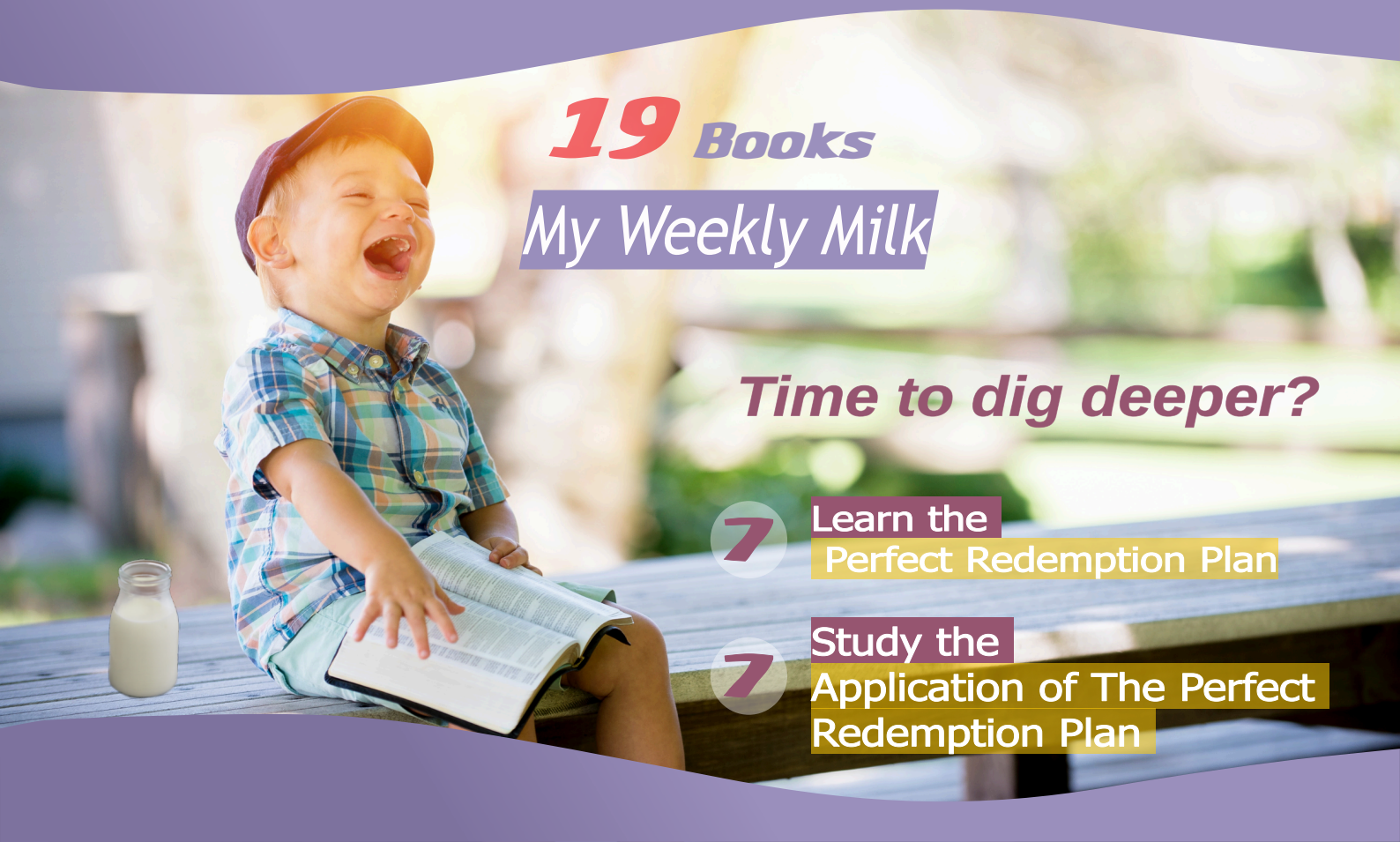
The Seven Hebrew Words for Praise

7 my weekly Milk





19 Books

My Weekly Milk

Time to dig deeper?

7 Learn the Perfect Redemption Plan

7 Study the Application of The Perfect Redemption Plan

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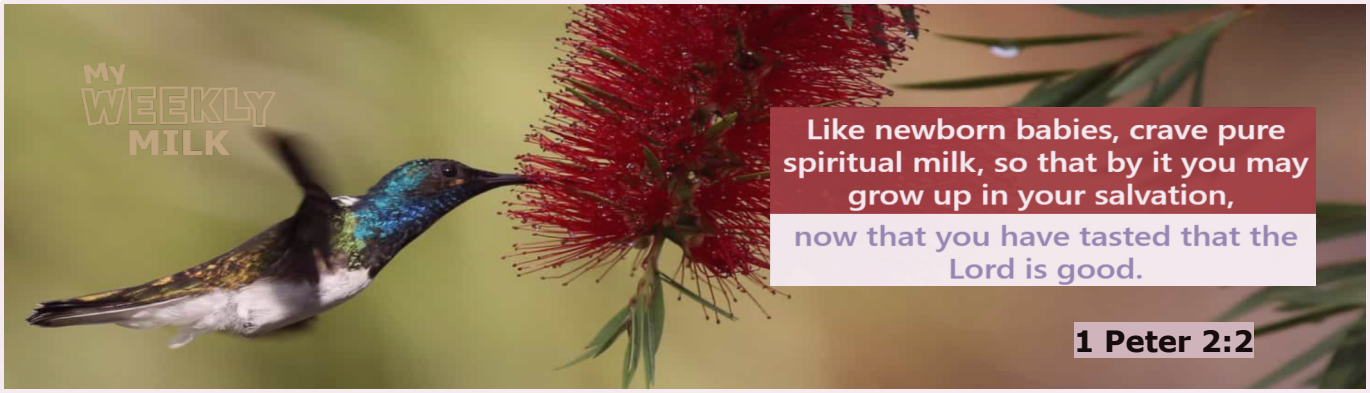
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Introduction to My Weekly Milk - Bible Studies

Where one can be fed with the milk of the word of God, be stirred up in the spirit and filled with spiritual strength to face the challenges we might encounter during the week and come out victorious.

We should forward this "My weekly milk" to as many people as we think it might bless.



Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience.

Hebrews 4:1- 2, 6

Truth be told, God can veto your unbelief, provided you obey the conditions attached to the manifestation or fulfilment of that particular promise.

For what if some did not believe (including myself, yet I obey God's commands in spite of my unbelief)? Will their unbelief make the faithfulness of God without effect? Certainly not! Indeed, let God be true but every man a liar. Romans 3:3-4.

If we are faithless or unbelieving, (provided we obey what God commanded us to do) He remains faithful; He cannot deny Himself. 2 Timothy 2:13

Some Christians think they can twist God's arm with their sacrifices: long fasts, long prayers on their knees, generous and sacrificial giving of money. All those we ought to do, yet as long as we are disobedient concerning the conditions attached to the fulfilment of that particular promise, our sacrifices are in vain.

Remember the Bible has the final authority, therefore brethren, whatever you read in this letter, be like the Christians of Berea who went back and checked in the scriptures if it was so.

These Bible studies are written and recorded for everyone who wants to learn the true Word of God in order to build themselves up in faith, enabling them to stand and not fall when the storms of life come their way. You will be taught what you receive when you become born again by Jesus' death burial and resurrection and the authority you have been given to fulfil the will of God on earth. And as you learn this, you will realise what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power. You will be a true disciple by the time you have finished them.

We all read and hear the same promises of God contained in the Bible. But the manifestations or fulfilment of them in our life is based on our obedience to the conditions attached to each one of those promises. Unfortunately, some Christians are disobedient and only think they can "claim it and grab it" and they end up frustrated.

So Samuel said: "Has the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to heed than the fat of rams - For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because you have rejected the word of the Lord, He also has rejected you from being king." I Samuel 15:22-23

In the entire Old Testament, the word FAITH is only mentioned TWICE.

--The first time is in Deuteronomy 32:20

And He said: 'I will hide My face from them, I will see what their end will be, For they are a perverse generation, Children in whom is No FAITH.

Here God was referring to the fact that He gave them commands to follow through Moses, and the moment Moses went up onto the mountain, to them it seemed like God had hidden His face, for they could not see Moses physically, so they made a golden calf, thus breaking God's commands. And the moment they had hardship in their wilderness life, they sinned sexually against God, and raised other leaders instead of Moses. God had to send those leaders Dathan, Korah and Abiram to hell in Numbers 16 and 18.

According to Moses, a Child of God has NO FAITH in a particular promise of God, whenever they disobey the commands or instructions of God attached to the fulfilment of that particular promise.

-- The second time is in Habakkuk:

I will stand my watch and set myself on the rampart, and watch to see what He will say to me, and what I will answer when I am CORRECTED. Then the Lord answered me and said: "Write the vision and make it plain on tablets, that he may run who reads it. For the vision is yet for an appointed time; but at the end it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry. "Behold the proud, His soul is not upright in him; but the JUST shall live by his FAITH. Habakkuk 2:1-4

Habakkuk was expecting God to give him instructions or commands, and to correct him in his ways and thoughts, as written in Isaiah 55:9-11, so that as he blindly followed those instructions or commands written down, he would see the manifestation or fulfilment of the God given vision.

Therefore according to Habakkuk the just or the righteous has FAITH, or lives by FAITH, whenever they simply obey the commanded instructions and corrections the Lord prescribed, in order to see the fulfilment of that particular promise contained in that vision.

Apart from those two times, no mention of faith is made again in the Old Testament, for they understood that it is simply to do God's word obediently.

That is why Moses told us the secret of having all those blessed promises in our life, saying: - "Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth. And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God: Deuteronomy 28:1-2

Your confession of the word of God is worth nothing, until you deliberately decide to act on what you have been confessing. You can show God and men that you have faith by what you are doing, not merely by what you are saying.

But someone will say, "You have faith, and I have works." Show me your faith without your works, and I will show you my faith by my works. James 2:18

We show God and people our faith by our works or obedience to the word of God.

Faith is not a feeling or an emotion. In fact you can be crying, trembling and fearful as you are obeying that particular command or instruction from God that conditioned the manifestation of that promise. That's why throughout the Bible God says 366 times - fear not, do not be afraid: for each day of the year God says to you - trust Me, I am not a liar, fear not - only obey and I the Lord will be faithful to watch over My word and perform it Jeremiah 1:12.

FAITH is simple, it has to do with obeying God's word concerning a particular promise. As you read the Bible and the thousands of promises contained in it, you will start noticing a small word: IF- Either before the promise or just after the promise that is the condition to fulfil. Go and obey it and God will do the same thing in your life, stop deceiving yourself, claiming the promise when you do not obey the conditions, nor intend to obey them at any time.

You will also start noticing a second small word : WHEN. You will discover that as far as God is concerned those blessings are already yours, all His promises in Christ Jesus He has already said yes and so be it in your life.
2 Corinthians1:20.

God is not trying to make up His mind to give them to you, He already gave them to you. They will be manifested or fulfilled on earth in your life, when you start obeying God's word, to meet the requirements attached to each one of those promises.

That is the purpose of the My Weekly Milk Bible studies, we tell you your part to play to see the manifestation of the promises of God in your life, so that you stop living a frustrated Christian life, thinking that God has some favourite children. No, He has no favourite according to Acts 10:34-35.

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The Seven Hebrew Words for Praise



The aim of this study is to equip born again believers in the practical knowledge of praise and worship. Many times we have a wrong understanding or rather a limited understanding of what God means by praise and worship. God expects us to praise Him every day, even when we do not feel like praising Him. We will discover in this study that it is possible to praise God every day. God gave His people the Hebrews seven words for praise; it is the perfect plan of God for us. I remember when the Lord spoke to me some years back to praise Him every day. I told God, but sometimes I do not feel like singing! My understanding of praise was limited back then, that is why the only thing that came to my mind when I heard praise and worship was singing.

We will focus on the attitude of praise. Many times we do things in church settings without the understanding of them. We raise our hands up because everybody in church is doing so, and we do not want to offend anybody so we lift ours too. They ask us to wave and we wave our hands or a handkerchief, but we do not know why? And some people in church do those things without understanding. But I hope after this day, each one of us will have a clear understanding of what we do in the church setting, and what our attitude of praise should be.

A. True Worshippers

1. Worship God in Spirit and Truth

John 4:20 Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.

John 4:21 Jesus said unto her, Woman, believe me, the hour comes, when you shall neither in this mountain, nor yet at Jerusalem, worship the Father.

John 4:22 You worship you know not what: we know what we worship: for salvation is of the Jews.

John 4:23 But the hour comes, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeks such to worship Him.

John 4:24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

♦ What is worship?

Worship is the act of paying divine honour to a Supreme Being in our case God. We honour God when we do His commandments. God said to Samuel: for

those who honour me I will honour, and those who despise Me shall be lightly esteemed (1Samuel 2:30).

♦ The first Commandment of Jesus and our first work!

John 3:7 Marvel not that I said unto you, You must be born again.

John 6:28 Then said they unto him, What shall we do, that we might work the works of God?

John 6:29 Jesus answered and said unto them, This is the work of God, that you believe on Him (Jesus) whom He (God) has sent.

This is the entrance or the door into true worship: you must be born again, it is not a suggestion or an advice, it is a command, if you want to be a true worshipper of God. You must be born again, by believing in Jesus Christ, who came to die for your sins, and make Him your Lord and Saviour. Do not try to do any of the works of the Law, before you have done the first one, that gives you access to the promises of God for true worshippers: believe in Jesus whom God has sent, and you will be born again, you and your house will be saved!

When God sent an earthquake to deliver Paul and Silas from the prison, the Jailer asked them: what must he do to be saved? As it is written: Then the jailer called for a light, and sprang in, and came trembling, and fell down before Paul and Silas, And brought them out, and said, Sirs, what must I do to be saved? [In other words: what works shall I do to be saved, shall I fast? Shall I do penance? Shall I give tithes? Shall I sow into this special "anointing" that is upon your life?] And they said, Believe on the Lord Jesus Christ [this is the first work God is asking everybody to usher them into true worship], and you shall be saved, and your house. And they spoke unto him the word of the Lord, and to all that were in his house (Acts 16:29-32).

If a person says he is a true worshipper and yet practices sin, he is deceiving himself. He who practices sin is of the devil; for the devil sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil (1John 3:8). For you to be a true worshipper, you need to be born again, and no longer belong to the devil. When you are born again, Jesus destroys the practice of sin in your life, for sin is the work of the devil! If a person professes to be born again or a true worshipper of God, and yet practices the sins leading to death, He is deceiving himself, he is not saved! As it is written: Do you not know that the unrighteous shall not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor abusers, nor homosexuals, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God (1Corinthians 6:9-10).

Some of us used to be like that, but when we were born again, God saved us from our sins, not in our sins. As it is written: And such were some of you. But you are washed, but you are sanctified, but you are justified in the name of the Lord Jesus, and by the Spirit of our God (1Corinthians 6:11). Please revisit the bible studies on: Come Home, David's Sexual Sin Exposed and Neither Do I Condemn You. These bible studies will lay the right foundation and understanding of what being born again means, according to the scriptures, so that you will not deceive yourself being in church and singing all those Christian songs, while you are going to burn in hell fire. Paul says to each one of us as he said to the church of Corinth, who were being

deceived: examine yourselves, whether you are in the faith, prove your own selves. Do you not know your own selves, that Jesus Christ is in you, unless you are reprobates? But I trust that you will know that we are not reprobates (2Corinthians 13:5-6).

