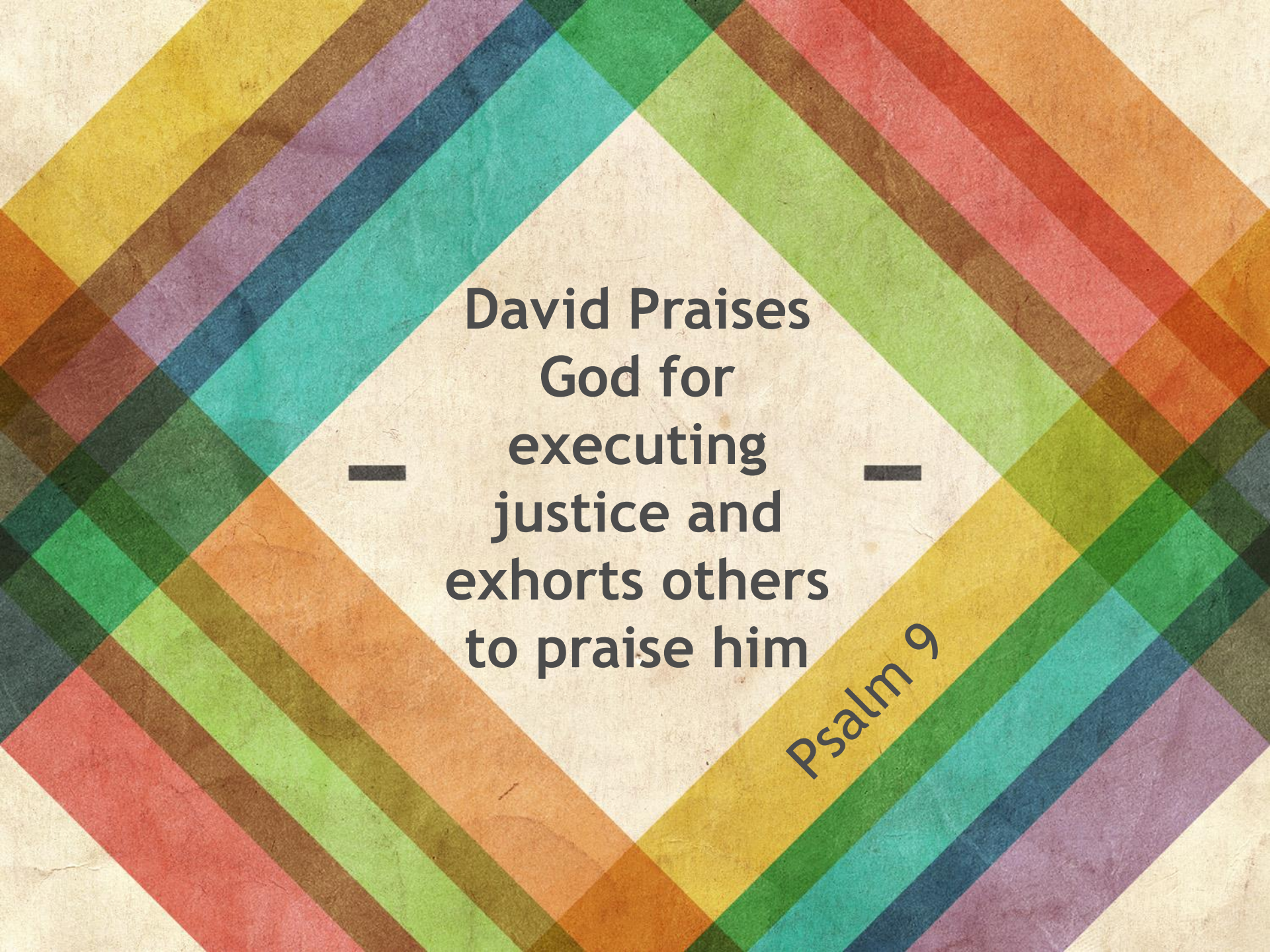


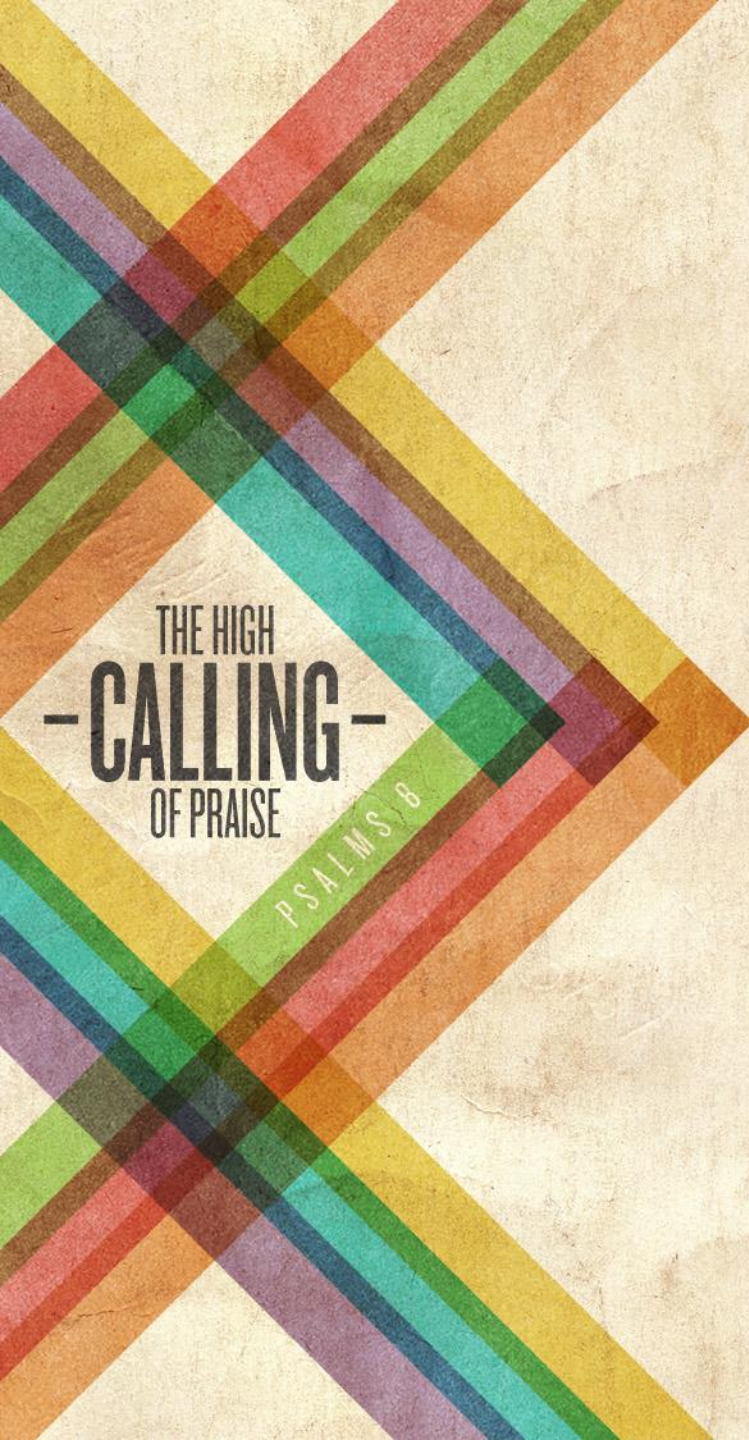
THE HIGH  
— CALLING —  
OF PRAISE

Psalm 9  
Bishop Jerry F. Hutchins



**David Praises  
God for  
executing  
justice and  
exhorts others  
to praise him**

**Psalm 9**



**Praise or Praises is mentioned 4 times in this Psalm. Each time David is expressing 3 things regarding praise:**

THE HIGH  
**-CALLING-**  
OF PRAISE

PSALMS 8

- 1. Lifting of the hands**
- 2. Singing**
- 3. Singing accompanied by instruments.**



