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## STRENGTHENING THE CORE: Worship Freely 2 – Holy Roar

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### Psalm 150

Today's teaching is based upon the book "Holy Roar" by Chris Tomlin and Darren Whitehead.

There are seven Hebrew words that are translated into English for the word "praise." Today's teaching is a brief examination of the seven Hebrew words. The desired outcome is to increase our understanding of how people in the Bible worshipped God, and then apply the teaching to our worship.

Two things to do with this discussion guide. First, write the things you want to remember about each word. Second, write your personal response to each word. How will your worship be impacted by this teaching?

1. Yadah: Raised hand (Psalm 67:3-4)
  - Psalm 44:8 We will be lifting our hands forever
  
2. Halah: To boast, to rave, to shine, to celebrate, to be clamorously foolish (Psalm 150:3-6)  
"Halah ... contemplates laying aside your inhibitions and killing your self-consciousness." (Holy Roar, p. 34)
  
3. Zamar: Celebrate in song and music (Psalm 144:9-10 & 2 Kings 3:14-16)
  
4. Barak: To kneel to bless God, to salute, to thank (Psalm 103:1-2)
  
5. Towdah: Extension of the hand, praising God with expectation (Psalm 50:22-23)
  
6. Tehillah: A song of praise, a new song, a spontaneous song (Psalm 22:2-3)
  
7. Shabak: To address in a loud tone, to shout, glory and triumph (Psalm 63:1-4 & Psalm 145:4)