

Make a joyful noise unto the Lord

Psalm 100

Over the past weeks (except for Remembrance Day) I have been talking a bit about the importance of worship and celebrating and what it means to enter each moment with a spirit of joy. We have established that:

1. People shout when they are happy;
2. People scream when they are scared;
3. And people wail when their hearts are broken.

The Bible instructs us to shout for joy – Make a joyful noise!

When we think of making a joyful noise unto the Lord, I believe singing or playing a musical instrument in a God honouring way would be the first thought to come to mind.

There are a number of scriptures that refer to making joyful noise to the Lord – in one way or another.

- a. In Ephesians 5:19, we are told to, "Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;"
- b. Phi. 4:4 – Rejoice in the Lord always and I'll say it again – rejoice!
- c. Psalm 9:2 - I will be glad and rejoice in you; I will sing the praises of your name, O Most High.
- d. Psalm 71:23 - My lips will shout for joy when I sing praise to you

When we do so, we can do it without any inhibition because we have the

- a. freedom of worship
- b. because we identify that what we have in this life is from God

But the truth is, there are places where people are longing for spiritual freedom. They are in prison of one sort or another and they know it.

- a. Mental Prison
- b. Emotional Prison
- c. Financial Prison
- d. Spiritual Prison

They are hurting, lost, shaken, misguided, lonely, confused, pessimistic, abandoned. And the sad truth is that quite a number of these people are Christian.

American philosopher and psychologist, William James, says: "**I don't sing because I am Happy– I am happy because I sing.**" At first, it may sound like this is a contradiction of the beloved hymn, but really it is a complement. I sing because I'm happy, but if I sing no matter how I start out feeling, I find myself happier!

Its like saying I pray because I want to be close to God, but the truth is, I stay closer to God because I pray.

The song writer records - **I sing because I am happy, I sing because I am free, His eye is on the sparrow, and I know He watches me...**

There is another song I love, which says: **When I think of the goodness of Jesus and what he has done for me my soul cries out Halleluia...**

So where is your happy place?

- A. That place of emotional comfort?
- B. That place that brings a smile to your face?
- C. That place where nothing can disturb your peace?
- D. That place when laughter is from the belly bottom?

Some benefits of laughter - *Author: E.C. La Meaux*

1. LOWERS BLOOD PRESSURE
2. REDUCES STRESS HORMONE LEVELS
3. IMPROVES CARDIAC HEALTH
4. BOOSTS T-CELLS

T-cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T-cells that immediately begin to help you fight off sickness.

5. TRIGGERS THE RELEASE OF ENDORPHINS

I am not a laughy laughy person, but I love a good joke!

You know, there are many people who have a life verse,

- a. a special passage that is very important to them.
- b. If you do not have a life verse perhaps, you should consider Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

II. Entering God's presence

Ps 100:4 Enter his gates with thanksgiving and his courts with praise;

Here is a recipe for getting and maintaining that attitude of joy in the Lord.

- a. If you are one of the many people who get suck in the humdrum of life.
- b. If you find yourself getting pulled down and sucked into a defeated mindset, here is the plan for success.

"Enter His gates," not your gates, but His gates. Do not ask God to come meet you - But go meet God.

You know, this invitation to **ENTER HIS GATES** means we have access

ACCESS is having the ability to approach, enter or communicate with, or making use of.

If we are going to have the favor and the grace of God, we access it through Christ;

- a. it is by the Holy Spirit.
- b. It is gained through prayer, faith and is a privilege for the Christian.

- c. Paul stated in the book of Romans 5:2, "By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God."

Jesus went to the cross and gave His life a ransom, paying a debt He did owe, for a debt we could not pay, therefore securing for us - access to God.

Ephesians 2:18 "For through him we both have access by one Spirit unto the Father." Both Jews and Gentile are permitted to approach God through Jesus Christ.

That gives us the right to sing and make a joyful noise unto the Lord:

1. Charles Darwin thought that human beings sang before they developed language. Of course, Darwin was thinking about evolution.

Which came first, the music or the words? Darwin's answer was the music.

2. Steven Pinker, in his seminal book **The Language Instinct**, writes that **language is a human instinct, wired into our brains by evolution**. He argues against linguistic determinism because, if people do not have a word for something, they will invent one.

As Christians, music amplifies the Word and allows for greater expression of our faith.

1. It fosters more fulfilling worship.
2. It comforts us in difficult moments.

3. It encourages memorization.

But in order to accomplish these feats, we actually have to sing, and when we shy away from singing for fear of humiliation or embarrassment, we misunderstand the purpose of singing in the context of the life of a Christian.

And this is in essence what the Psalmist is saying. **"Suddenly you realize that God has been so good to you that you can't keep it inside any more. From the depths of your being you shout your joy unto the Lord."**

"Make a joyful noise unto the Lord." You and I can do that!!

About 2000 years ago on a little piece of property, called Golgotha, a Jewish preacher was executed for claiming He was God. Turns out, He was God.

And when He was nailed to the cross, our sins were nailed there as well. Because of the work of Christ, those who call on Him for forgiveness and salvation of their souls receive grace for forgiveness, forgiveness for sins, sins for redemption and redemption for life! If that does not make you shout for joy, then you don't know him the way the Bible describes him.

The solution to not having enough joy is to have our minds set on the reality that we are just a state of mind away from His gates,

- a. so let your words be words of thanksgiving.
- b. Let your mind and your life live out your grateful attitude.

- c. Then fill His courts with words of praise; that is to openly express to the people you encounter, that you accept, appreciate and even like the way God treats you.
- d. If you don't feel that way, don't lie about it, just get to know Him better.

Joy is one of the fruits of the Spirit, as mentioned in Galatians 5:22, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness." There is a big difference between joy and happiness.

Joy goes beyond happiness, seeking God rather than our own contentedness. This verse tells us that it is important for us to worship God with joy. So the Psalmist instructs us – **Make a joyful noise unto the Lord!**

Amen!