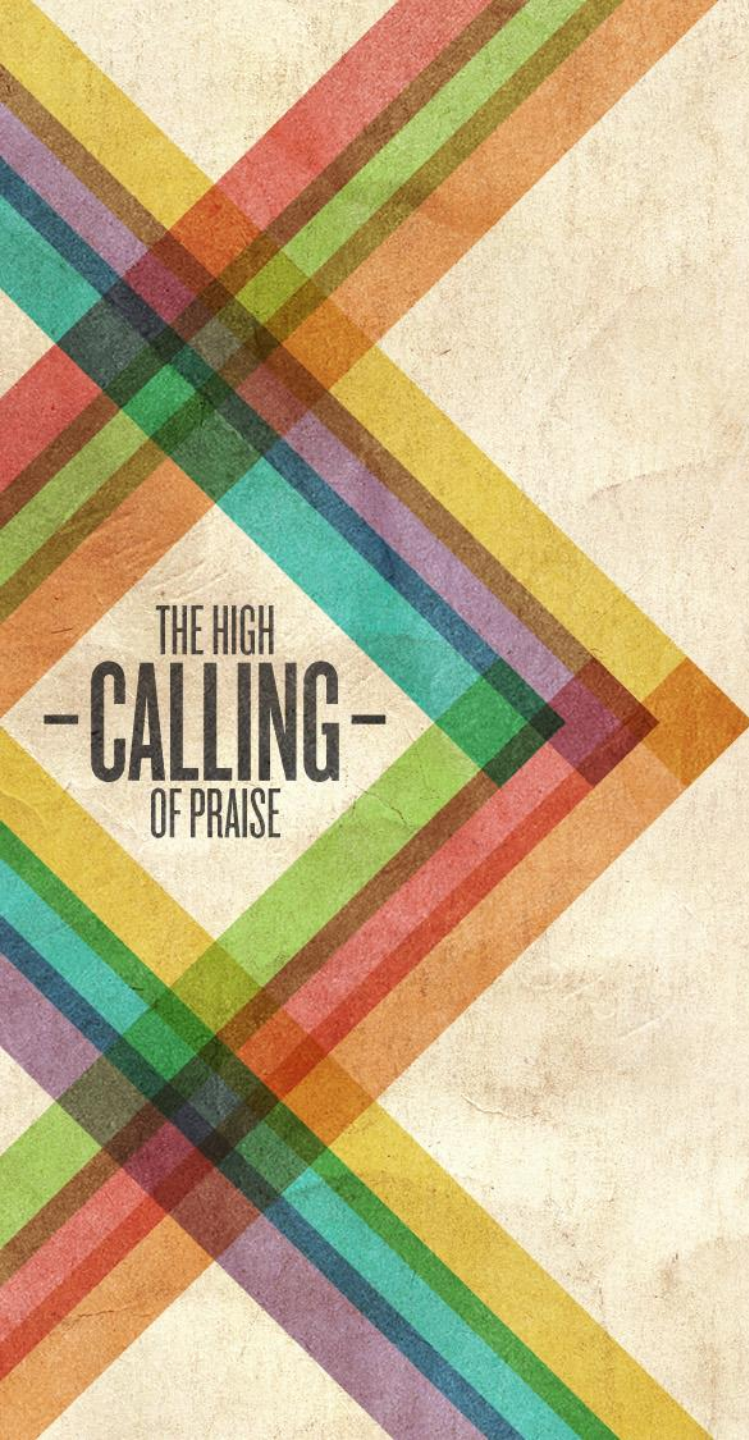
THE HIGH  
-CALLING-  
OF PRAISE

v.1

I will **praise** thee, O LORD,  
with my whole heart; I will  
shew forth all thy  
marvellous works.

yä·dä'

“to revere or worship (with  
extended hands)”

