
The Keys of Praise, Part II (Calming The Storms)

The Keys of Holiness

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Sermon: The Keys of Holiness: The Keys of Praise, Part II (Calming The Storms)

New Series Messages: “The Keys of Holiness”

- Matthew 16:19 (AV) ¹⁹ **And I will give unto thee the keys of the kingdom of heaven: ...**
- Subject: The Keys of Praise (Shifting The Atmosphere)
 - Shifting Your Atmosphere
 - Shifting Their Atmosphere
 - Shifting The Enemy’s Atmosphere

Lesson Text

Psalms 34:1–3 (KJV)¹ I will bless the LORD at all times: his praise *shall* continually *be* in my mouth. ² My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad. ³ O magnify the LORD with me, and let us exalt his name together.

Mark 4:35–40 (KJV)³⁵ And the same day, when the even was come, he saith unto them, **Let us pass over unto the other side.** ³⁶ And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. ³⁷ And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. ³⁸ And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? ³⁹ And he arose, and rebuked the wind, and said unto the sea, **Peace, be still.** And the wind ceased, and there was a great calm. ⁴⁰ And he said unto them, **Why are ye so fearful? how is it that ye have no faith?**

Introduction

Let's continue to look at the Keys of Praise by examining different forms of praise and how we can exert and use them during various times in our lives.

- Yadah is a praise of thanksgiving; Towdah is lifting or extending the hands in love.
- Shabach is a loud shout of glory; Halal a boastful praise of celebration; hallelujah!
- Zamar is praise of music with instruments; Barak adores God by kneeling/bowing.

These forms of praise have a direct connection to various Atmospheres, Seasons, and Storms of Life we find ourselves experiencing.

The third chapter of Ecclesiastes teaches us that there are 28 seasons of life; 14 good, 14 bad.

Most people tend to live in frustration trying to get out of the bad ones and into the good one.

But this is an exercise in futility because you will always either be just coming out of a bad season, or about to go into one. And the futility is to believe that you can control that!

The real issue is not the season that you're in, but the storms that arise during that season.

The problem is not the winter season, it's the snowstorms; it's not the spring season, it's the rain storms; it's not the summer season, it's the fire storms; it's not the fall season, it's the hurricanes.

Philippians 4:11 (KJV) ¹¹ Not that I speak in respect of want: for I have learned, in whatsoever state I am, *therewith* to be content.

How do we get to this state of content? By learning how to deal with our storms.

Storms form when there is Atmospheric change. The temperature changes and heats up the air. The warm air rises and creates a vacuum of pressure. The pressure sucks in cold air producing wind! And before we know it, we have a hurricane storm forming off the Atlantic.

Mark 4:37, 39 (KJV) ³⁷ And there arose a great storm of wind, and the waves beat into the ship, so that it was now full... ³⁹ And he arose, and rebuked the wind, and said unto the sea, **Peace, be still**. And the wind ceased, and there was a great calm.

Today, we will learn how to stop stressing during our storms, and to start using the Keys of Praise to calm our storms when the pressure changes, the wind changes, and the temperature changes.

Series and Sermon: The Keys of Holiness: The Keys of Praise, Part II (Calming The Storms)

“Calming The Pressure, Calming The Winds, and Calming the Temperature of Your Storms”

I. Calming The Pressure of Your Storms (Yadah Praise)

Mark 4:38 (KJV) ³⁸ And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

Psalms 34:1 (KJV)¹ I will bless the LORD at all times: his praise *shall* continually *be* in my mouth.

The Pressures of Life Produce Storms. There are the physical pressures of afflictions, the people pressures of relationships, and the situational pressures of troubles.

The attacks of sickness, disease, loss, finances, economic, jobs, marriage, family, co-workers, ministry can all have a debilitating effect on us by producing uncommon pressure.

Psalms 34:19 (KJV)¹⁹ Many *are* the afflictions of the righteous but the Lord delivereth him out of them all

Psalms 41:9 (KJV) ⁹ Yea, mine own familiar friend, in whom I trusted, which did eat of my bread, hath lifted up *his* heel against me.

2 Corinthians 4:8-9 (KJV) ⁸ *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair; ⁹ Persecuted, but not forsaken; cast down, but not destroyed;

Calm the Pressure of your Storms with a Praise of Thanksgiving (Yadah)

Mark 4:38a (KJV) ³⁸ And he was in the hinder part of the ship, asleep on a pillow:

The reason why Jesus could sleep during his storm, because he understood the power of a thanksgiving praise.

Philippians 4:6–7 (KJV)⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

It's not that the storms go away, but our praise of thanksgiving shifts the pressure.

1 Thessalonians 5:18 (KJV)¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

When you give God thanks during the storm, we can sleep even when the storm is raging!

Psalms 30:5 (AV)⁵ For his anger *endureth but* a moment; in his favour *is* life: weeping may endure for a night, but joy *cometh* in the morning.