When you read your bible, both in the Old Testament and the New Testament; the words which have been translated as service and serve, talk about worship. Satan said unto Jesus, all these things will I give you, if thou wilt fall down and worship [proskuneo: kiss like a dog licking his master's hand, worship, prostrate yourself in homage to] me. Then Jesus said unto him, Get behind Me, Satan: for it is written, you shall worship the Lord your God, and Him only shall you serve [latreuo: minister to, serve, do the service, worship] (Matthew 4:9-10).

Whenever we choose to obey the commandments of God we are serving God and worshiping Him, and whenever we choose to sin, which is doing the desires of Satan, we are serving him, even worshiping him. Jesus said: You are of your father the devil, and the lusts of your father you will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. [The word of God is the truth that sanctifies a person, so that he is no longer conformed to the world though he is in the world according to John 17:16-19] When he speaks a lie, he speaks of his own: for he is a liar, and the father of it. And because I tell you the truth, you believe me not. Which of you convicts me of sin? And if I say the truth, why do you not believe me (John 8:44-46)? Do you not know that the person who sins belongs to the devil, and for the purpose Jesus was made manifest to destroy the works of the devil (1John 3:8).

Whenever a person commits sin, especially the sins leading to death listed in 1Corinthians 6:9-10, he spiritually kisses the hand of the devil like a dog licks the hands of his master. Jesus tells us: Verily, verily, I say unto you, whosoever [whether born again or heathen] commits sin is the servant [doulos: bond servant, slave, servant] of sin (John 8:34). And Satan is the master of sin; for iniquity was first found in him and he was a murderer from the beginning (Ezekiel 28:15, John 8:44). Why do we not stop once and for all, kissing the hand of the devil and start kissing the hand of Jesus Christ? For whenever a person refuses to sin but instead chooses to practice righteousness and walk in holiness, he kisses the hand of Jesus Christ his King.

Serve [abad: serve, be a worshipper of, be a bondservant of] the LORD with fear, and rejoice with trembling. Kiss the Son, lest He be angry, and you perish from the way, when His wrath is kindled but a little. Blessed are all those who put their trust in Him (Psalm 2:11-12). My friends, let us kiss the hand of Jesus Christ, the Son of God, lest He be angry and we perish in hell fire, even in the lake of fire. Do you not know that the unrighteous [whether they profess to be born again Christians or heathen] shall not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor abusers, nor homosexuals, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God (1Corinthians 6:9-10). The fearful, and the unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, will have their part in the Lake burning with fire and brimstone, which is the second death (Revelation 21:8). And, if anyone was not found having been written in the Book of Life, he was cast into the Lake of Fire (Revelation 20:15).

A true worshipper is a bondservant of King Jesus, he has willingly pledged allegiance to King Jesus Christ and Him alone. He does not serve two masters: Satan and Jesus at the same time. He does not kiss the hand of

two different masters: kiss the hand of Satan and also kiss the hand of Jesus. Jesus tells us: No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. You cannot serve God and mammon [the god of greed a vassal of Satan] (Matthew 6:24). Please read the bible study “Come home” to understand what it means to be born again.

And behold, a woman, a sinner in the city, knowing that Jesus Christ reclined in the Pharisee’s house, brought an alabaster vial of ointment. And she stood behind Him, weeping at His feet, and she began to wash His feet with tears and wipe them with the hair of her head. And she ardently kissed His feet and anointed them with the ointment (Luke 7:37-38). This was a wise woman; she decided to forsake her sins, meaning kissing the devil and start kissing Jesus Christ, the Son of God. Jesus says about her to the Pharisee who invited Him: Do you see this woman? I entered into your house, yet you gave Me no water for My feet. But she has washed My feet with tears, and has wiped them with the hair of her head. You gave Me no kiss, but this woman, since the time I came in, has not ceased to kiss My feet. You did not anoint My head with oil, but this woman has anointed My feet with ointment. Therefore I say to you, Her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, he loves little. And He said to her, Your sins are forgiven (Luke 7:44-48).

Paul tells us: I beseech you therefore, brothers and sisters, by the mercies of God to present your bodies a living sacrifice, holy, pleasing to God, which is your reasonable service [latreia: ministration of God, service, worship]. And do not be conformed to this world, but be transformed by the renewing of your mind, in order to prove by you, what is that good and pleasing and perfect will of God (Romans 12:1-2). Or do you not know that your body is the temple of the Holy Spirit in you, whom you have of God? And you are not your own, for you are bought with a price. Therefore glorify God in your body and in your spirit, which are God’s (1Corinthians 6:19-20). Whenever you choose to flee from sexual immoralities you are worshiping God, and whenever you do sexual immoralities you are worshiping the devil. Do you not know that your bodies are the members of Christ? Shall I then take the members of Christ and make them the members of a harlot? Let it not be! Or do you not know that he being joined to a harlot is one body? For He says, The two shall be one flesh. But he being joined to the Lord is one spirit. Flee fornication and all sexual immoralities. Every sin that a man does is outside the body, but he who commits fornication and all sexual immoralities, sins against his own body (1Corinthians 6:15-18).

Paul tells us again: How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, purge your conscience from dead works to serve [latreuo: to serve, to worship] the living God (Hebrews 9:14)? Therefore, we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve [latreuo: serve, worship] God acceptably with reverence and godly fear; for our God is a consuming fire (Hebrews 12:28-29). May you not end up in

hell fire; because you rejected Jesus Christ, by practicing the sins leading to death. We need to serve or worship God acceptably, by fleeing all sexual immoralities, as we present our body a living sacrifice unto God, holy, and also flee the sins leading to death, listed in 1Corinthians 6:9-10; what God is asking us to do, is a reasonable thing. It is do-able, by the power of the Holy Ghost; for men and women of old have been able to do so in the bible (Romans 12:1). Joseph was a true worshiper, even under the Old Covenant, he fled sexual immoralities: he said to Potiphar’s

wife: that adultery is great wickedness and sin against God.

And it came to pass after these things, that his master's wife cast her eyes upon Joseph; and she said, Lie with me. But he refused, and said unto his master's wife, Behold, my master does not know what is with me in the house, and he has committed all that he has to my hand; There is none greater in this house than I; neither has he kept back anything from me but you, because you are his wife: how then can I do this great wickedness, and sin against God? And it came to pass, as she spoke to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her. And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within. And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got out of the house. (Genesis 39:7-12).

♦ Abraham worshiped God

Genesis 22:4 Then on the third day Abraham lifted up his eyes, and saw the place afar off.

Genesis 22:5 And Abraham said unto his young men, Abide you here with the ass; and I and the lad will go yonder and worship, and come again to you.

♦ God will honour true worshippers

1Samuel 2:30 Wherefore the LORD God of Israel says, I said indeed that your house, and the house of your father, should walk before me forever: but now the LORD says, Be it far from me; for them that honour me I will honour, and they that despise me shall be lightly esteemed.

2. A True Worshipper presents His spirit, soul and Body to God

♦ You received the Spirit in You when you were born again

Colossians 2:13 And you, being dead in your sins and the uncircumcision of your flesh, has he quickened together with him, having forgiven you all trespasses;

♦ Present your body, renew your mind (Soul)

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Romans 12:2 And be not conformed to this world: but be you transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

1Thessalonians 5:23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

When Christians hear about presenting your spirit, soul and body in worship or service to the Lord they think only about avoiding sexual immoralities. Which in part is true, for as we have explained in the bible studies: “David’s Sexual Sin Exposed” and in “Abecedary of Prayer”; that sexual immoralities are the ways heathens worship or serve demons. Please read those bible studies to know the spiritual implications of sexual immoralities. But today many Christians are practicing yoga, acupuncture, eastern meditation in martial arts and in some of the fitness programmes, that are offered they have included yoga postures to relax the body in meditation.

Eastern meditation and the meditation in yoga and in martial arts, are not the Christian meditation. The Christian meditation, tells you to take a scripture and ponder on it; which means: to weigh in the mind; to consider and compare the circumstances or consequences of an event, or the importance of the reasons for or against a decision. In Christian meditation you never void your mind. Even in some bible colleges and lectures on religion in universities; they teach pastors, who go to those universities to get training in theology, the eastern meditation, and ask them to void their mind in meditation. If your pastor is asking you to void your mind in meditation, run away from that church! When you void your mind, a demon enters into your mind! In Christian meditation you use scriptures, because it is the sword of the Spirit and the shield of faith (Ephesians 6). That is why the devil wants you to void your mind, so that he will be able to enter into you and possess your soul (which is the seat of the mind, intellect and all your emotions and feelings).

Each position in yoga is a prayer position to a god, which is but a demon. In acupuncture they do not put needles on physical nerve points, according to the knowledge of medical doctors in the anatomy of a human body; but they put those needles on spiritual pressure points or acupuncture points according to the spiritual revelation of Buddha, which is but a demon. So when you go there for acupuncture, you are giving your body to the demon called Buddha to possess your body. They tell you: it only causes tiny spots of blood to emerge, since the diameters of the needles are very fine! They tell you again: in cases of blood stasis (a state in which the normal flow of a body liquid stops, for example the flow of blood through vessels or of intestinal contents through the digestive tract), the acupuncture practitioner purposely draws out a small quantity of blood with a lancet. This is a therapy that brings an immediate sense of relief to the patient, and it is not particularly painful! O, my friend you are giving voluntarily blood sacrifices to the devil!

In yoga every position you make, you are inviting that demon spirit who is worshiped by that animal posture to come and possess your body. So now you are not only voiding your mind to allow that demon to enter your soul, but you are also worshiping him with your body. If you call yourself a Christian, and you are involved in acupuncture, yoga or any fitness program that incorporates yoga and eastern meditation, get out of it now! God wants us to be in health, so physical exercise is good, go to your local gym, but if you want to join any fitness program, just find out about that fitness program first, even on the internet, and if it has yoga or eastern meditation in it never join it. Repent of your sin of worshiping other gods with your soul and body, and minister deliverance to yourself by casting those demons out of you.

Now yoga is the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. The term yoga means to yoke or union with god. So when you are doing yoga you are yoked with “god” or in union with “god” but not the Yahweh our God but a demon. You are

seeking to attain a permanent peace outside Jesus, who is the Prince of Peace (Isaiah 9:6). Isaiah told us that Jesus, the Anointed One, and the Holy Spirit, His Anointing, came into our life to destroy the yoke of the devil. As it is written: it shall come to pass in that day (when you are born again: Jesus has become your Lord and Saviour and His Anointing the Holy Spirit has moved into you), that his (the devil's) burden shall be taken away from off your shoulder, and his (the devil's) yoke from off your neck, and the yoke shall be destroyed because of the Anointing [even the Holy Spirit] (Isaiah 10:27). So why would you, as a born again Christian, want to be yoked with the devil again through yoga?

Jesus our Prince of Peace, promised every born again Christian: Peace I leave with you, My peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid [but you, because your heart is troubled, you are trying to have peace as the world gives it, through yoga and eastern meditation] (John 14:27). When you are born again Paul tells you: the kingdom of God that is in you is: righteousness, peace and joy in the Holy Ghost (Romans 14:17). But you are trying to achieve that peace and joy through different evil spirits that you worship, through those different animal postures you do in yoga. Jesus tells you: The kingdom of God [which is righteousness, peace and joy in the Holy Ghost according to Romans 14:17] does not come with observation: Neither shall they say, Lo here! Or, lo there! For, behold, the kingdom of God is within you (Luke 17:20-21). But you are trying to observe eastern meditation and yoga postures, to come to that place of peace and joy, by the help of those demons, which will never happen, for there is no peace outside Jesus, the Prince of Peace!

God spoke all these words, saying, I am the LORD your God, which have brought you out of the land of Egypt, out of the house of bondage [for us born again Christians He is the God who saved us]. You shall have no other gods before Me. You shall not make for yourself any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth [but you: in yoga you are even using your body, the temple of God, to make postures of animals, that represent those gods which are but demons].

In voodoo they make a figurine (which is a statuette that represents a human, deity or animal) of a person that they want to curse or torment using a demon, and they put needles into that figurine of the person. In acupuncture you are voluntarily giving your body, not your figurine, so that they can put needles into it, you are giving human blood to a demon, which means you are entering into a blood covenant with the demon called Buddha, not with the blood of animals like in voodoo, but with human blood, even your own blood. As the bible tells us in Leviticus 17:11, the life of any being is in the blood, so you have sold your life to the demon Buddha: you shall not bow down to them, nor serve them: for I the LORD your God am a jealous God, visiting the iniquity of the fathers upon the children, unto the third and fourth generation of them that hate Me (Exodus 20:1-5).

If you are one of those born again Christians involved in yoga, acupuncture, eastern meditation, martial art meditation and fitness programs, that incorporate yoga and eastern meditation, today is your day to repent and break that yoke of Satan, with the devil! Repeat with me from your heart:

Let us pray …Father God, I confess my sin of ignorance before you, for I have worshiped other gods with my soul and body in my ignorance, and I entered into a blood covenant with the devil. Indeed You rightly say: Your people perish and are destroyed for lack of knowledge, and because they have

rejected your knowledge (Hosea 4:6). I am one of Your people who lacked that knowledge and I worshiped demons in my ignorance. I ask you to forgive me of my sin of idolatry, which is spiritual adultery! I know that You see my heart ,and You are faithful and just to forgive me and cleanse me of all unrighteousness (1John 1:9). In the name of Jesus I come against that blood covenant that I made in my ignorance with the devil, and I break it in the name of Jesus! I agree and apply the blood of Jesus to cancel that blood covenant with the devil, for the blood of Jesus speaks better things in my life, than any human blood that has been shed (Hebrews 12:24).

I remove the yoke of the devil over my life and break it, in the name of Jesus the Anointed One and His Anointing even the Holy Spirit (Isaiah 10:27). I am loosed from the yoke of the devil and freed from the evil blood covenant, for whom Jesus has made free is free indeed (John 8:36). I overcame by the blood of the Lamb of God, Jesus, and the word of my testimony, even the written word of God (Revelation 12:11). In the name of Jesus, I trample underfoot those yoga spirits and acupuncture spirits and destroy all their powers over my life, and nothing of my past life shall by any means hurt me (Luke 10:19). Father God thank you for your unconditional love, from this day forward, I choose to present my spirit, soul and body in worship to You alone, You are a jealous God, because you love me and do not want the devil to destroy me in my ignorance. In Jesus' name I have prayed, Amen!

3. What is worshipping God in spirit and truth?

♦ You are always in the Spirit when you are born again

Galatians 4:6 And because you are sons, God has sent forth the Spirit of his Son into your hearts, crying, Abba, Father.

Romans 8:9 But you are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man has not the Spirit of Christ, he is none of his.

♦ Speak Spirit and Truth and walk in the Spirit and in Truth

John 6:63 It is the spirit that quickens or makes alive; the flesh profits nothing: the words that I speak unto you, they are Spirit, and they are life.

Galatians 5:16 This I say then, Walk in the Spirit, and you shall not fulfil the lust of the flesh.

Galatians 5:25 If we live in the Spirit, let us also walk in the Spirit.

2Corinthians 5:7 (For we walk by faith, not by sight {eidos: appearance, the five physical senses, shape, emotion, feeling}:)

Walking in the Spirit and in truth, is only walking according to the counsel of the written word of God. Act like your elder brother Jesus, who is the first born of the new

creation. As long as you speak in line with the written word of God, all your words are Spirit and life: they encourage people, they set people free and heal the sick.

