your faith) and rejoice and be glad-hearted continually (always); Be unceasing in prayer (pray perseveringly); Thank (God) in everything (no matter what the circumstances may be, be thankful give thanks), for this is the will of God for you who are in Christ Jesus (the revealer and Mediator of that will). — Amplified Bible*

Many believers do not know whether they are in the will of God or not. The key to success in life is to be in the will of God. Paul in his epistle to the Roman saints declares,

“*Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.*

Romans 12:2
Some people think that there are three wills of God; the good, the acceptable and the perfect will of God. This is not so, otherwise the Scriptures would have had the word ‘wills’. There’s only one will of God which is good, acceptable and perfect. The will of God for my life and yours is good, acceptable and perfect. Paul is saying to us in his Thessalonian letter that when we rejoice and give thanks to God then we are in His divine will.

During rejoicing and praising time I’m in God’s perfect will. You are not out of order when you praise God but you’re in order and when you praise him VICTORY IS INEVITABLE.

**PRAISE BRINGS DELIVERANCE**

“Offer unto God thanksgiving; and pay thy vows unto the Most High: And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

**Psalms 50:14,15**

“Whoso offereth praise glorifieth me; and to him that ordereth his conversation aright will I shew the salvation of God.

**Psalms 50: 23**

Deliverance and Salvation come through praise. Salvation is not just referring to being saved but to be sound, spiritually, mentally and physically. No matter where Satan puts you, the power of praise will allow you to see the mighty hand of God. Every chain will be broken.

The Word declares, “whoso offereth praise glorifieth me...and I will shew the salvation of God.” (Psalms 50:23) God shows up and shows off for those who praise him. God does not only show up but he knows how to show off. Whenever God gives you a show it will be one you cannot and will not forget.
Praise brings us into the presence of God which causes your enemies to turn back

“I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works. I will be glad and rejoice in thee; I will sing praise to thy name, O thou Most High. When my enemies are turned back, they shall fall at thy presence.”

Psalms 9:1-3

Praise brings in the presence of God. There’s something very powerful about the presence of God.

“But thou art holy, O thou that inhabitest the praises of Israel.”

Psalms 22:3

God’s presence comes in when you praise Him. He delights in and inhabits your praises. There is power in the presence of God. Notice what the Psalmist says on this subject,

“Thou art the God who doest wonders: thou declared thy strength among the people. Thou hast with thine arm redeemed thy people, the Sons of Jacob and Joseph. The waters saw thee, O God, the waters saw thee; they were afraid: the depths also were troubled.”

Psalms 77:14-16

Have you ever wondered how the Red Sea split up for the people of God? The Bible says, “The waters saw God”. Now note what the Psalmist has to say further on this subject,

“When Israel went out of Egypt, the house of Jacob from a people of strange language; Judah was his sanctuary, and Israel his dominion. The sea saw it, and fled: Jordan was driven back. The mountains skipped like rams, and the little hills like lambs.”

Psalms 114:1-4
Why did the sea flee? What did it see? What made the mountains to skip like rams? You see, I want every sea of problems to flee from me. I want every mountain of sickness, debts and problems to skip away from me. How about you? The Psalmist continues,

“What ailed thee, O thou sea that thou fleddest? thou Jordan that thou wast driven back? Ye mountains, that ye skipped like rams; and ye little hills like lambs? Tremble thou earth at the presence of the Lord, at the presence of the God of Jacob;”

Psalms 114:5-7

The answer to the skipping of the mountains and fleeing of the sea was due to the presence of God. The mountains and the sea didn’t just see Israel, they saw the God of Israel.

When the presence of God came the problems skipped away. When your troubles see the presence of God in your life, they will skip away from you too.

I want troubles and circumstances to run away from me, therefore I will praise the God of my Salvation. In doing so, his presence will permeate my life and trouble my troubles away.

Praise pulls down the wall which the devil erected as a no entry and no escape zone

“Now Jericho was straitly shut up because of the children of Israel: none went out, and none went in.”

