

Worship God

What Does Whole-Hearted Worship Look Like?

Part 3 – Lifting Hands | Shouting

Grace Fellowship Church / Pastor Brad Bigney / February 25, 2024

I. To Be Expressive You Have To Be Child-Like And Humble – And Lifting Our Hands Expresses This Well

We communicate and express ourselves with our hands – especially regarding our emotions.

An example of this attitude of lifting hands is displayed in small children not even old enough to speak as they hold up their arms towards a mother or father with longing in their eyes. “Pick me up. Hold me. Help me.”

Lifting your hands demonstrates vulnerability, openness, and surrender.

When we lift our hands in worship we’re saying to the Lord, “I need You. I’m desperate for you. I submit to You. I trust You. I have no hope besides You.”

A. Did You Know The Bible Commands Us To Lift Our Hands?

The second most frequently used Hebrew expression of praise in the Old Testament is the word “**Yadah.**” It’s used **90x** and it literally means “to throw out the hands, to worship with extended hands.”

B. You Can See Lifting Hands Used As A Cry For Help

Psalm 28:2 “Hear my cry for mercy as I call to You for help, as *I lift up my hands* toward Your Most Holy Place.”

Psalm 143:6 “I *spread out my hands* to You; my soul thirsts for You like a parched land. Selah.”

C. You Can See Lifting Hands Used As An Expression Of Rejoicing And Praise

Psalm 63:4 “I will praise You as long as I live, and in Your name I will *lift up my hands.*”

Psalm 134:2 “*Lift up your hands* in the sanctuary and praise the LORD.”

D. You Can See Lifting Hands Used As A Posture For Prayer

Ezra 9:5 “Then at the evening sacrifice, I rose from my self-abasement, with my tunic and cloak torn, and fell on my knees with *my hands spread out* to the LORD my God...”

I Timothy 2:8 “I want men everywhere to *lift up holy hands* in prayer, without anger or disputing.”

II. To Be Expressive You Have To Be Stirred By Something Greater Than Yourself – And Shouting Expresses This Well

There are 50 different Hebrew words for praise and one of those words is “**Shavach**” which means a loud, commending praise.

Psalm 145:4 "One generation shall commend (*shavach*) Your works to another, and shall declare Your mighty acts."

Psalm 95:1-3 “Oh come, let us sing to the Lord! Let us **shout joyfully** to the Rock of our salvation. ²Let us come before His presence with thanksgiving; let us **shout joyfully** to Him with psalms. ³For the Lord is the great God, and the great King above all gods.”

This word, “Shavach,” happens spontaneously when we are focused on, taken up with, and overwhelmed by something that’s outside of us and greater than us!

2 Corinthians 5:14-15, 17 “For the love of Christ controls us, because we have concluded this: that One has died for all, therefore all have died; ¹⁵and He died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised... ¹⁷Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

One of the oldest things that needs to pass away is expecting the world and people near you to orbit around you!

You were made to live for something much bigger than yourself! You were created in His image and for His glory.

“There are tendencies within us and forces outside us that relentlessly reduce God to a checklist of explanations, or a handbook of moral precepts, or an economic arrangement, or a political expediency, or a pleasure boat. God is reduced to what can be measured, used, weighed, gathered, controlled or felt. Insofar as we accept these reductionist explanations, our lives become bored, depressed, or mean. We live stunted like acorns in a terrarium. But oak trees need soil, sun, rain, and wind. Human life requires God.”

- Eugene Peterson, *Reversed Thunder*

2 Corinthians 4:3-6 shows you what you’re looking for if you have a bottom of the line, watered-down version of God and it will make you want to shout and will keep you stunned and satisfied for a lifetime. It’s the glory of God in the face of Jesus Christ!

2 Corinthians 4:3-6 “But even if our gospel is veiled, it is veiled to those who are perishing, ⁴whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them. ⁵For we do not preach ourselves, but Christ Jesus the Lord, and ourselves your servants for Jesus’ sake. ⁶For it is the God who commanded light to shine out of darkness who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.”

When you're stirred and struck by the glory of God you will want to "Shavach" – or give a loud, commending praise just like the heavens and angels do day after day!

Psalm 19:1 "The heavens declare the glory of God, and the sky above proclaims His handiwork."

Isaiah 6:1-5 "In the year of King Uzziah's death, I saw the Lord seated on a throne, high and exalted, and the train of His robe filled the temple. ² Above Him were seraphs, each with six wings: with two they covered their faces, with two they covered their feet, and with two they were flying. ³ And they were calling out to one another: 'Holy, holy, holy is the Lord Almighty; the whole earth is full of His glory.' ⁴ And the doorposts shook at the sound of their voices and the temple was filled with smoke. ⁵ Then I said, 'Woe is me, for I am undone for my eyes have seen the King, the LORD of hosts!'"

The book of Revelation crescendos into a loud "hallelujah" over and over as we're ushered into the Marriage Supper of the Lamb! See **Revelation 19:1, 6**.