



WORSHIP SERIES II

DIMENSIONS OF WORSHIP

NEW VISION CHRISTIAN MINISTRIES INT'L

Worship Fundamental Review

Definition of Worship:

Worship is what you do when you're standing in front of something you think is worth everything.

The word itself comes from an old English word meaning “worth-ship”, this means to declare the worth of something. So, worship, at its simplest, is giving God His worth back to Him. It's looking at who He is and saying, with your words, your body, and your life, “You are worth it.”

Where did worship begin?

Worship did not begin with humanity; it began in heaven, where the seraphim (Isaiah 6) and the living creatures (Revelation 4–5) were worshipping God way before Genesis 1.

Worship is a weapon!

Praise and Worship is not just as a response to God but as an act of spiritual warfare. When God's people lift Him up, something shifts in the unseen realm. The clearest picture is 2 Chronicles 20. Jehoshaphat. Praise and Worship takes your eyes off the size of the problem and fixes them on the size of God. It magnifies God rather than your problem. It helps take it out of your hands and into His!

The enemy wants your praise:

He wants your worship that belongs to God. The adversary wants is so bad, that he attempted to offered Jesus other things of value in exchange for His worship. But Jesus knew the value of His worship and it was not for sale. Don't let the adversary trick you into giving up your worship or our congregational worship, for anything! Read Matthew 4:9

True worship is God inviting humanity to join in on a song that was already being sung!

The Two Rails: What Governs All of It

Every expression of worship runs on the same two rails (like a train track) stemming from John 4:23-24. Those two rails are worshipping Him “in spirit and in truth.” If one track is missing, the train gets derailed.

- In SPIRIT: Worship must be genuine, engaged, alive. Not going through motions.
- In TRUTH: Worship must be accurate to who God actually is, anchored in His Word.

Spirit without truth becomes emotionalism. Truth without spirit becomes dead religion. God is seeking worshipers who hold both. All the words, postures, and contexts are only vehicles, these two rails keep true worship on track.

Types of Worship:

The Bible does not give us just one word for worship; it gives us an entire vocabulary. Worship was never meant to look only one way, because the God we worship is too great to be answered by a single gesture.

In this study, we will review a few Hebrew words for praise and worship. This mini teaching will provide you a valuable lens for seeing the range of biblical worship.

Prepare your heart as we enter this lesson. Be willing, open, and available.

STUDY EXERCISES: Hebrew Expressions of Praise

In this exercise, you will break off into groups (or alone) and study each word, read supporting scriptures, and share your findings and revelation of the study. Provide suggestive everyday use for each word provided.

1. SHABACH: To shout and testify

- **Pronunciation:** shaw-BAKH (ends with a throaty "kh," like clearing your throat, "shah-BAWKH")
- **Meaning:** To address in a loud tone, to shout, to commend, to triumph
- **Where it shows up:** The victory finally lands, the prodigal comes home, the addiction breaks, the long fight is won, and quiet just won't do it. You shout. Or in corporate worship, a moment comes where the whole room gets loud together because holding back would be dishonest.
- **Its value:** Shabach breaks the grip of shame and fear. Some things need to be said *loudly* to be believed, a shout declares to your own heart, to the enemy, and to everyone around that God has won. It's testimony at full volume. The value is boldness: a loud praise leaves no doubt about who gets the credit, and it strengthens the faith of everyone who hears it.
- **What it looks like:** With a declaring shout; think of something that God did for you, think of God's goodness and faithfulness that you want the whole world to know about through your Shabach!
- 🌟 **What it looks like "Challenge":** Together corporately give a shout of victory; loud, make it a public testimony of God's faithfulness. For 60 seconds, each person shouts one word describing God ("Faithful!" "Healer!" "Able!").
- ❖ **Group Discussion:** Share how your Shabach shifted the atmosphere.
- **Scripture Reference:** Psalm 63:3-4; Psalm 145:4

Notes:

