

# Worship that Exalts

Psalm 34:1-3

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## 2 truths regarding the worship of God:

### **1. The right posture for worship**

Humility is the right posture for worship. As revealed in Scripture, it is the humble that would find the freedom to worship God Almighty. A prideful heart chokes worship to God, but the one with a humble heart posture is ready for worship.

Ps. 34:1-3 - The people whom David was inviting to worship together with him were the humble. Humility is self-forgetfulness (Timothy Keller). Being self-forgetful means not thinking much about yourself all the time. Self-forgetfulness is the right posture of worship.

The historical context of Psalm 34 (1 Sam. 21) gives us a radical picture of what such humility would look like. David, knowing that he was in trouble, acted like a fool to get himself out of trouble. His act was so convincing that Abimelech found no threat in him and chose to let him go. Psalm 34 reveals David's heart posture - he was not taking pride in his cleverness but was boasting in the Lord who had delivered and saved him. David was a man so humble that he was willing to be despised as a fool. In the radical humble posture of David's heart, he wasn't celebrating his own brilliance; he was making much of God, his Deliverer and Saviour. *"If you should ask me what are the ways of God, I would tell you that the first is humility, the second is humility, and the third is humility. Not that there are no other precepts to give, but if humility does not precede all that we do, our efforts are fruitless."* - Saint Augustine. Pride leads our worship away from God to ourselves. Humility leads us away from ourselves and towards God.

### **2. The right purpose of worship**

Humility is not the end goal but a posture for a Christian. Wonderful as it is, a humble character is not the goal. Humility gives us the freedom from being obsessed with ourselves and, ultimately, liberates us vertically. The freedom we find in humility allows us to seek God and find the right purpose of worship: to exalt (magnify and elevate) God. Exalting God is the right purpose of worship. We lift God's name up because we recognise Him as worthy. The right posture and purpose of worship go hand in hand - the exaltation of God and the humbling of self; He (God) must increase and we must decrease. The more we decrease in our humility; the more God increases in our exaltation; the deeper we grow in our worship of God.

v3 - David calls for everyone to exalt the name of the *LORD* together humbly.

## How do we exalt God?

### **1) Exalt God in our hearts**

- a. Through our love
- b. Through our faith
- c. Through our gratefulness
- d. Through our longing

### **2) Exalt God with our actions**

- a. Through our willing obedience
- b. Through our godly speech
- c. Through our grace-motivated serving
- d. Through our faithful witness

The *LORD* is calling us today to be worshippers. Hear and embrace this call humbly and find the strength to worship Him in our hearts and actions! Behold and marvel at Christ as our Saviour and worship Him!