A LIFE OF PRAISE – WORDS EXPRESSED IN ACTION!

An overview of key words related to praise and worship!

4th of the 4th month 2021/2021

Shalom all,

Tehillah/Psalms 66:1-2 "Shout with joy to Elohim, all the earth! 2 Sing out the splendour of His Name; make His praise esteemed."

Yoḥanan/John 4:23-24 "But the hour is coming, and now is, when the true worshippers shall worship the Father in spirit and truth, for the Father also does seek such to worship Him. 24 "Elohim is Spirit, and those who worship Him need to worship in spirit and truth."

Making the praise of Elohim esteemed, and worshipping Him in Spirit and Truth, is what we are called to do, and to do so with great joy!

In this message, I want you to be reminded of our need, as a set-apart Bride of Messiah, to be a people who are walking in the Way of Set-Apartness; and in doing so, be reminded of how we are to have the fervent praise of our Master and Elohim continually on our lips and express the pure joy of worship unto Him, in every aspect of our lives.

As we grow in our knowledge and understanding of our Master and Elohim, and deepen our understanding and insight in living totally set-apart lives, in complete worship unto Him, we are equipped more and more to do as commanded; as we meditate upon His pure Word and learn to express complete praise and worship before Him with exceeding joy!

As we further our study and understanding of the original Hebrew words of Scripture, we are greatly equipped to be an ever-praising people, that can boldly express His pure Word in action, as we live a dedicated life of praise unto "" Messiah our Master and Elohim.

In a message called, 'A LIFE OF PRAISE – WORDS EXPRESSED IN ACTION!', I want to remind you all of the urgent need for us to be true worshippers of Elohim, who are making His praise esteemed!

The English words of 'praise' and 'worship' do not always complete the full picture of what this means, to an ardent worshipper of Elohim, and it is therefore necessary for us to dig a little deeper into the original Hebrew root words, that help us better understand what it means to live a full life of praise unto our Master and Elohim, and in doing so, see the power of His Words being expressed in Action!

So, in this message, I will expand on a deeper word study on the concept of praise and worship, by looking at a whole lot of Hebrew root words that express what true praise and worship looks like, giving us a fuller picture of these words expressed in action!

As we look at each of these words, and a corresponding verse/s for each, I hope that the zeal for living a life of praise unto our Master and Elohim is stirred within you, in order for His bountiful praise to be seen in joy-filled action!

While there may be some words that you have already heard and recognise, there may be some that you have not, and as we go through these words that I am presenting to you in this message, we are also aware that "praise and worship" are in no way limited to these words alone, but that the mere purpose for looking at a vast number of words, is to simply for the purpose of reminding a cleansed Bride to be walking and praising in the Way of Set-Apartness!

These words are in no way ordered in any pattern of importance, as ALL of the Word of Elohim is important.

Some of the verses that I will highlight may contain a collection of these words that are being presented throughout this message, yet for the sake of this exercise, I will simply highlight the relevant word that is being given in the respective verse.

1 - נְלֵלֵוֹ alaz – Strong's H5937

This word is used 16 times in the Tanak and carries the meaning of 'rejoice, become jubilant, triumph, exult':

Ḥaḇaqquq/Habakkuk 3:18 "Yet I <mark>exult</mark> in コカラ, I rejoice in the Elohim of my deliverance."

Straight up, we can learn that our ability to exult and be jubilant in our Master, cannot (and must not) be determined by the circumstances that we find ourselves in, but rather, we must always be able to exult and give praise to Him, regardless of how good or tough it may be!

It describes an emotion of joy which finds expression in singing and shouting and is a natural response of the faithful, as we see in **Tehillah/Psalm 149**:

Tehillah/Psalm 149:1-5 "Praise Yah! Sing to Titl" a new song, His praise in an assembly of lovingly-committed ones. 2 Let Yisra'el rejoice in their Maker; let the children of Tsiyon exult in their Sovereign. 3 Let them praise His Name in a dance; let them sing praises to Him with the tambourine and lyre. 4 For Titl" takes pleasure in His people; He embellishes the meek ones with deliverance. 5 Let the lovingly-committed ones exult in esteem; let them sing aloud on their beds."

