

The SHEnergized SisStarhood
Spirit | Mind | Body
Spiritual Empowerment Experience

May 26, 2024 - June 23, 2024
PRAISE - SEND JUDAH FIRST
Judges 1:2; Psalm 34:1; Hebrews 13:15

zoom JOIN ONLINE OR CALL: 646-558-8656
MEETING ID: 530 441 1689 | PASSCODE: 057058

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Lesson Series for May/June, 2024

START ON ROMAN NO. II FOR JUNE 16, 2024 (follow yellow highlight)

“SEND JUDAH FIRST”

Lesson One

“Why We Do What We Do”

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“And the Lord said, JUDAH shall go up: behold I have delivered the land into his hand.”
(Judges 1:2)

“I will bless the Lord at all times: His Praise shall continually be in my mouth.”
(Psalms 34:1)

By Him therefore let us offer the sacrifice of Praise to God continually, that is, the fruit of our lips giving thanks to His Name.”
(Hebrews 13:15)

I. Overview

Old Testament

Judges 1:1-2
Psalms 34:1
Proverbs 3:5-6

New Testament

James 1:2
II Corinthians 4:18
St. John 3:24
Ephesians 3:19
Romans 12:1-2
Revelation 4:11
Hebrews 13:15

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Definitions

Worship: “weorpscipe” Old English Word means “worthiness” or “worth-ship.” It signifies devotion, reverence, respect, honor; declaring the greatness of someone; Honoring and acknowledging God and His worthiness or His Worth or Value.

The act or feeling of adoration or homage because of Truth received in the spirit. What you find out about the worthiness of God – the Worth of God;

Praise: “pretium or preisier” – Old French words meaning “to value or to prize;” to acknowledge the worth of the one being worshipped; a verbal or outward expression in recognition of God’s character and Love and Blessings; expression of gratitude for who He is and what He has done.:

To express approval; to applaud; to express adoration; a conviction of worth based on the Truth received;

We will look at “Worship” as an inner attitude of the worthiness of God, and “Praise” as the outward expression of the inner attitude.

Descriptions of Worship/Praise:

- 1) Barak: To kneel or bow;
- 2) Halal: To praise; to make a show or rave about;
- 3) Shachah: To bown down, to fall down flat;
- 4) Tehillah: To sing, glorifying God in song;
- 5) Todah: To extend the hands;

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- 6) Yadah: To extend hands in thankful praise and thanksgiving;
- 7) Zamar: To touch the strings or parts of a musical instrument;

II. Worship – Praise

Psalms 148:1-5
 Job 38:4-7

Revelation 4:11
 St. John 4:23-24

LESSON START JUNE 9, 2024

III. Who/Why of Praise

Psalms 103
 Psalms 104
 Psalms 63
 Psalms 145

IV. When of Praise

Psalms 30:12
 Psalms 35:28
 Psalms 44:8

Hebrews 13:15

V. Where of Praise

Psalms 57
 Psalms 107:32
 Psalms 109:30
 Psalms 108:1

Hebrews 13:15

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VI. What/How of Praise

- Psalms 50:23
- Psalms 51:15
- Psalms 63:3-5
- Psalms 118:19, 28
- Psalms 22:3

VII. God IS.....Therefore, I Will.....



SisStarly Reflections: May 26th:

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JOIN US SUNDAYS
8:30 AM EASTERN

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