John 14:6 Jesus says unto him, I am the way, the truth, and the life: no man comes unto the Father, but by me.

John 17:16 They are not of the world, even as I am not of the world.

John 17:17 Sanctify them through your truth: your word is truth.

John_16:13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will show you things to come.

4. Be baptized in the Spirit and minister in the Spirit

Luke 24:49 And, behold, I send the promise of my Father upon you: but tarry you in the city of Jerusalem, until ye be endued with power from on high.

Acts 1:4 And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, says he, you have heard of me.

Acts 1:5 For John truly baptized with water; but you shall be baptized with the Holy Ghost not many days hence.

Acts 1:6 When they therefore were come together, they asked him, saying, Lord, wilt you at this time restore again the kingdom to Israel?

Acts 1:7 And he said unto them, It is not for you to know the times or the seasons, which the Father has put in his own power.

Acts 1:8 But you shall receive power, after that the Holy Ghost is come upon you: and you shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Sing with understanding and sing in the Spirit, pray with understanding and pray in the Spirit.

1Corinthians 14:14 For if I pray in an unknown tongue, my spirit prays, but my understanding is unfruitful.

1Corinthians 14:15 What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.

5. Always walk in forgiveness and be at peace with people

Matthew 18:21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? Till seven times?

Matthew 18:22 Jesus says unto him, I say not unto you, Until seven times: but, Until seventy times seven.

In other words Jesus was always saying, you must always forgive people, and also forgive yourself. Some Christians have been deceived by the devil that they do not need to repent of their sins and confess their sins anymore to God and ask for His forgiveness.

Jesus tells us: When you pray, say, Our Father who are in heaven, Hallowed be Your name. Your kingdom come. Your will be done, as in heaven, so in earth. Give us day by day, our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil (Luke 11:2-4).Jesus also gives us the example, of what happened to the person who did not forgive his fellow human, though he received the forgiveness of God. If you are a true worshiper of God, you will always forgive people their trespasses against you, because you are moved with compassion like our Lord Jesus Christ.

Matthew 18:23 Therefore is the kingdom of heaven likened unto a certain king, who would take account of his servants.

Matthew 18:24 And when he had begun to reckon, one was brought unto him, who owed him ten thousand talents.

Matthew 18:25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.

Matthew 18:26 The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay you all.

Matthew 18:27 Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.

Matthew 18:28 But the same servant went out, and found one of his fellow servants, who owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that you owe.

Matthew 18:29 And his fellow servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay you all.

Matthew 18:30 And he would not: but went and cast him into prison, till he should pay the debt.

Matthew 18:31 So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done.

Matthew 18:32 Then his lord, after that he had called him, said unto him, O you wicked servant, I forgave you all that debt, because you begged me:

Matthew 18:33 Should you not also have had compassion on your fellow servant, even as I had pity on you?

Matthew 18:34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

Matthew 18:35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not everyone his brother their trespasses.

The Christians who do not want to confess their sins and forgive other believers will say: that was before the cross. Jesus is even saying to consider a Christian who refuses to forgive, as a heathen; why, because he has not understood yet, how much God forgave him through the death of Jesus Christ. Now, are all my sins already forgiven: past, present and future? No, the provision for the forgiveness of your sins: past, present and future has been made by the death of Jesus. Now you need to receive it. And how do you receive it? James tells believers: Confess faults to one another, and pray for one another, that you may be healed. The effectual fervent prayer of a righteous one avails much (James 5:16). So we are to confess our sins and trespasses to God, and also to one another; if we have wronged a person, we are to confess and ask for

forgiveness. Emotional healing takes place when we confess our faults to one another.

Jesus tells us: if your brother shall trespass against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear you, take one or two more with you, so that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it to the church. But if he neglects to hear the church, let him be to you as a heathen and a tax-collector (Matthew 18:15-17). If a person refuses to admit wrong or to forgive, he simply has an impenitent heart; he does not value what God did to forgive his sins. God gave the life of His Son Jesus to forgive His sin, and yet he cannot forgive his fellow human; or admit wrong. Paul says: do you despise the riches of His kindness, and the forbearance and long-suffering, not knowing that the kindness of God leads you to repentance? But according to your hardness and your impenitent heart, do you treasure up wrath for yourself in a day of wrath and revelation of the righteous judgment of God, who will render to each according to his works (Romans 2:4-6).

And sometimes the church will discipline that brother, who is impenitent, like they did for the one who was practicing sexual sin in the church of Corinth. But if the brother has genuinely repented, we need to forgive him, and restore him to the fellowship. But if anyone has caused grief, he has not grieved me, except in part; so that I do not overbear all of you. This punishment by the majority, is enough for such a one; so that, on the contrary, you should rather forgive and comfort him, lest perhaps such a one should be swallowed up with overwhelming sorrow. So I beseech you to confirm your love toward him. For to this end I also wrote, that I might know the proof of you, whether you are obedient in all things. But to whom you forgive anything, I also forgive. For if I forgave anything, for your sakes I forgave it to him in the person of Christ; so that we should not be overreached by Satan, for we are not ignorant of his devices (2Corinthians 2:5-11).

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (1John 1:9). So now you understand that we do not just confess our sins and trespasses to God; but also to the people we have wronged. We should walk in forgiveness because God forgave us a debt that we will never be able to repay. He gave His Son Jesus to die for our sins; for the wages of sin is death; but the gift of God is eternal life when we receive Jesus Christ as our Lord and Saviour (Romans 6:23). Jesus tells us: why do you call Me, Lord, Lord, and do not the things which I say (Luke 6:46)? If He is our Lord then we will forgive our fellow humans; for He commands us to do so; we will humble ourselves under His mighty hand and swallow our pride to accept wrong and confess it to those we have wronged and ask their forgiveness; so that there can be an emotional healing.

> **♦ Offense is bound to happen but the love of God and His word is already in you to help you overcome it**

Matthew 18:7 Woe to the world because of offenses! For it is necessary that offenses come; but woe to that man by whom the offense comes!

Psalm 119:165 Great peace is to those who love Your Law, and there is no stumbling block for them or nothing shall by any means offend them.

Romans 5:5 And hope makes not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

You will need to identify that sometimes the people that will offend you most, will be those close to you. You need to see things in the spiritual realm, and not in the physical realm. It is Satan that is working through their flesh to offend you, and put stumbling blocks on your walk of faith. Jesus could perceive, that one minute it was God speaking through Peter, and the next minute it was Satan speaking through him.

Matthew 16:13 When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?

Matthew 16:14 And they said, Some say that you are John the Baptist: some, Elijah; and others, Jeremiah, or one of the prophets.

Matthew 16:15 He said unto them, But whom do you say that I am?

Matthew 16:16 And Simon Peter answered and said, You are the Christ, the Son of the living God.

Matthew 16:17 And Jesus answered and said unto him, Blessed are you, Simon Barjona: for flesh and blood hath not revealed it unto you, but My Father who is in heaven.

Matthew 16:18 And I say also unto you, That you are Peter, and upon this rock I will build My church; and the gates of hell shall not prevail against it.

Matthew 16:19 And I will give unto you the keys of the kingdom of heaven: and whatsoever you shall bind on earth shall be bound in heaven: and whatsoever you shall loose on earth shall be loosed in heaven.

Matthew 16:20 Then charged he his disciples that they should tell no man that he was Jesus the Christ.

Matthew 16:21 From that time forth, began Jesus to show unto His disciples, how that He must go unto Jerusalem, and suffer many things of the elders, and chief priests and scribes, and be killed, and be raised again the third day.

Matthew 16:22 Then Peter took him, and began to rebuke him, saying, Be it far from You, Lord: this shall not be unto You.

Matthew 16:23 But he turned, and said unto Peter, Get behind Me, Satan: you are an offence unto Me: for you savour not or are not mindful of the things that be of God, but those that be of men.

So sometimes, even in ministry, those who will discourage you from fulfilling God's call upon your life, are those who love you most; they do not want to see you suffer. Do not fight them, see Satan behind them and deal with Satan. Start binding the devil, and you will see that those people will understand what God has called you to do. Choose deliberately to believe the best about people; even when they offend you or try to hinder your purpose in life; see Satan behind them and deal with the devil. As for the people, do what Paul tells us: Finally, my brothers and sisters, whatever things are true, whatever things are honest, whatever things are right, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue and if there is any praise, meditate and think on these things about one another (Philippians 4:8); for we do not wrestle against flesh and blood, but against principalities, against powers, against the world's rulers, of the darkness of this age, against spiritual wickedness in high places (Ephesians 6:12).

♦ Guard your heart and do not allow Satan to use your mouth to limit what God can do

Proverbs 16:1 The preparations of the heart in man, and the answer of the tongue, is from the LORD.

Proverbs 4:23 Keep your heart with all diligence; for out of it are the issues { totsa'ah: boundary, limitations, borders, deliverance} of life.

Luke 6:45 A good man out of the good treasure of his heart brings forth that which is good; and an evil man out of the evil treasure of his heart brings forth that which is evil: for of the abundance of the heart his mouth speaks.

James 3:14 But if you have bitter jealousy and strife in your hearts, do not glory and lie against the truth.

James 3:15 This is not the wisdom coming down from above, but is earthly, sensual, devilish.

James 3:16 For where envying and strife are, there is confusion and every foul deed.

James 3:17 But the wisdom that is from above is first truly pure, then peaceable, gentle, easy to be entreated, full of mercy and good fruits, without partiality and without hypocrisy.

The Pharisees were hypocrites though they spoke the word of God, but they did not minister the life and Spirit of God. Paul says in 2Corinthians 3:6 who also has made us able ministers of the new covenant; not of the letter, but of the spirit; for the letter kills, but the Spirit makes alive. A hypocrite is an actor under an assumed character he is just performing on stage, impersonating someone he is not.

♦ People's deliverance, salvation and healing depends on you: do not limit God

Psalm 78:40 How oft did they provoke him in the wilderness, and grieve him in the desert!

Psalm 78:41 Yea, they turned back and tempted God, and limited the Holy One of Israel.

♦ David genuinely loved Saul and his ministration freed Saul from demons

1Samuel 16:22 And Saul sent to Jesse, saying, Let David, I pray thee, stand before me; for he has found favour in my sight.

1Samuel 16:23 And it came to pass, when the evil spirit from God was upon Saul, that David took a harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

♦ Let your heart be pure so that when you minister, even your enemy will prophesy and be healed and delivered

1Samuel 18:8 And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed but thousands: and what can he have more but the kingdom?

1Samuel 18:9 And Saul eyed David from that day and forward.

1Samuel 18:10 And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he (Saul) prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand.

1Samuel 18:11 And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his presence twice.

1Samuel 18:12 And Saul was afraid of David, because the LORD was with him, and was departed from Saul.

♦ Do not let your personal opinion of people limit what God wants to do in their life and their nation.

2Kings 3:13 And Elisha said unto the king of Israel, What have I to do with you? Go to the prophets of your father, and to the prophets of your mother. And the king of Israel said unto him, Nay: for the LORD has called these three kings together, to deliver them into the hand of Moab.

2Kings 3:14 And Elisha said, As the LORD of hosts lives, before whom I stand, surely, were it not that I regard the presence of Jehoshaphat the king of Judah, I would not look toward you, nor see you.

2Kings 3:15 But now bring me a minstrel. And it came to pass, when the minstrel played, that the hand of the LORD came upon him.

2Kings 3:16 And he said, Thus says the LORD, Make this valley full of ditches.

2Kings 3:17 For thus says the LORD, You shall not see wind, neither shall you see rain; yet that valley shall be filled with water, that you may drink, both you, and your cattle, and your beasts.

2Kings 3:18 And this is but a light thing in the sight of the LORD: he will deliver the Moabites also into your hand.

2Kings 3:19 And you shall smite every fenced city, and every choice city, and shall fell every good tree, and stop all wells of water, and mar every good piece of land with stones.

♦ Live at peace with everybody

Hebrews 12:14 Follow peace with all men, and holiness, without which no man shall see the Lord:

Romans 12:17 Recompense to no man evil for evil. Provide things honest in the sight of all men.

Romans 12:18 If it be possible, as much as lies in you, live peaceably with all men.

John 14:27 Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:7 And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

6. Praise and worship is not to be used to manipulate God

Some Christians have been wrongly taught about praise and worship, and they try to use it as a manipulation to get something from God. People, who are wrongly taught on who God is, think that our God is like a genie in a lamp, like the genie in Aladdin's lamp. They think if they rub the right spot of the lamp, and recite the right words, then the genie will come out of his lamp, and they can ask their three wishes. In their mind, they are using praise and worship to rub the right spot of God, massage his feet, so that he will be happy and willing to listen to their petitions. If you have that kind of understanding of who God is, snap out of it!

People think if they sing all night like Paul and Silas did in prison, then God will be so happy and deliver them from their predicament. That is why in many night vigil prayer meetings, they have introduced singing for they think it will "move God". People are disappointed that they have attended all the night vigils of the church and sang at midnight like Paul and Silas, yet they have not been delivered from their predicaments. Most of the time, when you hear people in church saying, let us minister to God like Paul and Silas did in prison, what is in the back of the minds of the people is: let us massage the feet of "God" with our songs, so that he will feel good, and stomp his foot, and an earthquake will open our prison doors, and loose our chains. Deep in the heart of the people, they do not believe that God is their Father, that their Father is not only able, but also willing to deliver them from whatever predicament they find themselves in.

Had they had the right understanding of God being their Father, who is willing to help them and listen to them, they would not act that way. They are using songs as a way to flatter God, so that He will move on their behalf. God does not like flattery according to Proverbs 29:5 and Proverbs 2:16, when you use flattery, it is because you have a hidden agenda behind your words, your lips are saying the right things that the person wants to hear, but in your heart you are after something else, and do not even mean what you said. But God knows our heart, and is not fooled by our flatteries. God says: this people draw near Me with their mouth, and with their lips honour Me, but have removed their heart far from Me, and their fear toward Me is taught by the command of men (Isaiah 29:13). It is the same thing for vows and pledges, people make vows and pledges, because they think that God, who is their Father, is not willing to help them, so by vowing or pledging something they will force Him to help them!

When we read Acts 16, the account of Paul and Silas in prison, the bible says: toward midnight, Paul and Silas prayed and praised God in a hymn. And the prisoners listened to 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 all the bonds were loosened. And being awakened, and seeing the doors of the prison being open, drawing a sword, the jailer was about to kill himself, supposing that the prisoners had escaped. But Paul called out with a loud voice, saying, Do yourself no harm, for we are all here. Then asking for a light he rushed in and fell trembling before Paul and Silas. And leading them outside, he said, Sirs, what must I do to be saved (Acts 16:25-30)?

Paul and Silas were not praying and praising God at midnight to get Him move on their behalf, so that they would be freed, for even after all the doors of the prison, and all their chains were loosened, they all stayed inside the prison. As it is written: by faith others

were tortured, not accepting deliverance; that they might obtain a better resurrection (Hebrews 11:35). I desire that you should understand, brothers and sisters, that the things which happened to me, have fallen out rather to the furtherance of the gospel; so that my bonds or chains in Christ are manifest in all the palace, and in all other places. And most of the brothers in the Lord, becoming confident by my bonds, are much more bold to speak the Word without fear (Philippians 1:12-14). Paul and Silas were praying and praising God for who He is, knowing that He is the Almighty God and Love, no prison cell, no chains can stop the furtherance of the gospel, and they were not afraid of the persecution of the enemy.