Joshua 6:1

Jericho was God’s inheritance to his children, yet the enemy had possession of it. They did not want to leave and they did not want the children of Israel to come in. God wanted his children to possess their possession. The enemy had different ideas, so he erected a wall to keep them from God’s will and God’s best.
The enemy built a fortress against God’s children. How were they going to enter into their possession? What instruction did God give them to possess Jericho?

“And the Lord said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour. And ye shall compass the city, all ye men of war, and go round about the city once. Thus shalt thou do six days. And seven priests shall bear before the ark seven trumpets of ram’s horns: and the seventh day ye shall compass the city seven times, and the priests shall blow with the trumpets. And it shall come to pass, that when they make a long blast with the ram’s horn and when ye hear the same sound of the trumpets, all the people shall shout with a great shout; and the wall of the city shall fall flat, and the people shall ascend up every man straight before him.”

JOSHUA 6:2-5

“And it came to pass at the seventh time, when the priests blew with the trumpets, Joshua said unto the people, shout; for the Lord hath given you the city. So the people shouted when the priests blew with the trumpets. And it came to pass, when the people heard the sound of the trumpet, and the people shouted with a shout, that the wall fell down flat, so that the people went up into the city, every man straight before him, and they took the city.”

JOSHUA 6:16,20

Praise penetrated the so-called impenetrable fortress of the enemy. The people shouted when the priests blew the trumpets and the walls came down.

The walls didn’t come down due to the expertise militaristic strategies of Commander Joshua but through the power of praise.

One anointed shout is more powerful than the strategy of men. No matter what wall Satan has erected against you and is keeping you out of
God’s best, you can destroy it by shouting the praises of God. If it worked for the Israelites, it will work for you too.

God is not a respecter of persons. He respects your praise and your faith. Shout down the wall of sickness! Shout down the wall of defeat! Shout down the wall of poverty! Shout down the wall of failure! Shout and shout them down.

**PRAISE CAUSES GOD TO MAINTAIN YOUR RIGHT AND YOUR CAUSE**

“I will praise thee, O Lord, with my whole heart; I will shew forth thy marvellous works. I will be glad and rejoice in thee; I will sing praise to thy name, O thou most high. When mine enemies are turned back, they shall fall and perish at thy presence. FOR THOU HAST MAINTAINED MY RIGHT AND MY CAUSE; THOU SATEST IN THE THRONE JUDGING RIGHT.”

Psalms 9:1-4

We live in a world where things which are right are now considered wrong or old fashioned and things which are wrong are deemed to be right and hip. We need somebody on our side to maintain our rights.

The above scripture declares to us that when we lead a life of praise, God Almighty, the Righteous Judge makes sure our rights and causes are maintained. He is on our side.

“What shall we then say to these things? If God be for us, who can be against us?”

Romans 8:31
**Praise Confuses the Enemy**

The twentieth chapter of second Chronicles reveals to us a terrible predicament. King Jehoshaphat of Judah was outnumbered by his enemies and they were heading in his direction with the view of destroying him and his people.

“There came some that told Jehoshaphat, saying, There cometh a great multitude against thee from beyond the sea on this side of Syria; and, behold, they be in Hazazontamar which is Engedi. And Jehoshaphat feared and set himself to seek the Lord.”

2 Chronicles 20:2,3

Understandably, Jehoshaphat was afraid when he first heard the news of the coming invasion. However, the Bible didn’t say ‘he feared and froze’ but ‘he feared and set himself to seek he Lord.’ Yes, he was afraid but he didn’t stay in fear, he chose to seek God and get an answer as to how he could overcome his enemies. God’s reply was,

“Be not afraid nor dismayed by reason of this great multitude; FOR THE BATTLE IS NOT YOURS, BUT GOD’S.”

2 Chronicles 20:17

“And when he had consulted with the people, he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth forever. AND WHEN THEY BEGAN TO SING AND TO PRAISE, THE LORD SET AMBUSHMENTS AGAINST THE CHILDREN OF AMMON, MOAB, and Mount Seir, which were come against Judah; and they were smitten.”

2 Chronicles 20:21,22
As Jehoshaphat and his people praised the God of Israel, He put confusion in the camp of their enemies and they destroyed one another. It’s clear that praise confuses the devil.