II. Calming The Winds of Your Storm (Shabach Praise)

Mark 4:39 (KJV) ³⁹ And he arose, and rebuked the wind, and said unto the sea, **Peace, be still.** And the wind ceased, and there was a great calm.

The Winds of Life Produce Storms. These are things that arise in opposition to your calling.

Mark 4:35b, 37 (KJV) ³⁵ ... he saith unto them, **Let us pass over unto the other side.** ... ³⁷ And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

These winds produce resistance and contradiction to the call and purpose for your life.

Mark 4:19 (KJV)¹⁹ **And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.**

Calm the Winds or your Storms with a Praise of Glory (Shabach)

Mark 4:39 (KJV) ³⁹ And he arose, and rebuked the wind, and said unto the sea, **Peace, be still.**

When Jesus rebuked the Wind, He was giving a loud Shabach Praise that told the wind to back up, get back. It was a Shout of Glory.

A Shabach Shout of Glory is about applying Resistance to the Resistance.

James 4:7 (KJV) ⁷ Submit yourselves therefore to God. Resist the devil, and he will flee from you.

When the wind blows, resist it; when the disappointments come, resist it; when the trouble shows up, resist it!

Revelation 12:11 (KJV)¹¹ And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

Romans 8:18 (KJV)¹⁸ For I reckon that the sufferings of this present time *are* not worthy *to be compared* with the glory which shall be revealed in us.

III. Calming The Temperature of Your Storms (Halal Praise)

Mark 4:40 KJV) ⁴⁰ And he said unto them, **Why are ye so fearful? how is it that ye have no faith?**

To Calm The Storms of Life:

- We must Calm the Pressure of our Storm with a Yadah Praise of Thanksgiving: 1 Thessalonians 5:18 (KJV) ¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
- We must Calm the Winds of our Storm with a Shabach Praise of Glory: Romans 8:18 (KJV) ¹⁸ For I reckon that the sufferings of this present time *are* not worthy *to be compared* with the glory which shall be revealed in us.
- Finally we must Calm the Temperature of our Storm with a Halal Praise of Boasting: Psalm 34:2 (KJV) ² My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad.

Stop being a Thermometer and Start being a Thermostat. A Thermometer simply tells you the temperature, but a Thermostat controls the temperature.

Mark 4:38 (KJV) ³⁸ And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

When the devil turns up the heat, too many people just become thermometers complaining about how hot it is. “Stop cursing the dark, and simply turn on the light!”

We don't need “Thermometer People” telling us how hot it is, we already know that! We need “Thermostat People” to turn on the AC!

Calm the Temperature of your Storms with a Praise of Boasting in the Lord (Halal)

Stop complaining, and simply change the Thermostat.

Calm the Temperature with a Continuous Praise: Psalm 34:1 (KJV) ¹ I will bless the LORD at all times: his praise *shall* continually *be* in my mouth.

Calm the Temperature with a Boastful Praise: Psalm 34:2 (KJV) ² My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad.

Calm the Temperature with a Corporate Praise: Psalm 34:3 (KJV) ³ O magnify the LORD with me, and let us exalt his name together.

Calm the Temperature with a Deliverance Praise: Psalm 34:4 (KJV) ⁴ I sought the LORD, and he heard me, and delivered me from all my fears.

Calm the Temperature with an Invitation Praise: Psalm 34:8 (KJV) ⁸ O taste and see that the LORD *is* good: blessed *is* the man *that* trusteth in him.

Milton Brunson wrote a song that said, “When the storm of life is raging, and the billows roll, So glad He shall hide me, Safe in His arms!”

Midweek Study Lesson Plan (Sermon: The Keys of Praise, Part II (Calming The Storms))

Lesson Text

- Psalm 34:1–3, Mark 4:35–40

Sermon Outline (Notes)

I. Calming The Pressure of Your Storms (Yadah Praise)

II. Calming The Winds of Your Storm (Shabach Praise)

III. Calming The Temperature of Your Storms (Halal Praise)

Questions (What was your main takeaway from Sunday’s Sermon?)

I. Getting to Know “Me”

1. Tell of a time when you had to, or decided to, learn how to do something new. What did you do? How did it turn out?
2. What 2 things do you consider yourself to be very bad at?

II. Into the Bible

1. The disciples were experienced fishermen and were knowledgeable about the violent and unexpected storms that would arise in the The Sea of Galilee. Although Jesus gave them a command in Mark 4:35 and he was in the boat with them, why would the disciples think they would be destroyed by *this* particular storm as we see from their alarming actions in Mark 4:38?
2. According to Psalm 69:30, two forms of praise are used in this verse: “ I will praise (*halal*) the name of God with a song, and will magnify him with thanksgiving (*towdah*).” What is the significance of David using these particular forms of praise in his distressful situation?

III. Life Application - (Calming the Temperature of Your Storm)

1. Be a Thermostat: Name one practical action you will take to be self-controlled when facing an enemy in the future.
2. God’s Grace is Sufficient: Share with your group the scriptures that bring you rest and peace and during your storms. Now, share one sentence of comfort and encouragement with your group to help them in a storm.