

¹PRAISE THE LORD!
PRAISE GOD IN HIS SANCTUARY;
PRAISE HIM IN HIS MIGHTY EXPANSE.

PSALMS 150:1

²PRAISE HIM FOR HIS MIGHTY DEEDS;
PRAISE HIM ACCORDING TO HIS EXCELLENT
GREATNESS.

PSALMS 150:2

³PRAISE HIM WITH TRUMPET SOUND;
PRAISE HIM WITH HARP AND LYRE.

PSALMS 150:3

⁴PRAISE HIM WITH TIMBREL AND DANCING;
PRAISE HIM WITH STRINGED INSTRUMENTS AND
PIPE.

PSALMS 150:4

⁵PRAISE HIM WITH LOUD CYMBALS;
PRAISE HIM WITH RESOUNDING CYMBALS.

PSALMS 150:5

⁶LET EVERYTHING THAT HAS BREATH PRAISE THE
LORD.
PRAISE THE LORD!

PSALMS 150:6

יָדַה YÂDÂH, YAW-DAW'

LITERALLY, TO USE (I.E. HOLD OUT) THE HAND;
PHYSICALLY, TO THROW (A STONE, AN ARROW) AT OR
AWAY; ESPECIALLY TO REVERE OR WORSHIP (WITH
EXTENDED HANDS); INTENSIVELY, TO BEMOAN (BY
WRINGING THE HANDS):—CAST (OUT), (MAKE)
CONFESS(-ION), PRAISE, SHOOT, (GIVE) THANK(-FUL, -S,
-SGMING).

כְּרַר KÂRAR, KAW-RAR'
A PRIMITIVE ROOT; TO DANCE (I.E. WHIRL):—DANCE(-
ING).

הָלָל HÂLAL, HAW-LAL'

A PRIMITIVE ROOT; TO BE CLEAR (ORIG. OF SOUND, BUT USUALLY OF COLOR); TO SHINE; HENCE, TO MAKE A SHOW, TO BOAST; AND THUS TO BE (CLAMOROUSLY) FOOLISH; TO RAVE; CAUSATIVELY, TO CELEBRATE; ALSO TO STULTIFY:—(MAKE) BOAST (SELF), CELEBRATE, COMMEND, (DEAL, MAKE), FOOL(-ISH, -LY), GLORY, GIVE (LIGHT), BE (MAKE, FEIGN SELF) MAD (AGAINST), GIVE IN MARRIAGE, (SING, BE WORTHY OF) PRAISE, RAGE, RENOWNED, SHINE.

שָׁבַח **SHÂBACH, SHAW-BAKH'**;
A PRIMITIVE ROOT; PROPERLY, TO ADDRESS IN A LOUD
TONE, I.E. (SPECIFICALLY) LOUD; FIGURATIVELY, TO
PACIFY (AS IF BY WORDS):—COMMEND, GLORY, KEEP IN,
PRAISE, STILL, TRIUMPH.

תָּזַדְּה TÔWDÂH, TO-DAW';
PROPERLY, AN EXTENSION OF THE HAND, I.E. (BY
IMPLICATION) AVOWAL, OR (USUALLY) ADORATION;
SPECIFICALLY, A CHOIR OF WORSHIPPERS:—
CONFESsION, (SACRIFICE OF) PRAISE, THANKS(-GMING,
OFFERING).

¹⁵THROUGH HIM THEN, LET US CONTINUALLY OFFER UP A SACRIFICE OF PRAISE TO GOD, THAT IS, THE FRUIT OF LIPS THAT GIVE THANKS TO HIS NAME.

HEBREWS 13:15

זָמָר ZÂMAR, ZAW-MAR'

A PRIMITIVE ROOT (PERHAPS IDENTICAL WITH H2168 THROUGH THE IDEA OF STRIKING WITH THE FINGERS); PROPERLY, TO TOUCH THE STRINGS OR PARTS OF A MUSICAL INSTRUMENT, I.E. PLAY UPON IT; TO MAKE MUSIC, ACCOMPANIED BY THE VOICE; HENCE TO CELEBRATE IN SONG AND MUSIC:—GIVE PRAISE, SING FORTH PRAISES, PSALMS.

תְּהִלָּה **T^eHILLÂH, TEH-HIL-LAW'**
FROM H1984; LAUDATION; SPECIFICALLY (CONCRETELY)
A HYMN:—PRAISE.

שָׁחַת **SHÂCHÂH, SHAW-KHAW'**;
A PRIMITIVE ROOT; TO DEPRESS, I.E. PROSTRATE
(ESPECIALLY REFLEXIVE, IN HOMAGE TO ROYALTY OR
GOD):—BOW (SELF) DOWN, CROUCH, FALL DOWN
(FLAT), HUMBLY BESEECH, DO (MAKE) OBEISANCE, DO
REVERENCE, MAKE TO STOOP, WORSHIP.

Worship's effects on the amygdala have also been well studied and demonstrates a wide range of effects as a result of the hypoactivation or down-regulation to the fight or flight mechanism (Boelens, Reeves, Replogle, & Koenig, 2010). This hypoactivation extends to the hypothalamus and the initiation of the fight or flight response. The result is a significant decrease in the deleterious effects of chronic fight or flight activation and the decrease in heartrate, blood pressure, blood glucose levels and serum markers of inflammation (Anderson & Nunnelley, 2016).

This hypoactivation also has measurable psychic effects, measurable decreases in depression, anxiety, chronic pain and even posttraumatic stress have been identified and can be traced back to one daily action, worship (Simão, Caldeira, & Campos de Carvalho, 2016).