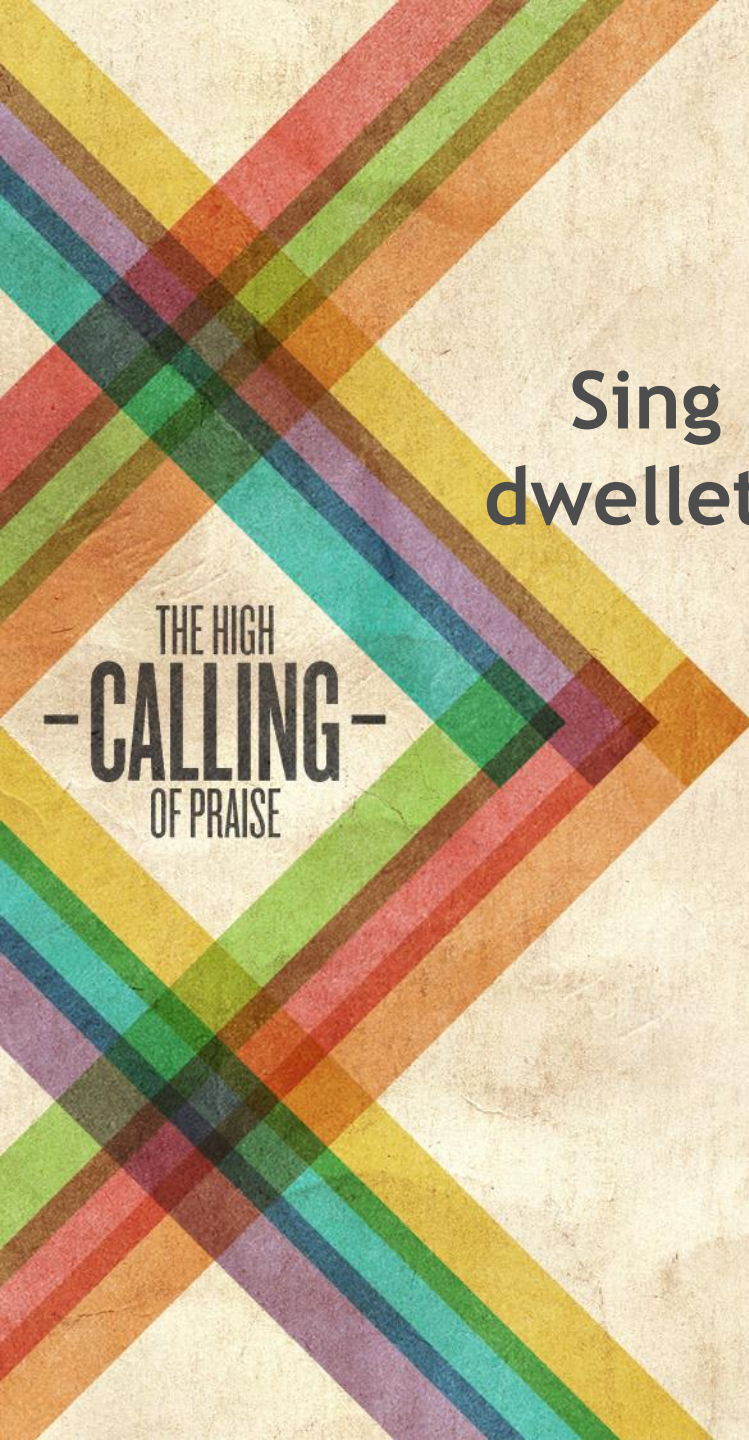


<sup>2</sup> I will be glad and rejoice in thee: I will sing **praise** to thy name, O thou most High.

*Zamar*

to make music,  
accompanied by the voice;  
hence to celebrate in song  
and music