Paul tells us: let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies having been washed with pure water. Let us hold fast the profession of our faith without wavering (for He is faithful who promised) (Hebrews 10:22-23). God our Father is able and willing to deliver us, when we come to him in prayer, let us not use vows, pledges and songs to flatter Him, by so doing we are questioning His willingness. Jesus tells us: If you then earthly fathers, being evil, know how to give good gifts to your children, how much more shall your Father in Heaven, give good things to those who ask Him (Matthew 7:11)? Now I am not telling you not to sing unto the Lord, but I am telling you to do that with a true heart, in full assurance of faith.

God says: the eyes of Jehovah, run to and fro throughout the whole earth, to show Himself strong or mighty, on behalf of those whose heart is perfect, or loyal toward Him (2Chronicles 16:9). It is high time to start serving the Lord in spirit and in truth, and draw close to Him with a true heart, in full assurance of faith. Some people do not want to know who God is, and follow Him in spirit and truth; they are only interested by what God can do for them, his power. That is why they are looking for methods and manipulative tactics, to get what they want from the Lord, but God is not fooled, he knows their heart. He knows they are only drawing close to Him with their lips and mouth, but their heart is far from Him. The moment they get their miracles they run away from God, until the next trouble in their life. But I guarantee you, that if our heart is found loyal toward God, like Paul and Silas, our prayers will be answered effortlessly!

B. The Seven Hebrew words for praise

1. Yadah (yaw-daw)

Yadah is when a person worships God with extended hands, the person lifts up two hands towards heaven. The person gives himself in worship and adoration. Lifting up our hands unto the Lord, carries the meaning of absolute surrender, as a young child does to a parent. The child is saying even without words: “pick me up, I am all yours”.

Just like a father, who is walking with his child, and the child is tired of walking. The child only has to lift his hands up, and the father understands that the child is saying: father pick me up. In this Christian walk with our Father God, sometimes we are tired, and want to give up; but as I lift up my two hands unto the Lord, I am telling Him: “I cannot do this on my own, please pick me up Daddy”. When I am tired and tempted to quit this Christians walk: “please Father God pick me up”. When I have messed up an nth time, I have missed the mark; I have taken a deviation route, that lands me in a ditch even

a bottomless pit. I just lift up my hands to the Lord, because I surrender all, I know I cannot get out of that pit, please Father pick me up.

When I have done my own will and not the will of God and I ended up in trouble, I lift my two hands unto Him. Father pick me up, and get me out of my troubles. When I have done my own will and have been defeated by the enemy, I am flat on my back, weeping, and full of bruises, I can lift up my hands unto Him. Father pick me up, I surrender to you, dry my tears and comfort me.

Our mother Leah tried so hard to make her husband Jacob love her; she thought by giving him more children he would love her. She tried all her ways and means, but was unhappy in that marriage. But after she conceived Judah, she decided to surrender to the Lord, that the Lord will have His way in her marriage, and the Lord will pick her up, and comfort her in her disappointments. Hence it is recorded: And she, Leah, conceived again, and bore a son: and she said, Now will I praise (Yadah) the LORD: therefore she called his name Judah; and left bearing (Genesis 29:35). Let us learn from our mother Leah, who decided to Yadah the Lord in her marriage, she stopped her schemes and all her own ways, and said Lord I surrender my marriage into your hands. You and I did our greatest Yadah the day we got born again; we surrendered our life to God.

David built the tabernacle of David, the priests were commanded to praise (Yadah) the Lord, for His mercy endures forever (2Chronicles 7:6). By so doing David was saying to God, I surrender the Kingdom of Israel into Your hands, have Your way Lord in Israel! Have Your way, O Lord, in all my conquests, in all my endeavours. David was a man who had the revelation of praise, long before John received the book of Revelation, David had already the revelation that his prayers were as incense before the Lord, and the lifting up of his hands as the evening sacrifice (Psalm 141:2). David was not just offering sacrifices in ignorance, he knew what they symbolized. Likewise you and I must have the understanding of everything we do in church, or in our praises.

Since I now know that the lifting up of my hands when I Yadah is as an evening sacrifice (Psalm 131:2). I want to know, what God promised in that evening sacrifice? Prayer in itself is an act of surrender, because if we do not need God to intervene, we would not be praying in the first instance. So men of old, when they prayed used to lift their hands, letting God know, that they have come to surrender to the will of God; they are not trying to resist Him. In the Old Testament, God said to the people through Moses: “Now this is what you shall offer on the altar: two lambs of the first year, day by day continually. One lamb you shall offer in the morning and the other you shall offer in the evening, or at twilight (Exodus 29:38-39).”

God asked them to offer these two sacrifices: in the morning and in the evening every day. Before they start their day, and when they have finished their day. By so doing they surrendered their entire day to the Lord, acknowledging Him to be the Alpha and the Omega, the beginning and the end, of everything they do in that day. Then what were they offering, in that special offering, in the morning and in the evening? I am glad you have asked.

The Lord instructed Moses to tell the people, this is what they shall do. ” And you shall sanctify the breast of the wave offering, and the shoulder of the heave offering, which is waved, and which is heaved up… (Exodus 29:27) ” The priest would take the breast of the Lamb, and wave it, or cast it from one hand to another. It was called the wave offering. The lamb is our Lord Jesus Christ (John 1:29). The breast is the seat of wisdom; Christ Jesus is the wisdom of God (1

Corinthians 1:24) and has been made wisdom unto us (1 Corinthians 1:30).

Therefore, when we Yadah, by lifting our two hands, and waving them, it is as offering even a wave offering. We are saying to Jesus who is the Lamb of God: please take sin away from my way today, do not lead us into temptation today, but deliver us from evil (Luke 11:4); I surrender my day into your hands; remove my foot from the path of the wicked. As it is written: blessed is the man who does not walk in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the scornful. But his delight is in the law of the LORD; and in his law he meditates day and night. And he shall be like a tree planted by the rivers of water, that brings forth his fruit in his season; his leaf also shall not wither; and whatsoever he does shall prosper (Psalm 1:1-3). Jesus I know that wisdom is the principle thing; today I need wisdom to help me in all my decisions. You said if any of you lacks wisdom, let him ask of God, who gives to all liberally, and with no reproach, and it shall be given to him (James 1:5). I am asking you today to give me your wisdom in my business, your wisdom in my studies, your wisdom in my ministry, your wisdom in all my endeavours. I do not want to act on my own human wisdom, but on Your divine wisdom. I surrender all my decisions unto You, Jesus the wisdom of God.

The heave offering was the shoulder of the lamb, which the priest would lift up with his two hands. And the Lord said to his people:" And the right shoulder, you shall give unto the priest for a heave offering of the sacrifices of your peace offerings (Leviticus 7:32). " That heave offering, was the offering of the people. Jesus Christ is our peace offering; He is the one who through His death on the cross gave us peace with the Father (Romans 5:1). We do not have to fear anything; Jesus has reconciled us unto the Father, by his death on the cross (Ephesians 2:16). Therefore let us come boldly to the throne of grace, that we may obtain mercy, and find grace to help in time of need (Hebrews 4:16). Furthermore the right shoulder of the heave offering was from the elbow to the arm. It talks about the strength of the Lord: the Arm of salvation of the Lord.

Therefore, when I lift up my two hands in Yadah, I have the understanding, that I am at peace with the Father, I have been reconciled unto him, He loves me just as much He loves Jesus, my elder brother (John 17:23). That is why I am, as a child, asking my Father to pick me up. When I lift up my two hands in Yadah, as a heave offering, I am asking my Father: in my situation, let the Lord arise and His enemies be scattered (Psalm 68:1). Because, since I am at peace with My God, my enemies have become God's enemies. He who comes against me comes against the Lord of Hosts, he who taunts or defies me, taunts or defies the Lord of Hosts (1 Samuel 17:26). Yahweh the Man of war will arise and fight my battles (Exodus 15:3).

God will deal with my enemies like He dealt with the Egyptians who were the enemies of Israel. Therefore Do not fear. Stand still and see the salvation of The Lord, which He will prepare for you this day. For the Egyptians whom you have seen today, you shall never see them anymore. The Lord shall fight for you, and you shall be silent (Exodus 14:14-15). Thus says the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's (2Chronicles 20:15).

In the book of 1 Kings 18:36, Elijah was having a contest with the prophets of Baal at Mount Carmel, and he waited until the time of the evening sacrifice. When he offered his wave offering and his heave offering like the Lord instructed Moses to do, the Lord arose, and sent down fire to consume the offering and everything. The prophets of Baal were killed that day. Let God arise in your situation

as you Yadah. Let Him answer by fire, for your God is a consuming fire and a jealous God (Deuteronomy 4:24). Anybody trying to harm you, the Lord your God who is zealous or jealous for you, will arise and scatter them. The Lord shall cause your enemies that rise up against you, to be stricken before your face. They shall come out against you one way, and flee before you seven ways (Deuteronomy 28:7).

King Jehoshaphat did not know what to do when the people of Ammon, Moab and Edom came against him. They outnumbered him and were more powerful than Judah. The Lord told him: the battle is not yours but God's (2 Chronicles 20:15). The only thing God asked him was to Yadah, so that the Lord will arise, and His enemies would be scattered. The bible records what the king did:" and when he had consulted the people, he appointed those, who should praise the beauty of the holiness, and they went out before the army and were saying: Praise (Yadah) the Lord, for His mercy endures forever (2 Chronicles 20:21)." As the king and his army decided to Yadah the Lord, God fought on their behalf. The Ammonites, Moabites and Edomites killed each other; Israel did not have to fight at all, they only came to get the spoil.

When we Yadah it must be with our heart, not merely with our lips and hands only. The Psalmist says: I will praise (Yadah) you, O Lord, with my whole heart, I will show forth all your marvellous works (Psalm 9:1). We are thankful for what God has done in our life, and what He is about to do. The LORD is my strength and my shield; my heart trusted in Him, and I am helped: therefore my heart greatly rejoices; and with my song will I praise (Yadah) Him (Psalm 28:7).

When we are down, and do not know how to lift ourselves up, encourage ourselves, we must Yadah, we say to God: I do not know how to handle this situation, I am so depressed, I cannot comfort myself, I Yadah to you Lord, I surrender to you, come and lift up my soul. The Psalmist said: "Why are you cast down, O my soul? And why are you disquieted in me? Hope in God: for I shall yet praise (Yadah) him, the help of my countenance, my God (Psalm 42:5)." And that is exactly what David did when he was down. He came back to Ziklag, and all their loved ones were taken captives, they all lifted up their voices and wept, until they had no more power to weep (1 Samuel 30:4). But soon after that David decided to strengthen or encourage himself in the Lord his God (1 Samuel 30:6). He knew that the Lord would arise on his behalf and fight his battle. As we read the remainder of the account, David recovered all. You will recover all, so strengthen yourself in the Lord by Yadahing.

Even if one's body is afflicted by sicknesses or diseases, we still can Yadah the Lord. The Psalmist says: Why are you cast down, O my soul? and why are you disquieted within me? Hope in God: for I shall yet praise (Yahah) him, who is the health (Yeshua: salvation, deliverance, health, prosperity, welfare) of my countenance, and my God (Psalm 42:11). When I raise up my hands as an evening offering, and especially a heave offering, I have believed the report of the Lord, and the Arm of his salvation has been revealed to me (Isaiah 53:1). I know that by His stripes I was healed (Isaiah 53:5, 1Peter 2:24). Whatever I need, I know that the Arm of the Lord's salvation (Yeshua) which talks about Jesus has been revealed to me. And Jesus will sort me out, He has healed me, will deliver me, will rescue me, will prosper me, will save my soul, etc.

Yadah also means to confess our sins. The Lord says: And it shall be, when he shall be guilty in one of these things, that he shall confess (Yadah) that he has sinned in that thing (Leviticus 5:5). Therefore even when I have sinned, I can still come to Jesus, and ask for His forgiveness. I can lift up my two

hands, and wave them, as a wave offering, but especially a peace offering. Asking Jesus, the Lamb of God, to take away my sins, to cleanse me of my unrighteousness, to reconcile me to the Father, to restore my fellowship with the Godhead, and to pick me up, get me out of the bottomless pit of practicing sin, and translate me into His kingdom of light, where I will be practicing righteousness.

Yadah also means thanks and thanksgiving. In the days of David and Asaph of old there were chief of the singers, and songs of praise and thanksgiving (Yadah) unto God (Nehemiah 12:46). In the tabernacle of David, people were ministering to God 24/7; they were giving thanks to God, for His goodness, His protection, His prosperity, His health, etc. They lifted up their hands unto God, to let God know that everything we have received, it is from Your hand, O God. For every good gift and perfect gift comes from above, and comes down from the Father of lights, with whom there is no shadow of turning (James 1:17). For every house is built by someone, but He who built all things is God (Hebrews 3:4). And now, our God, we thank you (Yadah) You and praise Your glorious name. But who am I, and who are my people, that we should be able to offer so willingly after this sort? For all things are from You, and we have given to You that which is Yours (1Chronicles 29:13-14).

Paul tells us: I will, therefore that men pray everywhere, lifting up holy hands, without wrath and doubting (1 Timothy 2:8). Now that you know what Yadah is, pray everywhere; lift up your holy hands unto the Lord. Lift them up without wrath, for the wrath of God is for the ungodly, those who did not receive Jesus Christ in their lives as their personal Lord and Saviour. The wrath of God abides on them. But as for you, you are at peace with God, you are now His son or daughter, when you believed and received Jesus Christ (John 3:36). Come boldly before the throne of grace of your Abba Father, lift up your two holy hands, let your Daddy pick you up, no matter what you are going through or what bottomless pit or ditch you have fallen into, come that you may obtain mercy and find help in time of need (Hebrews 4:16). For Abba Father is your refuge and strength, a very present help in time of trouble (Psalm 46:1). Run toward your Father, like a child does and let Him pick you up.

I still remember as if it were yesterday. My soul was cast down and disquieted within me. I had wept with all the tears of my body, I had no more tears. No one on earth could comfort me. I started to praise the Lord as He instructed me to. I slept because I was exhausted, not because I had received the comfort from the Lord. I remember telling God: I know You gave charge over your angels to bear me up in their hands (Psalm 91:11-12). But angels are Your servants, I am Your son. I do not want my babysitter or my nanny to pick me up, but I want my Father to do that.

I went to bed that night. I had a vision that night and someone was carrying me upon His shoulders. I was just like a little child whom his father picked up and made him sit between His shoulders. I could see everything from up there and I was very happy in my vision, I ceased crying in my vision. When I came out of my vision of the night the Lord gave me the scripture in Deuteronomy 33:12: of Benjamin he said “The beloved of the Lord shall dwell in safety by Him (God), Who shelters him all the day long; and he shall dwell between His (God’s) shoulders”.

