



## Week 6: Praise Humbly

“Ezra praised the Lord, the Great God; and all the people lifted their hands and responded, ‘Amen! Amen!’ Then they bowed down and worshiped the Lord with their faces to the ground.” *Nehemiah 8:6 (NIV)*

### A. A Place of Praise

“And all the people came together as one in the square before the Water Gate.” *Nehemiah 8:1a (NIV)*

1. A place of trustworthiness
2. A place of togetherness
3. A place of regular freshness

### B. An Intention of Praise

“All the people listened attentively to the Book of the Law.” *Nehemiah 8:3c (NIV)*

1. Ezra in a place of focus  
“...stood on a high wooden platform built for the occasion.” *Nehemiah 8:4a (NIV)*
2. Surrounded by men of God  
“Beside him on his right stood Mattithiah, Shema, Anaiiah, Uriah, Hilkiyah and Maaseiah; and on his left were Pedaiah, Mishaiah, Malkijah, Hashum, Hashbaddanah, Zechariah and Meshullam.” *Nehemiah 8:4b-c (NIV)*

### C. A Posture of Praise

“Ezra opened the book. All the people could see him because he was standing above them; and as he opened it, the people all stood up. Ezra praised the Lord, the great God; and all the people lifted their hands and responded, ‘Amen! Amen!’ Then they bowed down and worshiped the Lord with their faces to the ground.”  
*Nehemiah 8:5-6 (NIV)*

1. Stand up  
“All the people stood up...”

We need to get back to God’s teaching, rather than stand for cultural pleasing.

2. Hands up  
“All the people lifted their hands...”

3. Word up  
“...and responded, ‘Amen! Amen!’”

“These are the words of the Amen, the Faithful and True Witness, the Ruler of God’s creation.”  
*Revelation 3:14b (NIV)*

4. Face down  
“...worshiped the Lord with their faces to the ground.”

5. Joy all around  
“This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.” *Nehemiah 8:10b (NIV)*

6. A proper posture of praise can:
  - a. Protect us from traps  
“But I prayed, ‘Now strengthen my hands.’”  
*Nehemiah 6:9b (NIV)*

“But the Lord is faithful, and He will strengthen you and protect you from the evil one.” *2 Thessalonians 3:3 (NIV)*

- b. Instill fear into our enemy

“When all our enemies heard about this, all the surrounding nations were afraid and lost their self-confidence, because they realized that this work had been done with the help of our God.” *Nehemiah 6:16 (NIV)*

“And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.” *Colossians 2:15 (NIV)*

- c. Drive out fear in ourselves

“From the days of Joshua son of Nun until that day, the Israelites had not celebrated it like this. And their joy was very great.” *Nehemiah 8:17b (NIV)*

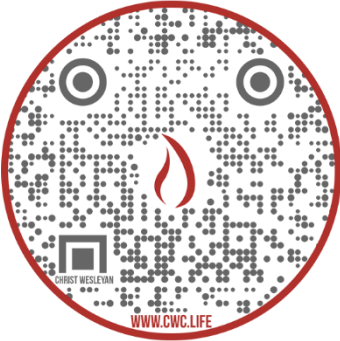
“There is no fear in love. But perfect love drives out fear, because fear has to do with punishments. The one who fears is not made perfect in love.” *1 John 4:18*

### D. How about you?

1. Do you have a “Water Gate” spot?
2. Are you intentional about who surrounds you?
3. What posture of praise do you need to work on the most?

*To begin a relationship with Jesus...  
Text: I Choose Jesus to 88202*

**Next Sunday: Plead Sincerely** (*Nehemiah 9:1-37*)



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FOR THIS WEEK'S LINKS

CHRIST WISLEVM

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