THE HIGH  
-CALLING-  
OF PRAISE

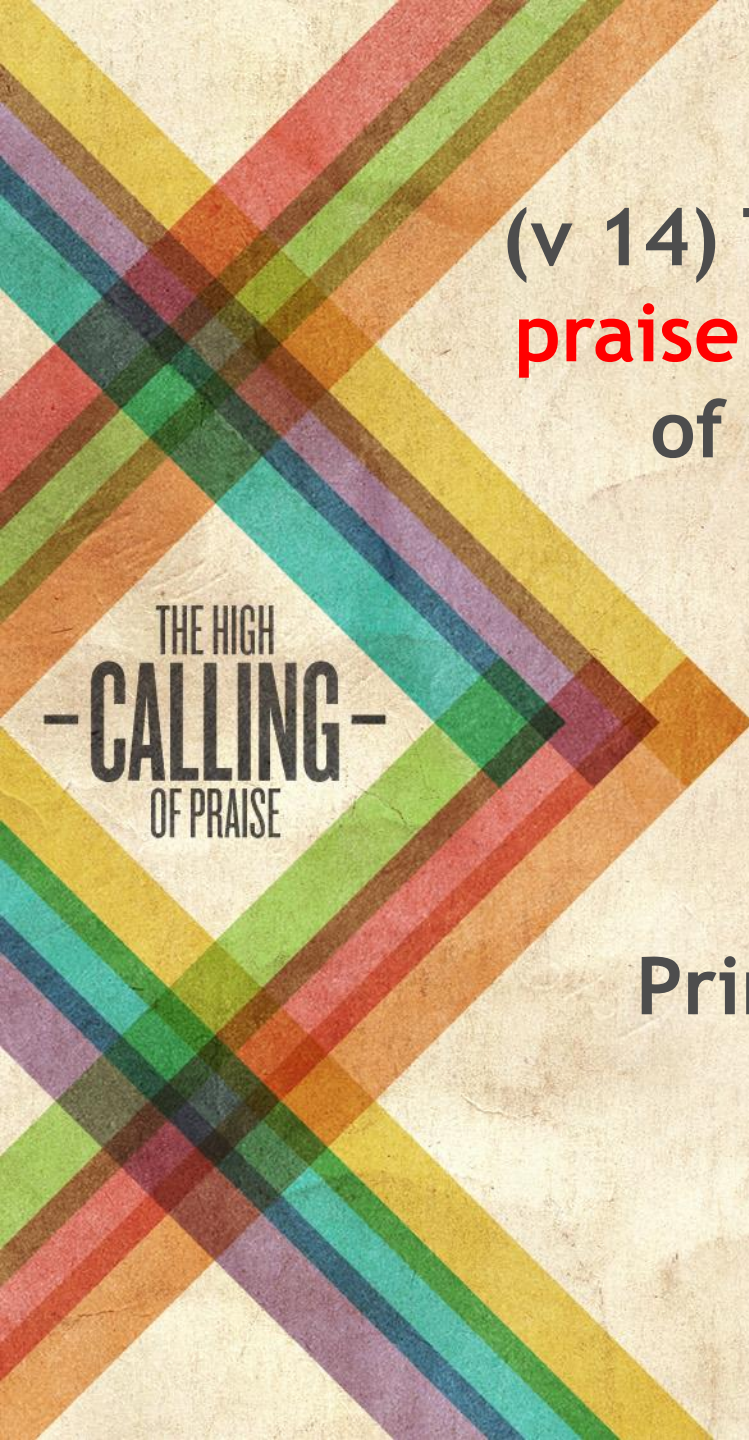


(v 11).

Sing **praises** to the LORD, which  
dwelleth in Zion: declare among the  
people his doings.

THE HIGH  
-CALLING-  
OF PRAISE

*zamar*



(v 14) That I may shew forth all thy  
**praise** in the gates of the daughter  
of Zion: I will rejoice in thy  
salvation.

THE HIGH  
-CALLING-  
OF PRAISE

*Tehillah*

Primarily the idea of singing




– Psalm 9 –

**Considering the words that David uses in this Psalm, he demonstrates the act of praise as Singing, accompanied by instruments, with hands lifted.**




## Why does the Bible so frequently command us to sing?

1. Singing is for our good and God's glory. Just like prayer, fasting, meditation, reading the word, serving others, etc., singing is a part of the spiritual diet that God orders that we practice as it helps us to manage life in the flesh.