I remember when I was a child, I liked it, when my dad put me upon his shoulders, I was so happy. But it did not last long for I was a big child and people did not want to carry me for long, because I was weighty. God showed me, not only was He willing to pick me up, when I Yadah, but He was placing me

between His shoulders, and I can dwell there, that is to permanently stay between His shoulders. My God was telling me, that I am His beloved, His love for me is the same love He has for Jesus, His beloved Son (John 17:23). My God had sheltered me all day long. I am safe up there between His shoulders. He called me Benjamin, which means the son of His right hand and the son of His strength (Genesis 35:18). He was telling me that His right hand, or the right shoulder of the heave offering, the arm of the Lord will be revealed to me (Isaiah 53:1). That He will arise, and all my enemies will be scattered, they will come against me one way, but they will flee seven ways; because My Rock (Jesus) has sold them, and my Lord has surrendered them and smitten them (Deuteronomy 32:30, Deuteronomy 28:7).

Brethren, the Lord is saying the same thing to each one of us. He can handle our problems. When we lift up our holy hands everywhere, let us be specific. Let us tell God what we are surrendering. For example: Lord with my hands lifted up unto you, I am surrendering my soul, body and spirit. The kind of prayer or praise when we say “I surrender all, I surrender all” Is not specific enough.

2. Tehillah (Teh-hil-law)

Tehillah means to sing, to laud. It is a spontaneous new song, a person sings with a melody in his heart by adding words to that melody. These added words can be in a known language to that person, or in an unknown language to that person or in tongues. Sometimes God just puts a new melody into our heart, what we have to do is just to start singing in tongues. That is Tehilah, and sometimes as we sing in tongues, the Lord gives us the interpretation of those tongues, and we start singing in a known language to us.

Paul tells us, I will sing in the spirit and I will sing with understanding also (1 Corinthians 14:15). Many times we do not feel like thanking God, because, as we look at our circumstances we have nothing in the physical to thank God for. Singing in the spirit or Tehillah, helps us to still praise God, regardless of our external circumstances. Paul says, I will pray in the spirit, and I will pray with understanding also, I will sing in the spirit, and I will sing with understanding also. Paul knew that in this Christian journey, it is sometimes hard, but we can do all things through Jesus Christ who strengthens us (Philippians 4:13). Paul was in prison, he was shipwrecked, he was among false brethren, he suffered hunger, etc. if Paul had opened his mouth with understanding, the first things that would have come out, would have been complaints and murmurings. That is why Paul gives us this order, first he prayed in the spirit, and sang in the spirit, then after that, he prayed and sang with understanding also.

I remember a period in my life; I was going through a lot of things. In the physical I had nothing to praise God for. And whenever I opened my mouth with understanding, it was to complain: why, God, am I going through this? Why did you allow this person to hurt me? Why? Why? So many whys. The Lord commanded me one morning: “I don’t want you to pray at all with understanding; I want you to Tehillah until I say otherwise”. I did not ask God for anything that entire month, I did not pray with understanding at all that entire month, I just Tehillahed , I sang in the spirit for hours and went out to do my daily activities. I knew that if I prayed even a minute with understanding it would have been full of complaints and murmurings.

Whenever I have sung in the spirit, I was always strengthened. Because praying in tongues and singing in tongues edifies us, it builds us up. Jude tells us: but you beloved, building yourselves up on your most holy faith, praying in the Holy Spirit or in tongues

(Jude 1:20). Praise is part of prayer. Singing in the Spirit or Tehillah in the Spirit is part of prayer. So build yourself up, edify yourself. Tehillah is an unprepared singing, you do not rehearse it, that melody and the words are coming straight from the throne of God.

God inhabits this kind of praise, because He is the one who put it in our heart. But you are holy, O You who inhabit the praises (Tehillah) of Israel (Psalm 22:3). David had that understanding, and when he erected the tabernacle of David, where singers were singing 24/7, they also received spontaneous new songs, directly from the throne of God. For in the days of David and Asaph of old, there were chief of the singers, and songs of praise (Tehillah) and thanksgiving (Yadah) unto God (Nehemiah 12:46). So they first did Tehillah before Yadah. If in the Old Testament David understood it, we should have the same understanding. We should desire to Tehillah so that the Lord may inhabit our praises.

David said: I will bless the LORD at all times: His praise (Tehillah) shall continually be in my mouth (Psalm 34:1). Abimelech the king of the philistines wanted to kill David, but through the praises (Tehillah) of David, God delivered him from the hand of Abimelech. God manifests Himself in the midst of his people when they Tehillah. David said: And He has put a new song in my mouth, even praise (Tehillah) unto our God: many shall see it, and fear, and shall trust in the LORD (Psalm 40:3). I waited patiently for the LORD; and He inclined unto me, and heard my cry, He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings (Psalm 40:1-2). As we Tehillah, the Lord moves on our behalf, we might not understand what we are singing in the spirit, but we know that He is bringing us out of that horrible pit and that miry clay. He is setting our feet on a rock and establishing us.

King Jehoshaphat, his army and the singers who went before them, did not know what to sing, before the armies of the Edomites, Ammonites and Moabites, so they Tehillahed and the Lord, who inhabits this kind of praise thought on their behalf and delivered their enemies into their hands. The bible records the event as following: And when they began to sing and to praise (Tehillah), the LORD set ambushes against the children of Ammon, Moab, and mount Seir, who had come against Judah; and they were smitten and defeated (2 Chronicles 20:22).

It was at that very moment they sang the Tehillah that their enemies where smitten, the sword of the Lord fell into the camps of their enemy. Sometimes the only sword you need, is the high praises of your God in your mouth, and it will be the sharpest sword that will defeat all your enemies, the bible says: let the high praises of God be in their mouth, and a two-edged sword in their hand (Psalm 149:6). May your praises have the same effect it had in the life of Jehoshaphat and his people, before their enemies. Praise the Lord, sing to the Lord a new song, and His praise (Tehillah) in the assembly of saints (Psalm149:1). Do not be ashamed even; in church sing a new song unto the Lord, Tehillah your God.

When I am in church and the choir is ministering, but God is putting another song into my heart. I continue with that song, I just lower my voice so that I will not disturb people around me. But I will sing unto the Lord that Tehillah which He has put into my heart, because I know He inhabits that praise, because I know it is that two-edged sword that will smite my enemies. Many times when God is leading me in a different direction of praise, I go to the back of the church where I will not disturb anybody and there I will feel free to praise my God the way He is leading me.

3. Barak (Baw-rak)

It means to kneel or to bow; to give reverence to God as an act of adoration. What is reverence then? Reverence is fear mingled with respect and esteem. It is veneration. The way we believers fear our God is not the same way unbelievers fear Him. Beloved now we are children of God (1 John 3:2); God has not given us a Spirit of fear, but of power, love and sound mind (2 Timothy 1:7). If we fear we have not been perfected in the love of God (1 John 4:18). But what kind of fear should the believer have? It is a reverential fear just like a son or daughter respects a father, esteems him and loves him. God is our Father now; we have been reconciled unto Him by the blood of Jesus. The fear that the wrath of God should be poured on us, should not exist in us, for Jesus has reconciled born again believers to God, and the wrath of God is for unbelievers and ungodly people.

Though Jesus made us royalty, our Father is still the King. All His sons and daughters must revere Him. When people come in the presence of the King, they bow or kneel before Him. And they start blessing the King. What does blessing mean then? In Greek it is the word eulogeo, which means to speak well of somebody or something, to bless, to praise a person and his works, to thank a person, to invoke or pronounce a benediction upon somebody or something.

Let us look at the physical application of Barak. Many people will kneel or bow in church but their heart is as hard as an iron bar that cannot bend. Though outwardly men can bow or kneel, God is looking at our heart. It also tells us something, many times in a church setting they tell people to kneel down, when they are confessing their sins. But here kneeling or bowing is to bless the Lord, thank Him, and praise him; not to confess our sins.

We have seen that when we confess our sins we must Yadah. In Luke 15 the parable of the prodigal son, we see the father running to the son who had repented, embracing him, and hugging him. The arms of the father were wide open to pick up that child out of his troubles.

But why then in church settings do they ask us to kneel when we confess our sins, and to stand when we praise the Lord? It is because we think God is man, but God is not a man. In order for us to learn His ways we must study the bible to know His heart. When our children do something wrong to punish them, we ask them to kneel down for a certain period of time. So in our mind we have already associated kneeling to punishment, instead of associating kneeling to reverence to our King. In a sense we ask our children to do penances before we forgive them. We need a paradigm shift in our minds. In a sense when we ask people to kneel, we are asking them to do their penance. But please, when we go into a church where they force everybody to kneel down, let us just comply lest they say we are proud.

When we kneel in prayer to Barak, it is also not to beg God to do something for us, or to get His forgiveness. Jesus says: At that day you shall ask in My name: and I say not unto you, that I will pray (beg, entreat) the Father for you: For the Father Himself loves you, because you have loved Me, and have believed that I came out from God (John 16:26-27). Jesus is not begging the Father to do anything for you, because the Father Himself loves you, just as He loves Jesus, and wants to do things for us. So when you are kneeling to Barak, it is not to beg God to do something for you, you do not need to beg Him, He wants to answer whatever you ask in prayer in the name of Jesus as long as it lines up with His written word, which is His will for us. When Paul tells us: Therefore God has highly exalted Jesus, and has given Him a name which is above every name, that at

the name of Jesus every knee should bow, of heavenly ones, and of earthly ones, and of the ones under the earth; and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father (Philippians 2:9-11). We as born again believers, bow the knee in Barak to Jesus, because He is the King of kings, to revere Him the King and Lord over our lives; but our enemies bow the knee to Jesus, as defeated and conquered foes of our triumphant risen King Jesus!

Jesus gave a parable of two men who went into the temple to pray in Luke 18:10- 14. The Pharisee and the publican who was a sinner, the two men were praying standing on their feet. The self-righteous Pharisee of course was in front, but the sinner was afar off, but still standing on His feet. The sinner repented of his sin, standing not kneeling; only he could not lift his head up, because he was ashamed of his deeds. Because people have not the right understanding about kneeling, so many times in a church setting, when a person kneels down, other people think, that person has done something wrong, or did not obey God's word, and is now asking, even begging for God's mercy. Let us renew our minds about kneeling and bowing, it is to barak, to bless the Lord, to praise Him and to venerate Him as our King and Lord.

People will ask, but if I have sinned should I not beg God for forgiveness, or do some penance by kneeling until my knees hurt so bad? No, you do not need to do any of that. John tells us: if you confess your sins, He is faithful and just to forgive you, and cleanse you from all unrighteousness (1John 1:9). That is how simple it is, and the publican received his forgiveness that way. So when we kneel or bow before the Lord our King, we do this with the intent in our heart, that He is my King and I yield to Him. I acknowledge that He is God and King. I venerate Him, He is my everything, and besides Him I have no one else. In Psalm 103:1 David says: Bless (Barak) the Lord, O my soul, and all that is within me, bless his Holy name! If we read the remainder of Psalm 103, we see David being specific, about what God has done in his life, that he is blessing the Lord for. David enumerates all those blessings to God: His loving kindness, healing, honour, renewal of youth, redemption, and satisfaction.

From the definition of the word bless that we have in Greek, we understand now that when we Barak or bless the Lord, we enumerate what God has done in our life, in the life of our family and in the life of Israel. In a way we are putting God in remembrance of His words (Isaiah 43:26). We speak well of God, of His creation, of all His mighty exploits, all His miracles in our life and in the life of Israel. We put God in remembrance of His word in the life of our fathers, how he prospered them, how He delivered them, how He healed them, how He gave them the victory over their enemies. The secret of faith is to be able to take past victories God gave us, and relate them to current situations. That was the secret of David. When David came to meet Goliath and the philistines' army, David said to Saul: Your servant kept his father's sheep, and there came a lion and a bear, and took a lamb out of the flock. And I went out after it and struck it, and delivered the lamb out of its mouth. And when it rose against me, I caught it by the beard, and struck it and killed it. Your servant killed both the lion and the bear. And this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God.

And David said, The Lord who has delivered me out of the paw of the lion and out of the paw of the bear, He will deliver me out of the hand of this Philistine. And Saul said to David, Go, and may Jehovah be with you (1Samuel 17:34-37).

Barak is the kind of blessing that must go up first, before it comes down. Meaning: we must first praise, thank, bless God for who He

is, and what He has done in our life, but even more in the life of the people in the bible, enumerate them like David often does in his psalms, only then God, who is the King, will invoke a blessing upon our life or our endeavours. David listed the victories over the lion and over the bear, so he concluded that God would also give him the victory over Goliath.

Let us say, a woman is looking for the fruit of the womb, instead of complaining why she is not having any children, she should be Baraking. She goes before the Lord, and approaches Him with reverence, because she is coming before her King and her God. She should start blessing the Lord, by enumerating as many women in the bible as she can, who faced barrenness and God intervened. She can start with: I thank you Father, because You are the same yesterday, today and forever (Hebrews 13:8). I thank You because You are the King of kings and the Lord of Lords. Where there is the word of the king there is power, and who can question the King, asking Him what are you doing (Ecclesiastes 8:4)? I know Your word has the final authority, earthly physicians might say I cannot conceive, but I have chosen to believe Your report (Isaiah 53:1). Because one word from You, will heal my womb from its barrenness. Let God be true, but every man, including the physician, a liar (Romans 3:4).

I thank You Lord because You did the same thing for my mother Sarah, in the natural she was 90 years old, although far advanced in menopause, You gave her a son Isaac. I also thank you for my mother Rachel, she was barren for years and You removed her reproach, and gave her Joseph and Benjamin. I thank You for Hannah, who was barren for years but she came to you, and you gave her Samuel, meaning heard by God. Yes Lord, You hear the prayer of the barren women. I thank You because You have also heard my prayer. It is not in your will that any of us should be barren, not even our cattle. (Deuteronomy 7:14).

What You did in the life of Sarah, Rachel, Hannah, You will also do it in my life. You have removed this reproach of barrenness from my life, for barrenness is a reproach (Genesis 30:23). I thank you Father because children are a heritage of the Lord and the fruit of the womb is His reward (Psalm 127:3). I thank you Father because you have given me children, not just a child, but children. Nothing shall cast their young, nor be barren in your land. The number of your days I will fulfil (Exodus 23:26). Thus in the name of Jesus, I command my womb to be fruitful, barrenness I command you to leave my body immediately, in the name of Jesus. Womb you were healed by the stripes of Jesus (1Peter 2:24), line up with the word of God now! I command twins, triplets and quadruplets in the name of Jesus, Amen!

Now that we have taken an example of how to Barak, you can take any subject and start to bless the Lord or Barak. Sometimes instead of binding and loosing some enemies, we just need to Barak, to take the scripture from genesis to revelation and put God in remembrance of how He gave His people the victory, or how He visited them, or how He prospered them, etc. What Barak does, is to build faith in you, for in a sense, by blessing the Lord on a specific subject, you have been confessing those scriptures. Since faith comes by hearing and hearing by the word of God (Romans 10:17). God will bless you back when you have been blessing Him.

Faith declares the end from the beginning. As it is written: Remember former things from forever; for I am God, and no other is God, even none like Me, declaring the end from the beginning, and from the past things which were not done, saying, My purpose shall stand, and I will do all My pleasure (Isaiah 46:9-10).

David had that understanding, of declaring the end from the beginning, thus, when he met Goliath, after he had Baraked God for the past victories over the lion and bear (1Samuel 17:34-37), he declared to Goliath the outcome of the battle saying: You come to me with a sword and with a spear and with a javelin. But I come to you in the name of the Lord of Hosts, the God of the armies of Israel, whom you have defied. The Lord will deliver you into my hand today, and I will strike you and take your head from you, and give the bodies of the army of the Philistines to the birds of the air today, and to the wild beasts of the earth, so that all the earth may know that there is a God in Israel. And all this multitude shall know that the Lord does not save with sword and spear; for the battle is the Lord's, and He will give you into our hands (1Samuel 17:45-47). David said Today, not tomorrow so be it in your life!