2. TOWDAH: The sacrifice of thanksgiving

- **Pronunciation:** toh-DAW (first part like "toe," ending like "DAW" in "dawn")
- **Origin/root:** comes from yadah, thanksgiving with the same **extended hands**
- **Meaning:** thanksgiving; a thank-offering; praising God for what **He has not yet done**, by faith. Often thanks given *before* the answer comes.
- **Where it shows up:** The diagnosis isn't good, the bills are stacked up, the answer hasn't come, and you choose to thank God anyway, *before* anything changes. It's the "thank You in advance" you say when faith is a decision, not a feeling.
- **Its value:** Towdah is the antidote to anxiety. It moves your eyes off the size of the problem and onto the character of God. When you thank Him before the breakthrough, you're declaring you trust Him whether the answer comes or not, and that steadies your heart in the waiting. Jonah did it inside the fish. The value is peace and faith *under pressure*, not after it lifts.
- ✚ **What it looks like "Challenge":** Now one or more of you, think of something that has not yet arrived, but yet in the midst of how it may look, you can offer up "Towdah." Take 60 seconds to give Him thanks that He is working even when you don't see Him work on your behalf.
- ❖ **Group Discussion:** Why do you think Towdah is an important part of your worship and daily life?
- **Scripture References:** Read: Psalm 50:23; Psalm 100:4; Jeremiah 17:26 / 33:11

Notes:

3. BARAK: To kneel and bless

- **Pronunciation:** baw-RAK (the "aw" like in "law"; ends with a hard "k," roughly "bah-ROCK")
- **Origin/root:** The root picture is bending the knee
- **Meaning:** Barak is praise that bows. It means to kneel; reverence, and humility before a King.
- **Where it shows up:** A moment of awe stops you in your tracks, a sunrise, a healing, a prayer answered, and standing feels like too little, so you kneel. Or it's the quiet morning where, before the day starts pulling at you, you get low and simply say, "Lord, You are worth this."
- **Its value:** Barak keeps you *humble*. In a culture that's always striving, promoting, standing tall, kneeling reorders who's God and who isn't. It's a physical reminder that everything you have was given, not earned. The value is a right-sized view of yourself, small before Him, and safe there.
- ✚ **What it looks like "Challenge":** Kneeling in personal prayer to physically express submission. Can one or more in the group trying kneeling together in silence for 60 seconds to give God thanks. Give Him thanks for all He has done and for all that He is doing in your life, regardless of what it looks like.
- ❖ **Scripture Reference:** Psalm 34:1; Psalm 103:1; Psalm 145:1–2; Psalm 63:4
- **Group Discussion:** Discuss how posture changed the heart.

Notes:

4. TEHILLAH: The spontaneous song

- **Pronunciation:** teh-hee-LAW (three beats: "teh-hee-LAW," ending like "law")
- **Meaning:** To sing a *halal*; the spontaneous, unrehearsed song of the Spirit; praise God chooses to inhabit
- **Where it shows up:** You're driving, doing dishes, folding laundry, and a song just rises up, not a performance, not on a stage, just praise bubbling out because your heart is full. Or you're heavy, and you *choose* to put on a song and sing over the heaviness before you feel like it.
- **Its value:** Tehillah invites God's presence into ordinary space, Psalm 22:3 says He inhabits it. When you sing to Him in the car or the kitchen, you're building Him a throne in your everyday. And Isaiah 61:3 makes it a weapon: praise is a *garment you put on* over a spirit of heaviness. The value is that praise changes the atmosphere around you and lifts what's weighing on you.
- **What it looks like:** It is a “new song,” singing in the Spirit, spontaneous flow beyond the setlist. A heavenly song, generated from the Spirit of God within, one that human ears can’t comprehend. A song that is sung when your Spirit aligns with the God and freely releases! It is the moment a service moves off the printed songs into free worship.
- 🌈 **What it looks like “Challenge”:** One or more, take a moment to position yourself in a comfortable position, go to a safe setting, and for 60 seconds begin to sing of hum in a heavenly language to God. Try doing it together with your group as you’ll find that will be a safe space as you unite to Tehillah.
- ❖ **Group discussion:** Why not just sing in known words? Why is God interested in Tehillah?
- **Scripture Reference:** Psalm 22:3; Psalm 40:3; Isaiah 61:3, "the garment of *praise* (tehillah) for the spirit of heaviness." Tehillah is something you put *on*, praise worn deliberately over a heavy heart.