**2. Research shows that singing releases endorphins & oxytocin by the brain lowering stress and anxiety levels.**



**3. Oxytocin enhances feelings of trust and bonding which helps to improve depression and feelings of loneliness**



**4. Singing improves  
social bonding and  
cohesion**

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**5. Singing builds  
confidence.**



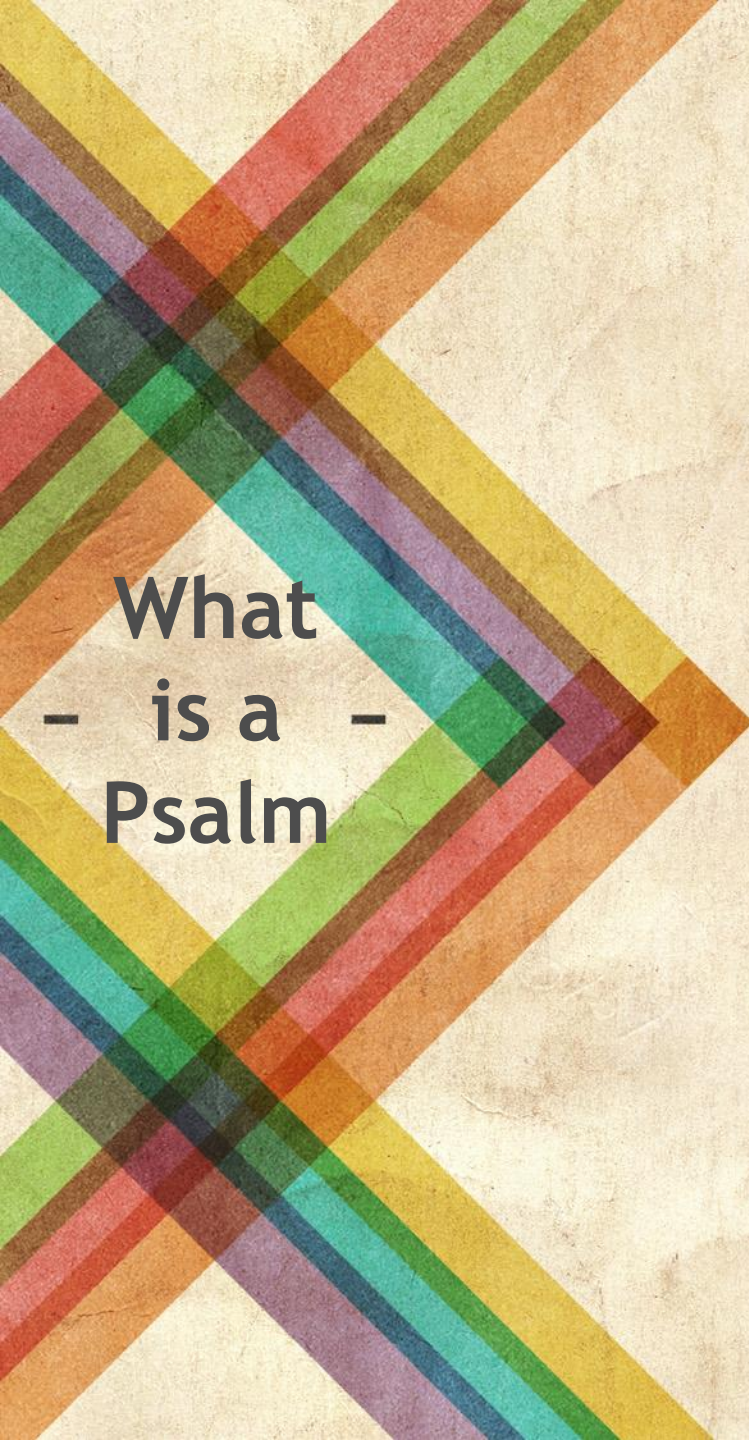
What kind of songs should we sing?

*Colossians 3:16*

*Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, **singing psalms and hymns and spiritual songs**, with thankfulness in your hearts to God.*

## Ephesians 5:18-19

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in **psalms and hymns and spiritual songs**, singing and making melody to the Lord with your heart...