We should learn to Barak, and as much as possible do it every day. Some will say: you are coming with a new doctrine, the answer is no. God instructed me to Barak every day, I am trying as much as possible to do so, but I asked God to show me that instruction in the bible before I say it to anybody else. The Lord told me, this is the secret of my son David who was a man after my own heart, please read what my son David wrote: Psalm 145:1-2 I will extol You, my God, O King; and I will bless (Barak) Your name forever and ever. Every day I will bless (Barak) You and I will praise Your name forever and ever.

Barak should be a life style; we must live a lifestyle of praise. You can take any subject in the bible, the works of His hands, His miracles, His victories. And just bless the Lord for who He is and what He is. When I learned about praise, I realised that there were days I did not need to ask God for anything. So I just came to bless Him or to Barak. I can Barak for hours taking one subject from Genesis through Revelation. That would be my prayer for that day. When people get closer and closer to God, their prayer life is not only about asking God to do something for them, but they bless (Barak) the Lord most of the time. There is such a glory that comes into your room when you have been blessing the Lord, your heart is stirred up within you, and the Holy Spirit even helps you, by giving you scriptures to bless the Lord with.

Sometimes when I Barak on a subject, I am amazed at what comes out of my mouth, because I never saw that scripture in that light before, it is the Holy Spirit who gives me that understanding. Many times I have tried meditating on the word of God, but I never had the same experience as when I Barak. So I decided to do meditation/ Barak most of the time. I ponder on the word of God, but at the same time I am blessing Him. Some days I will only read a verse in the bible, and I sense an urge to Barak, so I start blessing the Lord on the content of the verse, and enumerate all the other similar instances He did in the bible. Sometimes I go on for hours, but I just felt like the Lord wanted me to bless Him, to Barak.

I learned to Barak on many subjects and am still learning. I will for instance Barak on how God provided for his people in the wilderness. When David was hiding in caves and the wilderness, how He provided for His people in the days of famine. But I have the understanding that Barak is to bless the King first so that He will invoke a blessing upon you. When I have done that, sometimes a person just calls me and tells me that God has told him to give me some money. The exact amount of money I needed. Or someone rings my door bell and tells me he has brought some food for me. I did not ask that person for that food, but the God who fed Elijah also instructed that person to bring me some food. Brethren God is a King, He loves praise, veneration, He loves it when we bless Him by telling Him how good He is, how powerful, how awesome, etc. He can't help it

but to invoke a blessing upon your life and the works of your hands.

Let us not use Barak as a formula either; we must have a genuine heart. God sees the heart not the multitude of our words. Jesus said what Isaiah said: this people honour me with their lips but their heart is far from Me (Mark 7:6). Let our heart be right when we Barak or honour the Lord. He promised if we Barak or bless Him, He will bless us back but let us bless Him from our heart. When I blessed Him for providing for His people throughout the bible, I meant it and I see Him exalted far above my little needs, if He can feed almost three million people in the wilderness He is big enough to feed one me. And I blessed Him because I wanted to venerate Him; He is my King and my God. Sometimes people try to use praise as a manipulation to have God move on their behalf. Our motives are already wrong when we do that for God hates the hypocrites as we see Jesus blasting or scolding the Jewish leaders, scribes, Pharisees, Sadducees; for their hypocrisy: woe to you Pharisees, woe to you Scribes, woe to you lawyers (Matthew 23). We praise God because we love Him from the bottom of our heart. What we say to him in prayer and praise we must mean them.

Do not Barak the devil and his work. I was reading the bible in one of my mother tongues, and it was the temptation of Jesus in the wilderness by the devil, when he went to fast for forty days and nights. Jesus said to Satan: away with you Satan! For it is written: you shall worship the Lord your God, and him only shall you serve (Matthew 4:10). In that bible they translated it: you should praise only the Lord your God. Then it dawned on me! Many times we praise the devil, we barak him. When I hear some Christians speak; all that comes out of their mouth is what the devil is doing: they know everybody who is sick, even if they are not related to that person, they know all the bad news that happens around the world, they even send their friends on facebook or YouTube all the bad news around the world. And when I talk to them they always talk about sickness, death and disaster. They list all the works of the devil, but when I tell them: do you know what God has done today? They cannot even give me one miracle, one dead raising, one healing, one deliverance. Do not barak the devil, when people start baraking the devil by enumerating his works, stop them and tell them: let me tell you what God did in the bible concerning that situation, or what God did in the life of another Christian concerning the same situation. And declare the end of that situation according to the written word of God (Isaiah 46:9-10). God will do exactly what He said concerning that situation in His written word (Isaiah 55:9-11).

4. Halal (Haw-lal)

The initial meaning of the word Halal is to be clear, to shine, to boast, to make a show, to be clamorously foolish, to celebrate, to act madly, to make a fool of, and to give in marriage. It has nothing to do with the halal meat that Muslim butchers sell!

This kind of praise is sometimes despised by other people even Christians. People will discourage you to give such praise to the Lord. Halal is radical praise. Think of your wedding day, how happy you were and how you were celebrating with your friends and dancing, that is one aspect of Halal. So dancing in church is not of the devil, but of God. God has blessed you with a new house, restored your marriage, a new car, a new degree or qualification. You just want to boast about your God, who did it for you. You know you could not afford the payments on the mortgage, you were on the verge of being evicted, and God showed up, and paid all

your bills. You brag about your God, who did it for you and nobody else.

I remember a few years back, I had some struggles to pay my rent, for six months I had not paid my rent and the bailiff companies were sending their agents to come and pick up my mattress. I was playing hide and seek with the bailiff agents, they would ring the bell, but I would not answer. And finally they sent me a notice of eviction. Ah, ah, I am laughing today but I was not laughing then. I remember I went out to church on Sunday, and I danced like a mad man, many people were offended. It did not matter to me; I danced like a Jester before his King. And within a week, I paid the six months rents I owed.

What is the secret behind that Halal, why it is so powerful? We read in 2 Samuel 6: 14-20.

2Samuel 6:14 And David danced (Karar=whirled around) before the LORD with all his might; and David was girded with a linen ephod.

First of all, David was not dancing to be seen by anybody, he was dancing before the Lord. David put all his might into that dancing, and was girded only with a linen ephod. There was no pride in Halal, David stripped Himself of all his royal robes, and decided to dance before the Lord, to be the jester of the King Jesus; for the Ark of the Covenant talks about Jesus. David was doing a prophetic action that my king Jesus will be coming one day, riding on a donkey (John 12:14).

A king in those days when He entered a city a jester went before him, dancing and whirling around. David was prophetically saying I am the jester of King Jesus. Everything I have is because my King Jesus gave it to me. David was a real king and a wealthy person, not like the kings in our days. But he humbled himself before the King of kings.

2Samuel 6:15 So David and all the house of Israel brought up the ark of the LORD with shouting (Teru'ah), and with the sound of the trumpet.

Halal is a clamorous celebration, not only did they dance like foolish people, but they shouted on top of their voices, and with the sound of trumpets. Who said that your God does not like noise? In fact in the entire book of Revelation, the silence in heaven, was so unusual, that it had to be recorded; it only lasted 30 minutes (Revelation 8:1). Angels and saints are always praising and worshiping the Lord in heaven.

2Samuel 6:16 And as the ark of the LORD came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the LORD; and she despised him in her heart.

People like Michal who despise our Halal, our dancing, whirling around, shouting and leaping, they do not know what they are doing, may God forgive them. Michal was raised in the palace of her father Saul, she thought she was too important to dance before the Lord, to Halal. She thought her status as a princess and now a queen, she cannot disgrace herself by Halaling: shouting, whirling around and leaping, and on top of everything, being dressed like commoners, and praising God with them, no way!

People who think they are too important for God, that they cannot praise Him, God will remove them from their position and set up another who will halal him. Saul was not praising the Lord; God removed him from being King. Michal might have said in her heart: this David is just a shepherd boy he does not know anything about protocol in palaces, kings are not supposed to be doing that. But what she forgot is that David might have been a shepherd boy before but her father Saul was a donkey keeper before (1 Samuel 9).

It is amazing how we so easily forget that God was the one who put us in the position of power. Now we cannot even join the celebration of our King Jesus with other saints, we look at it from our window, and despise those who are halaling our king Jesus.

Michal never bore a son to David, She was the first wife of David, but God made sure that no descendant of hers would inherit the throne of David. Therefore Michal, the daughter of Saul had no child to the day of her death (2 Samuel 6:23).

2Samuel 6:20 Then David returned to bless his household. And Michal the daughter of Saul came out to meet David, and said, How glorious was the king of Israel to day, who uncovered himself to day in the eyes of the handmaids of his servants, as one of the vain fellows shamelessly uncovers himself!

2Samuel 6:21 And David said unto Michal, It was before the LORD, who chose me before your father, and before all his house, to appoint me ruler over the people of the LORD, over Israel: therefore will I play before the LORD.

2Samuel 6:22 And I will yet be more vile or undignified than this, and will be humble in my own sight: and of the maidservants whom you have spoken of, of them shall I be held in honour.

David understood something important, even if people think you are being undignified, it is the voice of the devil trying to prevent you from Halaling your God. Let them know that you are not ashamed of what they think about you, that you are ready to be even more undignified than this. When we are in leadership, if we are not proud, but make our boast in the Lord God, it will cause the people He has placed under our authority, to hold us in honour.

When you think of it, it can only be from the devil. When people go to soccer games, or rugby games in a stadium, they shout, they blow trumpets, they play drums, they dance, they sing, etc. They are not ashamed of any of these, if they can celebrate a team, or a player, why can't we celebrate madly the King of Kings? God, who always leads us to triumph. Why are we ashamed to sing praises to our God, and be His jesters?

When the Lord brought the people of Israel out of Egypt, after He had made an utter riddance of the power and wealth of Egypt, parted the red sea and drowned Pharaoh and his army. The bible records this: then Miriam the prophetess, the sister of Aaron, took the timbrel or tambourine in her hand, and all the women went out after her with timbrels and dances (Exodus 15:20). And Miriam answered them: sing to the Lord, for He has triumphed gloriously! The horse and its rider He has thrown into the sea! (Exodus 15:21).

In the case of the people of Israel and Miriam, they praised (Halal) the Lord with their tambourines, singing and dancing because the Lord has triumphed gloriously over their enemies. When David danced before the arc of the covenant, it was a prophetic action, in faith he believed that the Lord would cause him to triumph gloriously, over all his enemies like He did in the days of Miriam. The bible says, now thanks be to God who always causes us to triumph in Christ Jesus, and through us defuses or manifests the fragrance of His knowledge in every place (2 Corinthians 2:14). Jesus has made you alive together with Him, having forgiven all your trespasses, blotting out the handwriting of ordinances that was against us, which was contrary to us, and has taken it out of the way, nailing it to the cross. Having stripped rulers and authorities, He made a show of them publicly, triumphing over them in it (Colossians 2:13-15).

Many times, when I Halal it is not because I have the victory now, but because I am doing it prophetically like David. Within myself I am saying, my King Jesus, will come riding not on a donkey like He did 2,000 years ago, but on His horses, His chariots of salvation (yeshuah: health, wealth, prosperity, rescue, deliverance, welfare, salvation) (Habakkuk 3:8) . Yes the Lord has already, in the predicaments, plights and afflictions of His people, gone forth for the salvation of His people, for salvation with His Anointed (Jesus Christ) (Habakkuk 3:13). Whatever I am facing, help is on its way. My Lord, the Rock of My salvation Jesus Christ will step into the arena with me, He will smite them before my face; they came one way but they will flee before me seven ways (Deuteronomy 28:7). He will cause me to triumph gloriously against whatever has come before me. So that is why I am dancing like a jester of My King Jesus because He will always cause me to triumph gloriously!

I remember when I freshly came back to the Lord, when the Lord healed my backsliding and loved me freely; He turned His anger away from me (Hosea 14:4). I was so happy because Jesus had made me alive together with Him, having forgiven me all trespasses, blotting out the handwriting of ordinances that was against me, which was contrary to me, and has taken it out of the way, nailing it to the cross. Having stripped rulers and authorities, He made a show of them publicly, triumphing over them in it (Colossians 2:13-15). I was so happy that I wanted to go out and dance madly for the Lord! So I woke up one Saturday morning at 4 AM, and went out to the streets of Manchester, UK to sing and dance unto my Lord. I said to God. David did not know how to dance: whirling and leaping, what kind of dancing is that? I said: Lord you need to have a taste of how the Congolese dance; we are the best dancers in the World in my opinion! In church they will not let me dance that way but in the streets no one can stop me!

The Lord told me, put on your suit and your overcoat lest you be arrested for madness or drunkenness! I did, and went into the streets at 4 AM, I was dancing and singing unto the Lord in my mother tongue. And a Police van stopped me for they thought either I was heavily drunk or maybe mad! But because they saw me in suit they were a bit careful to rush into conclusions. They asked me: Sir is everything okay? I said: everything is great; I just received great news from my home country that is why I am celebrating! They told me: okay you are fine then, have a great day!

And they drove off! In my heart I was saying: yes the great news is from heaven, my new home country, my elder brother is enthroned King of Kings and Lord of Lords! As I continued dancing and singing in the streets, a Muslim taxi driver saw me and insulted me: infidel, you are so drunk and you are disgracing yourself, those white British, you are a disgrace to all the black people! He called me other names that are not lawful to be uttered here, but with tears in my eyes I ignored him and kept on singing loud and dancing. I said in my heart: thank you Jesus for counting me worthy of bearing the reproach of my British people, who have a drinking problem! Another Jamaican Rasta man, met me and said to me: brother you need to give me some of your stuff, I have tried many illegal substances, but none of them had even made me high the way I see you! I laughed and I said to him it is the H.G. that I use and I walked off. In my heart I saw saying: yes I am high on the H.G. the Holy Ghost! Praise the Lord!

5. Towdah (To-daw)

To-daw is to give worship by the extension of the hand in adoration or agreeing with what has been done or will be. The word to-daw is

commonly connected with sacrifice-applying, the giving of thanks or the praise as a sacrifice before the reception or manifestation. Let us say, we are in a church setting, and the choir is ministering and one decides to lift up his hand to agree with what the lyrics of the song is saying, that is To-daw, the person is saying, let this song be true in my life. Let it be done to me according to the lyrics of the song.

Let us say that a brother or sister is giving testimony in church, and the testimony bears witness in the heart of another believer in the pews, that believer can raise his hand up in To-daw. What that believer is actually saying in his heart is: Lord, what you have done for this brother or sister who is testifying, do it for me as well. You are no respecter of persons (Acts 10:34). What you did for him or her, do it for me as well. Besides, You said we overcame Satan by the blood of the lamb and the word of our testimony (Revelation 12:11). Today I have heard the testimony of my brother or sister, how you delivered him or her, hence I raise my hand up in To-daw to agree with what You have done in their life, and I agree with Your word and the testimony of the brother or sister, that You will duplicate that testimony in my life.