Notes:

5. YADAH: To worship with extended hands

- **Pronunciation:** yaw-DAW (rhymes roughly with "ma-PA"; the "yaw" like the start of "yawn")
- **Origin/root:** related to yad, the Hebrew word for “hand”
- **Meaning:** To praise God with *extended hands*, hands lifted and thrown open toward Him. It comes from the Hebrew word for "hand" (*yad*), so it's praise your body does, not just your mouth. The same word also means to *confess*, because open hands both give praise and let go of sin. Simplest version: **worship with lifted, open hands. It is praise + release.**
- **Where it shows up:** You get news you've been waiting on, the job came through, the test came back clean, the child finally came home. Your hands go up before you even think about it. Or, you've been carrying something you did wrong, and you open your hands and admit it to God instead of hiding it.
- **Its value:** Yadah gets worship out of your head and into your body. Lifting your hands makes praise *physical and real*, it engages the whole person, not just the mind. And because the same posture confesses sin, yadah teaches you to live with *nothing hidden*. Open hands can't grip a grudge or hide a secret. The value is honesty and release: you come to God empty-handed and leave unburdened.
- 🌈 **What it looks like “Challenge”:** With lifted hands, with the posture of surrender and reception, and with a heart of thanksgiving, begin worshipping the Lord in Spirit and Truth together for 60 seconds.
- ❖ **Group Discussion:** But why lifted hands? Why open hands? Why do you think this is important? Explain
- ✓ **Scripture Reference:** Psalm 107:1, Psalm 100:4, 2 Chronicles 20:21

Worship Series II Dimensions of Worship

Notes:

The thread that ties them together: Each word matches a *different season of life*. Towdah is for the waiting, shabach is for the victory, barak is for the awe, yadah is for the surrender, and tehillah is for the everyday in-between. Together they mean there's never a moment that doesn't have a shape of worship.

THE HEBREW WORDS OF WORSHIP <i>A Discipleship Handout • New Vision Christian Ministries International</i>			
What worship is: Worship is responding to God's worth with everything I am — giving God His worth back to Him. The two rails (John 4:23–24): every expression of worship must run on both. In SPIRIT — genuine, engaged, alive; not going through the motions. In TRUTH — accurate to who God really is, anchored in His Word.			
WORD	SIMPLE MEANING	KEY SCRIPTURES	EVERYDAY LIFE & ITS VALUE
YADAH יָדָה yaw-DAW	Praise with lifted, open hands (from yad, "hand"). The same word means to confess — open hands both give praise and release sin.	Gen 29:35 — Leah names Judah ("praise") Psalm 9:1 — "with my whole heart" Psalm 63:4 — "lift up my hands"	Hands fly up at good news; or you open your hands at day's end to admit a wrong instead of hiding it. Value: Honesty and release — nothing hidden, nothing held back.
TOWDAH תוֹדָה toh-DAW	A sacrifice of thanks, given in advance — thanking God before the answer comes.	Psalm 50:23 — thanks glorifies God Psalm 100:4 — enter His gates with it Jonah 2:9 — thanks from inside the fish	Thanking God while the bills stack up or the diagnosis is still unknown. Value: Peace and faith under pressure — not after it lifts.
BARAK בָּרַךְ baw-RAK	To bless the Lord by kneeling (from berek, "knee"). He blesses us; we kneel to bless Him back.	Psalm 103:1 — "bless the LORD, O my soul" Psalm 34:1 — "at all times" Psalm 95:6 — "let us kneel"	Kneeling in awe at a sunrise or answered prayer; a quiet morning bowed low before the day starts. Value: Humility — small before Him, and safe there.
TEHILLAH תְּהִלָּה teh-hee-LAW	Spontaneous sung praise — the praise God inhabits (from halal, "hallelujah").	Psalm 22:3 — God inhabits our praise Psalm 40:3 — a new song in my mouth Isaiah 61:3 — garment of praise	A song rising while you drive or do dishes; singing over heaviness before you feel like it. Value: Invites God's presence into ordinary space; lifts what weighs on you.
SHABACH שָׁבַח shaw-BAKH	Loud, shouting praise — to commend God triumphantly, in a loud voice.	Psalm 63:3 — "my lips shall praise thee" Psalm 145:4 — one generation to another Psalm 117:1 — all peoples, praise Him	Shouting when the victory lands — the prodigal home, the long fight won. Value: Boldness — breaks shame and fear; testimony at full volume.
<i>Same worship, different shapes — for every season: towdah in the waiting, shabach in the victory, barak in the awe, yadah in surrender, tehillah in the everyday.</i>			