What  
– is a –  
Psalm

**A Psalm is a song  
taken directly from  
the scriptures. It  
sings scripture**



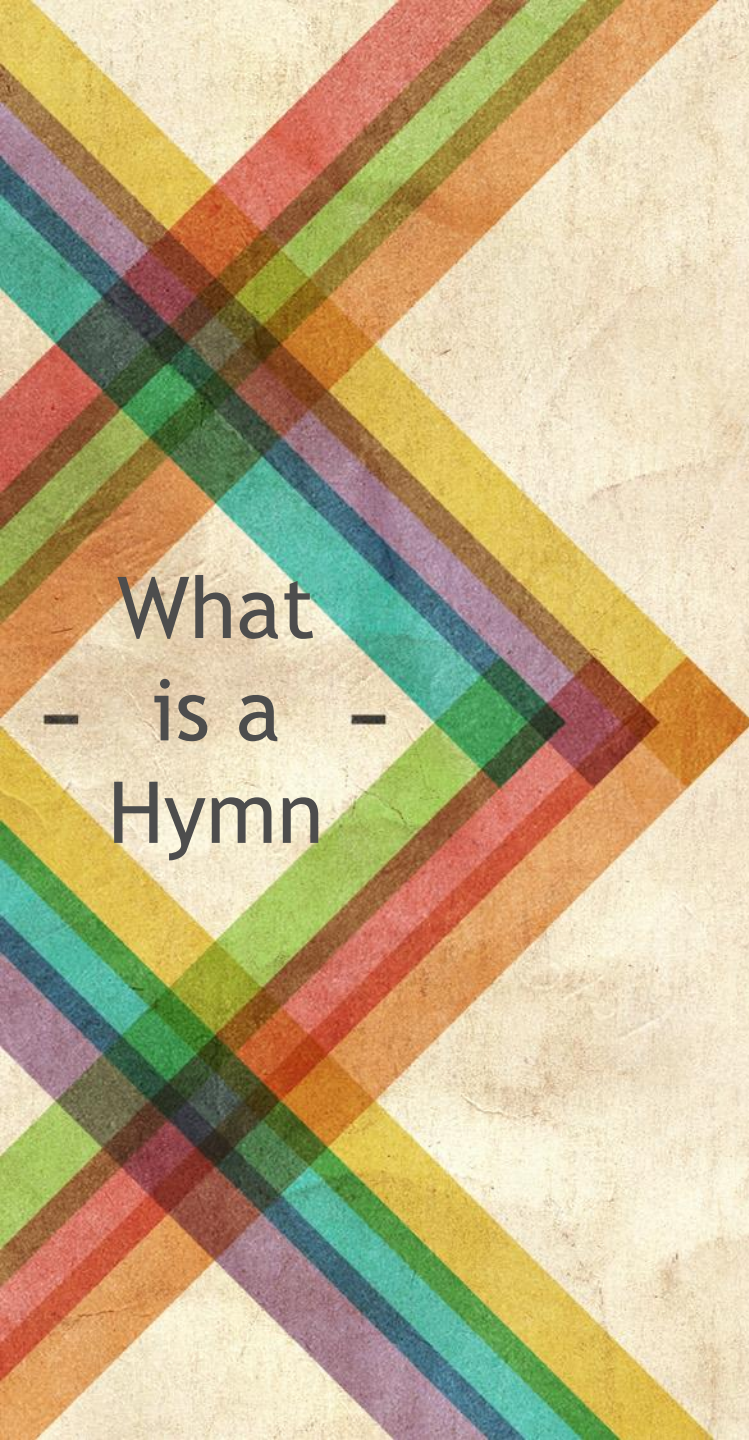
**Psalm 8**

**Psalm 27**

**Psalm 34**

**Psalm 68**

**Psalm 103:1**



What  
– is a –  
Hymn

**A hymn is a song that sings  
about God but is not  
necessarily a particular  
scripture.**



**Great is thy faithfulness**

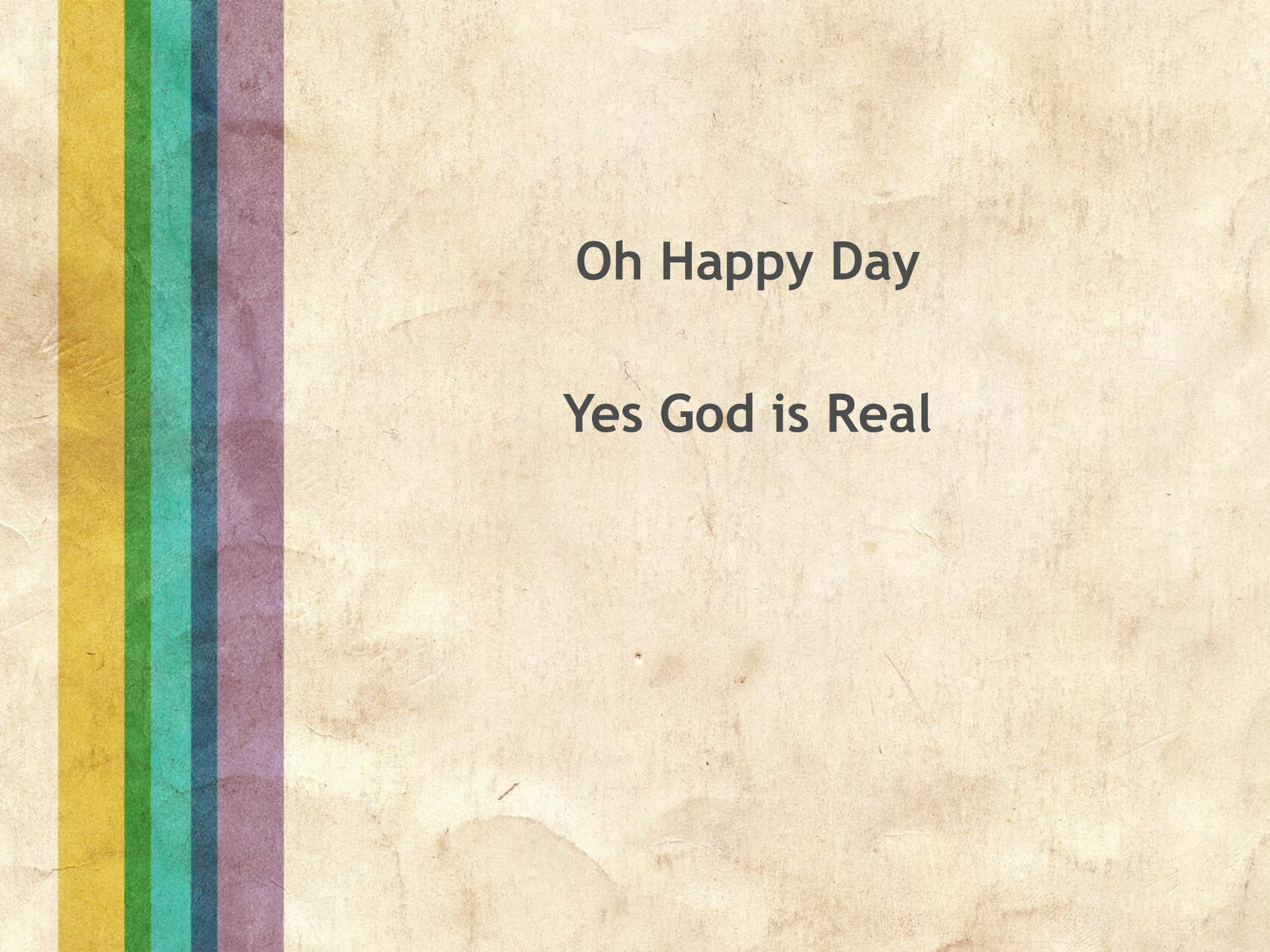
**There is a fountain filled with Blood**

**Amazing Grace**



What  
are  
Spiritual  
Songs

Spiritual songs deal with spiritual themes. They might not directly sing about God or Scripture, but they will teach a doctrine, encourage the body, or prompt others toward love and good works. A spiritual song might express the joy of one's salvation, revel in the grace of Christ, offer a testimony, or exalt the greatness and power of God.

A vertical rainbow stripe is positioned on the left side of the image, consisting of four distinct bands of color: yellow, green, blue, and purple. The background is a textured, aged, light brown paper with some water stains and creases.

**Oh Happy Day**

**Yes God is Real**



## **What about Contemporary Christian Music (CCM) and Gospel Music?**

**The Bible does not address these genres of music; however, if the content falls within that of Psalms (scripture) hymns (scriptural) or Spiritual songs, then we must conclude that it meets Biblical approval.**



# Psalm 9