2 - ٢ٟۗ ۽ alats – Strong's H5970

This word means, 'rejoice, exult, triumph' and is almost a similar sounding word to プロ alaz, and carries a similar meaning; and is used 8 times in the Tanak: Shemu'ěl Aleph/1 Samuel 2:1 "And Ḥannah prayed and said, "My heart rejoices in חווה, my horn has been high in חווה. My mouth is opened wide over my enemies, for I have rejoiced in Your deliverance."

Ḥannah rejoiced triumphantly in プププ for He had given her a son, Shemu'ĕl, who she had now given back to הווה; and here we see the progression of a pure rejoicing that begins deep within the heart of a being – it results in exulting praise from lips that are opened wide, rejoicing in the deliverance that our Master brings.

3 - ╗┛┛ anah – Strong's H6030

This word means, 'to sing, utter tunefully, answer, respond, be occupied or busy with, cry', and is used 329 times and relates to giving an answer, testifying, as well as shouting with joy, often as a response to being a faithful witness!

Hoshěa/Hosea 2:14-15 "Therefore, see, I am alluring her, and shall lead her into the wilderness, and shall speak to her heart, 15 and give to her vineyards from there, and the Valley of Akor as a door of expectation. And there she shall respond as in the days of her youth, as in the day when she came up from the land of Mitsrayim."

Here, in Hoshěa/Hosea, it is translated as 'respond' and in the KJV it is translated as 'sing'; and what we are able to learn from this, is the clear picture of the true response of a bride that has been led into the Wilderness in order the hear the sweet tender words of her Husband and King.

As we go through the Torah portions from Bemidbar/Numbers, which means, 'In the wilderness', we recognise how the Wilderness journey is vital for us, as the Bride of Elohim, in learning to hear His voice, as we heed the call to COME OUT AND BE SEPARATE! Our response to His calling us out and delivering us, should be one of an urgency in being occupied with living a complete life of praise unto Him.

4 - ╗┓╸ barak – Strong's H1288

This is used 330 times in the Tanak and has the meaning, 'to abundantly bless', as well as having the meaning, 'to kneel or bow down, to show respect, to bring a gift to another while kneeling out of respect'.

A life of praise is seen in the respect that we give unto our Elohim, and this word depicts the action of showing true reverence, implying a continual consciousness of the presence of our Master and Elohim, which results in a continual 'bowing' in obedience. Dawid said the following when he was driven from Abimelek, after he changed his

behaviour:

Tehillah/Psalm 34:1 "I bless The at all times; His praise is continually in my mouth."

No matter who might be against you, never stop living a life of praise unto our Master and Elohim, and makes sure that you bless Him at all times!

gil − Strong's H1523 בְּיל - 5

This is used 44 times in the Tanak and has the meaning, 'rejoice, be glad, be joyful', and is also understood as meaning, 'to circle around or spin around'.

Tehillah/Psalm 118:24 "This is the day コラブ has made, let us rejoice and be glad in it."
Are you able to truly rejoice and be glad every single day?

For no matter what day it is that you are currently in – it is a day that הווד has made, and therefore, let us make sure we rejoice!!!

This is an expressive rejoicing, that can clearly be seen in the physical actions of one's life! As you go about you day – how are you expressing the joy and gladness of Elohim?

6 - בַּלַלְ gadal – Strong's H1431

This word is used 115 times in the Tanak and has the meaning, 'to grow up, become great, to cause to be large, magnify, boast, lift up, promote'

Tehillah/Psalm 34:3 "Oh, <mark>make コープ great</mark> with me, and let us exalt His Name together." Our need to boast in and magnify our Master and Elohim calls for us to be doing it together – and making コープ great is contagious, in a good way!