When you praise God, He fights on your behalf. God has never lost a fight. He is the undisputed Champion of the universe. Gamaliel, a celebrated doctor of the Jewish law, knew that God was, is, and will always be, unbeatable.

“But if it be God, ye cannot overthrow it; lest haply ye be found even to fight against God.”

Acts 5:39

Do you want to fight your battles or would you rather have God to fight your battles? I know I would want God to fight my battle and see his exploits. How about you?

♫ PRAISE BRINGS PROSPERITY

Every time the children of Israel went to war with praise as their weapons, they always came back with loot. Praise brings prosperity. Praise takes back what the devil took. PRAISE GOES INTO THE ENEMY’S CAMP AND TAKES BACK WHAT HE STOLE FROM YOU.

♫ At the wall of Jericho, there were blessings.

“And they burnt the city with fire, and all that was therein; ONLY THE SILVER, AND THE GOLD, AND THE VESSELS OF BRASS AND OF IRON, THEY PUT INTO THE TREASURY OF THE HOUSE OF THE LORD.”

Joshua 6:24
King Jehoshaphat also encountered blessings.

“And when Jehoshaphat and his people came to take away the spoil of them, they found among them ABUNDANCE BOTH RICHES WITH THE DEAD BODIES, AND PRECIOUS JEWELS, WHICH THEY STRIPPED OFF FOR THEMSELVES, MORE THAN THEY COULD CARRY AWAY; AND THEY WERE THREE DAYS IN GATHERING OF THE SPOIL, IT WAS SO MUCH.”

2 Chronicles 20:25

Praise brought in the increase of God and praise causes one to prosper. To prosper means to be able to walk in the spirit of increase. The spirit of praise brings in the spirit of increase. I want to pick up loot from my enemies.

I’m tired of the devil taking from me. I’m going to praise my way into the increase of God. How about you? Make up your mind, that from today, you will lead a life of praise!

In the Old Testament, there were several Hebrew words which described praise.

Yadah – To extend the hands vigorously.

Towdah – To extend the hands in thanksgiving. “Because thy lovingkindness is better than life, my lips shall praise thee. Thus will I bless thee while I live; I will lift up my hands in thy name. My soul shall be satisfied as with marrow and fatness and my mouth shall praise thee with joyful lips” (Psalms 63:3-5).

Shabach – To shout loudly, to command. “O clap your hands all ye people; shout unto God with the voice of triumph” (Psalms 47:1). “Let them shout for joy, and be glad, that favor my righteous cause: yea, let them say continually, let the Lord be magnified, which hath pleasure in the prosperity of his servant.” (Psalms 35:27)
Halal – From which we get the word. Hallelujah - To be clear, to shine, to boast, to rave, celebrate, to be clamorously foolish.

Barak – To kneel before the Lord. To bless and bow in reverence and expectation.

Zamar – To touch the strings and rejoice. To be able to play instruments under the anointing.

“Praise ye the Lord. Praise God in his sanctuary. Praise him in the firmament of his power. Praise him for his mighty acts: Praise him according to his excellent greatness. Praise him with the sound of the trumpets: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: Praise him upon the high sounding cymbals. Let everything that has breath praise the Lord, Praise the Lord.”

Psalm 150

Tehillah – To sing praises. These are songs from the inner man or your spirit and not just regular choruses that we sing in church which is what Paul was endeavoring to get across to the believers in Corinth,

“I will sing with the spirit, and I will sing with the understanding also”

1 Corinthians 14:15

“And be not drunk with wine, wherein is excess: but be filled with the spirit; speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord”

Ephesians 5:18,19
There’s power when you sing songs from your spirit or heart. God delights in those kinds of songs. I want you to realize God wants you blessed and not stressed. As you praise him the darkness will lift and the light will come. We will never know all the depths of the benefits of praising our God but we do know it is for our own good that we praise him.

Come on! Praise the Lord – irrespective of what you are going through, you can praise your way to your victory. The choice is yours.
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Dr Glenn Arekion

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