Many times, we only thank God when we have received what we have asked for. It takes faith to thank God when we have not yet received it, or not seen the manifestations of the thing. It is a sacrifice of praise that we offer to our God, everything in us tells us, you have no earthly reason to be praising God, to be dancing, to be shouting, to be thanking God, but you do it anyway. Paul tells us: therefore by Him (Jesus) let us continually offer the sacrifices of praise to God, that is, the fruit of our lips, homologeo (confessing, giving thanks) to His name (Hebrews 13:15).

To-daw is the kind of praise that agrees with the word of God not with our external circumstances. The person puts his faith in the word of God; he believes what the word of God says about him and his situation. Isaiah says: who has believed our report? And to whom has the arm of the Lord been revealed (Isaiah 53:1)? The person puts his faith in Jesus, believes that by Jesus and through Jesus all his needs will be met. That through Jesus Christ, God will not only give him the victory over what has come his way, but much more, God will always cause him to triumph in Christ. He gives Jesus the pre-eminence in all things pertaining to him (Colossians 1:18). The person confesses with an attitude of thanksgiving what God is saying concerning him and his situation. In his heart and with his mouth he says this: “Father, I thank You that your word is True”.

Let us look at Jesus Christ how He to-dawed when he was on earth. In John 11, Lazarus was stinky dead for four days, all hope was gone. Jesus came before the tomb of Lazarus and this is what He said: …Father I thank You that you have heard Me. And I know that You always hear Me… (John 11:41-42). In the midst of that painful situation and the loss of His friend whom He loved, after he had wept over the death of Lazarus; He still saw the Lord high, and lifted up above the death of His friend. Isaiah gives us a good understanding, that no matter what has come our way, we must magnify God not magnify our problem. Hence he said: in the year that king Uzziah died, I saw the Lord sitting on a throne, high and lifted up, and the train of His robe filled the temple. And one cried to another and said: “Holy, holy, holy is the Lord of Hosts. The whole earth is full of His glory!” (Isaiah 6:1; 3)

God is on His throne my brethren, high and lifted up above all our problems and all our enemies. When we praise Him in the midst of our predicaments, we enthrone Him as King (Psalm 22:3). God is in control of our life, of the outcome of our battles. He is the Lord of Hosts both the Host of heaven and the hosts of Israel. There is nothing too hard for Him. in

the days of King Hezekiah the Assyrians came against Judah, Judah did not have to fight, God just sent one angel into the Assyrian camp, and he killed 185,000 Assyrians in one night (Isaiah 37:36). When Jesus was standing before Pilate He told him that if His kingdom were of this earth, His Father could have sent twelve legions of angels, that is 72, 000 angels (Matthew 26:53). They could potentially kill 13,320,000,000 enemies based on what just one angel did in the Assyrian camp.

What Jesus was saying to Pilate, is that he has no power at all over Jesus, but Jesus was going to the cross willingly. Jesus did not ask for the help of these angels, so that you and I could benefit from that angelic protection. There is something better for you and I, we do not only have twelve legions, but Paul tells us: you and I have come to Mount Zion, the city of the living God, to our heavenly Jerusalem, to an innumerable company of angels (Hebrews12:22). Not just twelve legions, but an innumerable company of angels. You do not have to worry about anything, God has got your back!

Jesus thanked God because He had heard Him before, He had even prayed, and He knew that God always hears Him. God always hears your prayers too. Jesus was confessing what God said in His word, and giving thanks at the same time. The bible says: God hears the prayer of the righteous (Proverbs 15:29); the prayer of the upright or just is His (God's) delight (Proverbs 15:8); for the eyes of the Lord are on the righteous, and His ears are open to their prayers (1Peter 3:12).

Furthermore, the Lord said: call to Me, and I will answer you, and show you great and mighty things, which you do not know (Jeremiah 33:3). God always hears your prayers as a born again believer, because He imputed Christ's righteousness unto you, and if your prayer lines up with the written word of God, which is His will, He will always answer you, whatever you ask in the name of Jesus. Then you shall call, and the Lord will answer, you shall cry and He will say here I am (Isaiah 58:9). It shall come to pass that before you call, I will answer, and while you are still speaking I will hear (Isaiah 65:24). Jesus had all those scriptures in His heart when He spoke at the tomb of Lazarus; He was saying the same thing God said about Him in His word. When He said: Lazarus, come forth (John 11:43)! He knew that God would answer, since He promised it in His word.

We again see Jesus with the multitude of 5,000 men, besides women and children. He only had 5 loaves of barley bread and 2 fish. In the natural it was not enough for that multitude; in the natural Jesus did not have enough money in His money chest, to feed them since there were only two hundred denarii (Mark 6:37). But Jesus knew about To-daw, and He knew the scriptures. So the bible says: And He commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looked up to heaven, he blessed (eulogeo: to thank, to bless, to praise), and broke, and gave the loaves to his disciples, and the disciples to the multitude (Matthew 14:19). Here the writer is insinuating that Jesus blessed the Lord, like when we Barak, He thanks the Lord His King by enumerating how often God has provided for His children.

Jesus did the same thing, when He only had 7 loaves and some fish to feed 4,000 men, besides women and children. The bible records: And He took the seven loaves and the fishes, and gave thanks (eucharisteo: to be grateful, to express gratitude toward, to say grace at a meal), and broke them, and gave to His disciples, and the disciples to the multitude (Matthew 15:36). Here the writer is insinuating that Jesus was just saying a benediction over the food, He was being grateful to God for providing the 7 loaves and

the fishes. Many times, we look at what we have, and because in our eyes it is so insignificant, we fail to express our gratitude toward God. Brethren, no matter how small we think something is, let us thank God, and He will do the miracle.

In the two instances of miracles of the feeding of the multitudes, Jesus To-daws, He thanked the Father for providing for the multitudes before the miracles happened. He agreed with who God is, and what He says in His word, certainly not with the few loaves and fish that were in His hands. We have already shown why Jesus was sure that God hears Him, and answers Him when He prayed. But on what words was Jesus standing, for God to provide for the people who came to listen to Him? What was Jesus confessing or agreeing with God, in an attitude of thanksgiving? for we know that to-daw is being in agreement with the word of God, and thanking God in advance for causing that word to come to pass in our life, though we do not see its manifestation yet.

Jesus read in the scriptures what God says about: who He is and what He does. The Lord says that He is Yahweh Yireh or Jehovah Jireh, the Lord our provider (Genesis 22:14). He provided for the ram for father Abraham to offer as a sacrifice. He provided for Israel the forty years when they were in the wilderness, He gave us Manna from heaven every day (Exodus 16:15). If He can provide bread for about three million people in the wilderness out of nothing, He can provide for this multitude. I do not need to help God to try to provide for His people, He is all sufficient. Moses doubted that God could provide meat for the people for an entire month, until it comes out of their nostrils. So Moses wanted to help God, maybe if they slaughtered some of their cattle to feed the people, but it would not be enough for the 3 million people. God rebuked Moses saying: has the Lord's arm been shortened? Or is the power of the Lord limited? Now you shall see whether what I say will happen or not (Numbers 11:23).

There is no limit to the power of our God to provide for His people. No matter how innumerable the multitude might be, God is more than able to provide for them until they are satisfied. The Lord promises not to allow the soul of the righteous to famish or suffer hunger (Proverbs 10:3). The young lions will lack and suffer hunger, but those who seek the Lord shall not want (lack) any good thing (Psalm 34:10). This multitude have been following Jesus for days, seeking God through Jesus, how can God not be true in His own word and not provide for them? God multiplied bread in the day of Elisha. A man brought to the sons of the prophets, bread of the first-fruits, twenty loaves of barley bread and newly ripened grain in a knapsack. There were one hundred of them, and it was not enough, but as the servant obeyed Elisha's instruction to give it to the people, the miracle happened. They all ate and there were some leftovers like Elisha said (2 Kings 4:42-44). God will also feed you and your family, his own people today.

Hence Jesus was in agreement with what Jehovah Jireh had done in the past, and was thanking Him in advance, because He was about to do the same thing for the multitude that was standing before Him, and He will do the same thing for you, who are reading this bible study right now! This multitude hungered and thirsted, for the word of God spoken by Jesus, so are you because you are reading this bible study. And Jesus promises: those who hunger and thirst after righteousness, shall be filled (Matthew 5:6). The Lord will fill His people, not just their spirit and soul, but their stomach too. The Lord our provider shall supply all the needs of the multitudes according to His riches in glory in Christ Jesus (Philippians 4:19). Not according to the little loaves and few fish in my hands, but according to His riches in glory. He will open the floodgates of heaven

and pour out a blessing, until there is not enough room to receive it (Malachi 3:10).

When we started introducing To-daw, we said it is a giving of worship, by extension of the hand in adoration, and in agreement with what has been done or will be done, with what the word of God says. The lifting of the hand symbolizes agreement. The right hand symbolizes my covenant with my Father in heaven. In the scriptures we read: Thus says the Lord GOD, Behold, I will lift up my hand to the Gentiles, and set up my standard (banner) to the people: and they shall bring your sons in their arms, and your daughters shall be carried upon their shoulders (Isaiah 49:22). The LORD has sworn by his right hand, and by the arm of his strength, Surely I will no more give your corn to be meat for your enemies; and the sons of the stranger shall not drink your wine, for that which you have laboured (Isaiah 62:8).

And say unto them, Thus says the Lord GOD; In the day when I chose Israel, and lifted up my hand unto the seed of the house of Jacob, and made myself known unto them in the land of Egypt, when I lifted up my hand unto them, saying, I am the LORD your God (Ezekiel 20:5). In the day that I lifted up my hand unto them, to bring them forth out of the land of Egypt, into a land that I had espied (spied out) for them, flowing with milk and honey, which is the glory of all lands (Ezekiel 20:6). When God lifts up His right hand, it is to swear or take an oath or make a covenant with us; that is what He said in His word, He will perform it in our life.

When we To-daw and lift up our right hand, we are saying to God: God I am in a covenant with you by the blood of Jesus. I believe You will fulfil every word in the bible concerning me. Heaven and earth may pass away, but Your word will by no means pass away (Matthew 24:35). All Your promises, contained in Your word, are Yes and Amen in Christ Jesus (2 Corinthians 1:20). God, You determined, to show more abundantly, to the heirs of promise, and I am one of them, the immutability or unchangeableness of Your counsel, that is why You confirmed it with a swearing or a covenant (Hebrews 6:17). You gave us two immutable or unchangeable things: the written word and the blood of Jesus which sealed the covenant; in which it is impossible for you, O God, to lie (Hebrews 6:18). My covenant will I not break, nor alter the word, that is gone out of My lips (Psalm 89:34).

For instance, when one has a sickness or illness; he raises his hand in agreement with what the word of God says, because he knows that God has entered into a covenant by the blood of Jesus with him, and the terms of the covenant are found in the bible. Since Jesus our testator died for that Will, and we are heirs of that will, that Will is now in force because Jesus died (Hebrews 9:16-17). I decided to believe what God swore to me in His will, and what the blood of Jesus has accomplished for me. I thank God, because He said by His (Jesus') stripes I was healed (Isaiah 53:5; 1Peter 2:24).

To-daw is the kind of praise that the carnal mind despises. When you are confessing and thanking God that you are healed by the stripes of Jesus, your body and people around you are telling you: brother do not deceive yourself! When you are praising God in advance for your promotion yet to come, your husband who is yet to come, children who are yet to be born, your prosperity which is yet to be manifested; people will despise you, but God sees it as great faith because you are lifting Him high above your situation and your circumstance. You believe that God is not a man that He should lie to you, nor a son of man that he should change His mind; He will perform what He says in his bible (Numbers 23:19).

Paul and Silas were beaten and thrown into prison, but the bible records: 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 every one's bands were loosed (Acts 16:25-26). Paul and Silas celebrated the Lord loudly, the other prisoners heard them, they were not whispering those songs, but they shouted them. In a way they were also making a To-daw, for they decided to lift God high above their chains, their bruises, their wounds and that prison. They deemed God faithful to deliver them from those chains and that prison. The result was not only that they were set free, but also all the prisoners were set free from their chains, and the prison doors opened.

There is tremendous power in praise, and especially in a To-daw kind of praise, God sees our faith, how we trust him to be true to His word. Our praises will set other people free of their chains, their prison cells, their captors, etc. Praise is powerful. My prayer is that you and I will learn how to praise God regardless of our situations, circumstances and any report we have received, but we will agree with the report of the Lord. For the Lord is constantly asking us: Who has believed My report? And to whom has the arm of salvation been revealed (Isaiah 53:1)?

I remember, when I was 17 years old, I had a dislocated jaw. I could hardly open my mouth and could not chew my food properly, for it was painful. I went to see the physician and he told me I needed plastic surgery to fix my jaw. I went home and I started to pray. And the scripture in Genesis 2, when God created the woman by taking a rib from Adam; dawned on me. God was the one who practiced the first surgery on mankind. In that chapter, God was an anaesthetist when He put Adam to sleep; God was a surgeon when He cut the side of Adam and took the rib; God was a bone constructor when He created Eve from that rib, etc. I said to myself I will believe the report of the Lord, and the same God who did that surgery on Adam, will perform the plastic surgery on my jaw. After about three months my jaw one morning just popped back in place. I never needed any plastic surgery for my jaw.

Again To-daw is giving worship. But what is worship? From what we have been studying thus far; we have seen that praise does not always mean singing. So let us renew our mind. Worship likewise does not always mean singing. People in church settings have this wrong concept of praise and worship, they believe praise is singing fast songs, and worship is singing slow songs. That is totally wrong. Just as we have seen with praise, it is the same thing with worship. Worship is the act of paying divine honours to a supreme being, in our case God. It is the reverence and homage paid to God.

If we want to know what God truly means by worship; we must see what He says about it in His word and how our fathers worshiped Him. The first time the word worship is used, is when Abraham went to offer his son Isaac. And Abraham said unto his young men, Abide here with the ass; and I and the lad will go yonder and worship, and come again to you (Genesis 22:5). Abraham obeyed God by offering his only begotten son. Abraham believed God, that God is the resurrection and the life (John 11:25). By faith Abraham when he was tested, offered up Isaac, he concluded that God was able to raise Isaac even from the dead (Hebrews 11:17-19). Therefore Abraham said to his servants: the lad and I will come again to you after we have worshiped.

It was a difficult thing for Abraham to do; it was truly a sacrifice of praise. Abraham obeyed God, and was already confessing that God will raise Isaac from the dead, even before offering Isaac up on the altar. He was agreeing with the word of God, God is the resurrection and the life. Obeying God is

worship. People can be singing worship songs, but they are not worshiping Him with their life. It is only lip service. Worship is the Hebrew word shachah: to worship, to depress, to prostrate, to fall down flat, to do obeisance, to do reverence. We voluntarily depress before our God, we decrease so that He may increase. We tell Him: I may not understand what You are doing, or how You will do it, but I will obey what you said, and you will do what you said in your word. I respect people's tradition, as long as they are not violating the word of God. When people demand that I should prostrate before them or fall down flat to greet them I say: I am sorry but I cannot do that, even if it is your tradition, because it is worship, and I can only worship God and Him alone.

