



## **WOMEN AS INSTRUMENTS OF PRAISE**

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Most Christian gatherings commence with a session of praise and worship. Some think it is a warming up exercise, others think it is a delay tactic employed to wait for more people to gather before the programme kicks off, while some think it is a pure religious exercise or tradition. Perhaps these account for lateness to meetings amongst Christians and the difficulty choir or worship leaders experience in getting people to flow with them in the same spirit in God's presence. If the above are your reasons for praise and worship in church meetings then you've got it all wrong. These erroneous beliefs also explain why some believers refuse to participate as others worship God. Consequently, they are weighed down by their burdens and usually leave the same way they came.

Women are better praise singers and motivators to inspire others to sing hence their sonorous voice. This natural attribute of women is evident in their spontaneous reaction after David killed Goliath in 1 Samuel 18. The women busted out singing and dancing. Several women in scripture expressed their appreciation to God by breaking forth into singing. Examples of such women in the Bible are Hannah (1 Samuel 2: 1-10), Elizabeth (Matthew 1: 39-45), Mary, the mother of our Lord Jesus Christ (Matthew 1: 46-55) and the prophetess Anna (Luke 2: 36-38). The heartfelt expressions of these women now form the bedrock of many of our hymns and songs in Church. They surely were instruments in God's hands to inspire us. We should be like them.

Praise and worship are the best ways we can surround ourselves with the aura of God's holy presence because He inhabits the praises of His people. These pleasures are benefits you enjoy. Psalm 16: 11b says, ***"In thy presence is fullness of joy, at thy right hand there are pleasures for ever more."*** Have you ever wondered what pleasures would accrue to you by simply being in God's presence? Praise and worship get us there! Now that you know this, I hope you will take the matter more seriously.

Some of the other benefits are as follows:

1. Refreshment and restoration (Psalm 23: 3).
2. Freedom from fear, worry and anxieties (Psalm 23: 2).
3. Divine instruction and guidance in ministry (Acts 13: 2).
4. Victory in spiritual warfare (Joshua 6: 6-28, 2Chron,20: 21-24)
5. Secrets of the devil are revealed (Dan.2: 28, 2Kg.6: 1-end).
6. Bonds are broken (Acts 16: 25-26).
7. Divine protection (Psalm 91: 1-end).
8. Physical and spiritual healing (Daniel 3: 19-27).
9. Self-discovery and Divine revelation (Gen.28: 12-end).
10. Unspeakable joy (Psalm 16: 11b, 1Pet.1: 8).

All these and many more are what we enjoy when we freely release ourselves to God in praise and worship. God on a continuous basis delights in meeting our needs as we minister to Him whether in public or private worship. As we give Him pleasure in praise and worship, He in return gladdens our hearts. The greatest experience for man at creation, at present and hereafter is to dwell in God's presence. Life is full of troubles and is altogether vanity. Do yourself a favour today and determine to give yourself without reservation to a lifestyle of praise and worship. That's all we'll be doing in heaven.