That is the problem that Mordecai had with Haman. The bible says: After these things did king Ahasuerus promote Haman the son of Hammedatha the Agagite, and advanced him, and set his seat above all the princes that were with him. And all the king's servants, that were in the king's gate, bowed (Kara: to bend the knee in worship, to prostrate), and reverenced (shachah: to worship, to depress, to prostrate, to fall down flat, to do obeisance, to do reverence) Haman: for the king had so commanded concerning him. But Mordecai bowed not, nor did him reverence. Then the king's servants, who were in the king's gate, said to Mordecai, Why do you transgress the king's commandment (Esther 3:2-3)? Mordecai refused even to bow because the kind of bowing the king asked him to give to Haman is, the kind of bowing you give to an idol, when you go and worship him. As God said to Elijah: Yet I have left seven thousand in Israel, all the knees which have not bowed (Kara: to bend the knee in worship, to prostrate) to Baal, and every mouth which has not kissed him (1Kings 19:18). God commanded us in Exodus 20 to worship no other God.

Mordecai was ready to die and even all the Jews in the day of Esther, but they will not prostrate, nor fall down flat before any man, which is to worship that man. People will say: you know exactly that in your heart you are not worshiping them, so just do that outward prostration and you will not offend anybody, or risk your life and the life of all the Jews! Elijah could also have worshiped Baal, so that Jezebel would love him alone, and not try to kill him, and he could have gone back to God saying to Him: God, you know in my heart, I only worship you, the fact that I am Karaing or Shachahing Baal and Jezebel, is only outward to be at peace with them, but my heart is not there! Elijah did not do it, nor did Mordecai.

Now when you go to see a king, you can kneel on one knee when they knight you, but you do not worship that king or their idols. So if you are invited into an earthly king's palace, ask what the traditions of greeting the king are? If you have to prostrate or fall down flat before him or his idol, refuse to go there. Do not seek to please men but God, do not seek to be known by earthly kings, to the risk of worshiping a man or his idols. A sister told me: brother Gery, if you get married in my past tradition, you would have to come and prostrate falling down flat before your in-laws, before they give you the hand of their daughter. Then I said to that sister: in that case, I will first of all discuss with my in-laws to be, and tell them what the written word of God says. And if they refuse to obey the written word of God, and insist that I must prostrate falling down flat before them, then I will have no other choice, but to let their daughter go, because she is not the one God ordained for Gery, because Gery will obey the word of God, and honour men and honour women and their tradition and customs; but only worship God and Him alone. Then the sister told me, in that case you did not love the girl then. I said: God and the written word of God, will always come first in my life, and if it is the person that God

ordained for me, we will both serve the Lord according to the written word of God.

I remember when the Lord told me about how father Abraham worshiped Him, it changed my attitude. One day, a few years back, the Lord told me to give all my income of that month to a couple. I started to argue with God. Lord, can I not just give even 50%, we are at the beginning of the month and if I give all my income how will I feed myself? I argued but the Lord won and I decided to obey Him, it was a sacrifice of praise or worship the way Abraham did it. On the way to that couple's house, I started to confess what God said about providing for His people. When I gave my entire income of that month to that couple, I already believed in my heart like Abraham, that God will give it back to me. I believed in my heart and had already received my reward from the Lord. For He said he who has pity upon the poor lends to God, and that which he has given, God will pay him again (Proverbs 19:17).

I remember one day, I had not eaten for a long period of time. One of the brethren asked me to cover her shift on Sunday. I had already said yes during the week, but on that Sunday morning I was so weak, I could hardly walk. I thought about calling that beloved sister and let her know that I have changed my mind. And the Lord reminded me that his name was Faithful and True (Revelation 19:11). And He wanted me to be a man of my word; faithfulness is the fruit of the spirit. He told me you said you would cover that shift, you have to be true to your words. Sometimes when we give our word, it is to our own hurt and we must not change our word but perform them (Psalm 15:4). I took my shower, gathered my strength, and walked to that place of work. I did not even have the money for public transport! I covered that shift, and at the end the person who was supposed to lock the place was not there. I could not take the keys home with me.

I had to walk to that person's house to drop the keys, when I was coming back I was so exhausted, both because of hunger and thirst, that I almost passed out. I found a bench on the wayside, and sat on it for a while. I just realized, that since I left my house in the morning I had walked seven miles, and I still had seven miles to walk back home. Tears ran down my cheeks. I said: Lord, I was just doing a favour to a friend by covering her shift, and you know that I am not getting any dime for doing it. But this is too much Lord; I cannot do that faithfulness thing you are asking me to. How far should I go Lord for that faithfulness? You said if a man compels you to go one mile go with him two miles (Matthew 5:41). I cried out: Lord I have done more than two miles, I have already walked seven miles and all together I will be walking 14 miles today! Then some more tears ran down my cheeks.

The Lord spoke to me: it is a wonderful thing to walk 14 miles with Jesus. I will have time to talk with you, and expound the scriptures to you, beginning at Moses and all the prophets! I retorted: Lord what do you mean? He answered: do you remember Luke 24? Cleopas and the other disciple Simon (Luke 24:34), were journeying from Jerusalem to Emmaus, it was 7 miles apart, and they did a return journey that day, so they walked 14 miles. I joined them and expounded the scriptures to them. Son you too have journeyed seven miles and are about to walk back seven miles, what do you want Me to explain to you in the scriptures that you do not understand? I sat on that bench and asked Jesus to expound some scriptures that were dear to my heart, and He did so. I do not know, but after that I was strengthened and walked those remaining seven miles home.

It is worship, it is part of To-daw, and I obeyed what God asked me to do. Was it painful? Yes, that is why it is a sacrifice of praise. Did my carnal mind like it? No, you have seen

how I argued with the Lord on the way. That is the carnal me. I narrate those stories of my weaknesses so that brethren can be encouraged, and know that sometimes, when we do things for God, praise God, worship God; there is no excitement, but we do it by faith and we command our carnal mind to shut up! We walk by faith and not by sight (2 Corinthians 5:7). Walking by faith, is simply doing what the word of God says, in that particular situation of yours; walking by sight is walking by our five physical senses and our emotions and feelings. The more we get to know God and trust Him, the less our carnal mind resists the things of God. We will be able to obey Him promptly. Brethren I do not count myself to have arrived there yet, I am still pressing toward the goal for the prize of the upward call of God in Christ Jesus (Philippians 3:13-14).

6. Zamar (Zaw-mar)

Zamar is to sing, to sing with musical instruments, to play a musical instrument, to make music accompanied by the voice. If you have no musical instrument do not be intimidated. God made the perfect musical instrument for you. God gave you vocal cords they are a natural stringed-instrument. God created them in you and tuned them. It is a unique stringed-instrument, and its key is unique.

Many times, in the church setting, the choir follow a list of songs and it should not be so, even in zamar we must allow the Spirit to lead us. The choir must rehearse their songs but during the praise and worship, the Holy Spirit can be moving in one particular song, but because the choir is too focused on finishing their list of songs they ignore the leading and prompting or dictate of the Holy Spirit.

Many times, when I am in a church setting, when the service is going on, the Lord is giving me songs that the choir will sing. And as the praise and worship starts, every song that is in their list is exactly what God gave me. I never talked to the choir director, but the Holy Spirit told me what He asked them to sing. Some other times I come to church and the choir is singing songs that are not bearing witness with my spirit. It is more of an entertainment. People who lead the praise and worship must be spiritual people. It is not enough to know how to play some musical instrument or having a good voice. We do not minister to men, but to God. They must spend time in prayer and ask God: what do you want us to sing for that service? We also must be versed in the word of God and have right understanding of the written word of God, so that we do not sing songs of doubt, defeat and unbelief but songs of faith and victory.

This is what they said of David: “Look, I have seen a son of Jesse the Beth’lehemite, who is skillful in playing, a mighty man of valour, a man of war, prudent in speech, and a handsome person; and the Lord is with him” (1 Samuel 16:18). Of course David was skilful in playing, but what was needed, was someone who had the Spirit of the Lord, so that when he sings and plays the instruments, the evil spirit that was tormenting Saul, might depart from him (1 Samuel 16:23). When the instrumentalists and the singers are full of the spirit of God, their ministration causes deliverance to happen in the lives of people. Saul experienced that deliverance through the ministration of David. When the ministration of the choir is after God’s own heart, the glory of God fills the building (2 Chronicles 5:13-14).

Sometimes in a service when the Lord is giving me another song, I stop following the choir, I sing my own song, at the back of the church so that I do not disturb anybody. Sometimes even when there is no musical instrument being played; I hear musical instruments being played and angels singing, so I join them in their song. In Luke 2:8-13, at the birth of Jesus, the shepherds who were in the field to whom the angel announced the birth of Jesus, after the angel had finished speaking to them the bible says: suddenly there was with the angel a multitude of the heavenly hosts praising God and saying: glory to God in the highest and on earth peace, goodwill toward men (Luke 2:13-14)! My prayer is that in our gatherings, angels will sing and we will all hear them. The whole neighbourhood will hear them to the glory of our King Jesus. Whenever the song is coming from the throne of God, and not from a list, it lifts the hearts of the people. Even in our quiet time with the Lord or during our daily activities, God can wake us up with a song, and we can be hearing bands of angels singing and playing musical instruments, we just have to join them in their singing.

The psalmist says: it is a good thing to give thanks (Yadah) unto the LORD, and to sing praises (Zamar) unto your name, O most High (Psalm 92:1). The Psalm 150 is a Zamar kind of praise, because musical instrument are used. A Zamar praise, can be clamorous, when people halal, they also sing songs accompanied by musical instruments. Singing songs or zamar can be coupled with any kind of praise.

Psalm 150:1 Praise (Halal) the LORD. Praise God in his sanctuary: praise him in the firmament of his power.

Psalm 150:2 Praise him for his mighty acts: praise him according to his excellent greatness.

Psalm 150:3 Praise him with the sound of the trumpet: praise him with the psaltery and harp.

Psalm 150:4 Praise him with the timbrel and dance: praise him with stringed instruments and organs.

Psalm 150:5 Praise him upon the loud cymbals: praise him upon the high sounding cymbals.

Psalm 150:6 Let everything that has breath praise the LORD. Praise the LORD.

7. Shabach (Shaw-bakh)

Shabach means to address in a loud tone, a loud adoration, a shout! It is to proclaim with a loud voice, unashamed, the glory of our God, the triumph of our God, the power of our God, the mercy of our God, the love of our God, the signs and wonders of our God, etc. Shabach implies that testimony is praise. When we use the phrase: shout unto the Lord. It can be understood as an action of Shabach. Shabach is not merely being loud, no. You should have the attitude of putting your whole being into it, an attitude of being totally uninhibited, unrestrained, unrepressed. Whenever we preach the gospel of Jesus around us we are also Shabaching for many people want to keep quiet but Paul says: I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to everyone who believes; to the Jew first, and also to the Greek and non Jewish nations (Romans 1:16).

The psalmist says: Because your loving-kindness is better than life, my lips shall praise (Shabach) You. Thus I will bless (Barak) you while I live: I will lift up my hands in your name (Psalm 63:3-4). Here the writer is combining Shabach with Barak and Yadah. The writer implies he will bless the Lord by enumerating His acts of loving-kindness in his life and the life of Israel. He will lift up his hand in Yadah, for a loving and kind Father picked him up from the bottomless pit. Therefore he will praise the Lord, loudly, he will shout for Joy for the Lord has been good to him, nobody can repress him, he is unashamed, for if it had not been for the Lord being on his side, he does not know where he would have been today.

People will despise that kind of praise, but Jesus says: if these should keep silent, the stones would immediately cry out (krazo: to scream, to cry out, to call aloud) (Luke 19:40). When we say Shabach, deep inside we are saying: Blessed is the King Jesus who comes in the name of the Lord, peace in heaven and glory in the highest (Luke 19:38). The people in the day of Joshua marched around Jericho for seven days, and on the seventh day, they shouted and the wall of Jericho fell down flat. O praise (halal) the LORD, all you nations or gentiles: praise (Shabach) him, all you people. For his merciful kindness is great toward us: and the truth of the LORD endures forever. Praise (halal) the LORD (Psalm 117:1-2). Here the psalmist is telling the gentiles to shout unto the Lord, and to let nobody repress their shout, to celebrate the mercies and the kindness of the Lord towards them, like David did by dancing and singing before the Lord.

We can shabach the Lord when we share a testimony of what God has done in the life of a brother or sister. How God has delivered them, prospered them, caused them to triumph, etc. One generation shall praise (Shabach) Your works to another, and shall declare your mighty acts (Psalm 145:4). That is why we must tell our children the testimonies of the miracles God did in our personal life, and in the bible, so that our children will also have faith in the God whom we serve. Come to think of it, as if you were watching a football match on your TV set with friends and family. The favourite team is playing, the journalist is commenting every single action of the game, and he said that your team has scored and at the same time you watch it on your TV. Your natural reaction is to jump up off your sofa, raise your two hands in the air as a sign of victory, to shout “goal”, to high five your friends and to start boasting about your favourite team and the player who scored the goal.

It is the same thing. God is the one doing everything here, when He gives us the victory and causes us to triumph, we shout and nobody can restrain us that is shabach. We talk in length about how our God did it marvellously, we detail every step of the action He did, and we list it, that is Barak. We lift our hands in the air as a sign of victory that the Lord picked us up; He outdid Himself once more that is Yadah. We run in circles around the living room, we act like a mad man; we celebrate the victory of our Lord that is Halal. We sing a song to praise our God for giving us the victory that is Zamar. All these things, people do for their football team, but are not willing to do it for their God. May God renew our minds. The Ark of the Covenant was talking about Jesus, and the Israelites knew that if they had the Ark with them, victory was always theirs. We have Jesus, He said lo I am with you always, even until the end (Matthew 28:20).

The bible tells us: when the ark of the covenant of the LORD came into the camp, all Israel shouted with a great shout, so that the earth rang again or quaked. And when the Philistines heard the noise of the shout, they said: what does the noise of this great shout in the camp of the Hebrews mean? And they understood that the Ark of the LORD

was come into the camp. And the Philistines were afraid, for they said: God has come into the camp. And they said: Woe unto us! For there has not been such a thing heretofore. Woe unto us! Who shall deliver us out of the hand of these mighty Gods? These are the Gods that smote the Egyptians with all the plagues in the wilderness (1Samuel 4:5-8). You shout unto your God, because you know your enemies are in big trouble, as God is with us and He will utterly destroy them all!

I remember, I went into a church and the preacher was giving a good sermon, the spirit was moving, and it was bearing witness with my spirit. I shouted a thunderous Amen! Because I have the understanding of Shabach, but people shut me down. They told me brother G; we are trying to listen to the man of God: keep quiet! But I shouted the more! I think that day people despised me a lot. I know what I was doing and I will allow nobody to stop me from Shabaching unto my God. After that day I no longer shabached in that church, I go out in the streets and shout to my God. I dance in the streets unto my God, and I lift up my holy hands in the streets to my God. At least in the streets no church people will try to stop me.

What is the wisdom of praise then? Always observe the church; it is good to be at peace with everybody. If you see in that church they do not dance or clap their hands, or shout join them. Unless the Lord tells you specifically to shout or dance or clap in that kind of setting, do not offend them.

May the Lord bless you and keep you, in Jesus' name.

Regards

Brother Gery Malanda



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We are a group of born again Christians who humble ourselves in prayer to Abba Father in the name of Jesus to prayerfully set people free from oppression – sickness and disease, through signs and wonders, to bring the unbelieving to the light and freedom that is available in JESUS CHRIST! for the salvation of the 50 nations of Europe, starting in Glasgow Scotland.

We publish many teaching materials, which can all be accessed for free online in ebook format and can be purchased at cost online, in print format. We also host a program on TBN called Voice of Healing. Please visit **hopfan-europe.org** for further details

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