This kind of praise does not shy away from making great the esteem of the Name of init, but rather it boldly calls for others to do so as well.

How is your praise life – is it calling for others to make Him great with you, or is the evidence of praise non-existent?

7 - קֿבַל dagal – Strong's H1713

This word is used only 4 times in the Tanak and means 'to raise a flag, banner; to be conspicuous - open to the eye, to reveal, manifest, clearly known':

Tehillah/Psalm 20:5 "We sing of Your deliverance, and in the Name of our Elohim we set up a banner! הול does fill all your requests!"

The idea of 'setting up a banner' is a clear declaration of who you belong to and under who you submit. Does your life of praise reveal that you belong to init, and do you walk under His banner of authority with joy, or have you dropped the banner of praise, for fear of others?

8 - דְּלֵל halal Strong's H1984

This word means, 'to shine; to be boastful; to be clear; to make a show; to rave; be foolish; to celebrate; praise, cheer, brag or extol, i.e., extol the greatness or excellence of a person, object or event.'

Tehillah/Psalms 113:1 "<mark>Praise</mark> Yah! <mark>Praise</mark>, O servants of אורהוד, <mark>Praise the Name of יהוב"</mark>

The word Th

This is possibly the most well-known word, in terms of praise, and what we must take notice of, is that our lives are to shine the light of the Truth, as we make our boast in our Master and King, celebrating Him in all we do.

9 - 기계 zamar – Strong's H2167

This word is used 45 times and has the meaning, 'to make music (in praise of Elohim), sing praises'.

This word also means, 'striking with the fingers', and more properly, meaning, 'to touch the strings or parts of a musical instrument'

Tehillah/Psalm 66:2 "Sing out the splendour of His Name; make His praise esteemed." 'Zamar' is one of the musical verbs for praise in Tehillim (Psalms) and is often translated as 'sing praises':

Tehillah/Psalms 101:1 "I sing of kindness and right-ruling; To You, O コココ, I sing praises."

In Tehillah/Psalms 149:3 we see \(\text{Tip}\) zamar – Strong's H2167 being translated as 'sing praises' or in other translations as 'make melody' with tambourine and harp.

What a joy it is to have the gift of \(\text{Tip}\) zamar – Strong's H2167 praise happening here in our midst, as \(\text{Tip}\) continues to inspire us to produce such wonderful songs in praise unto our Elohim – together with the 'striking of the fingers'!

10 - 🛺 ḥagag – Strong's H2287

This word is used 16 times and means, 'to make a pilgrimage, keep a pilgrimage, celebrate a feast, observe a feast, dance':

Shemoth/Exodus 23:13 "Three times in the year you are to observe a festival to Me:"
Keeping the Feasts of Three times in the year you are to observe a festival to Me:"
FEASTS – and a feast implies a joyous occasion with singing and dancing!

Having said that, we must also recognise that each and every week we get to rejoice and celebrate the Sabbath of החוח, and this we are to do with celebration, as we call the Sabbath a delight, expressing a true and pure life of praise, that is revealed in our obedient action of guarding His Sabbaths and Feasts with exceedingly great joy!

11 - ╗╗; yaḍah – Strong's H3034

This word is used 114 times and literally means 'to throw, shoot or cast, to confess, laud with praise, extol, i.e., make a public confession of the attributes and acts of power of a person', and comes from the word \(\bar{\gamma}\) ya\(\dot{\gamma}\) - Strong's H3027 which means 'hand' and so, the expression of giving thanks is understood, in the Hebrew, as 'extending the hands in praise'

That is why Sha'ul tells us, in **Timotiyos Aleph/1 Timothy 2:8**, that men everywhere should **lift up their hands that are set-apart** in prayer – for this gives us a clear picture of our expression of giving thanks with the extended hands, that are set-apart, as seen in our willing obedience to working unto Elohim (extending the hand) in all we do, while at the same time giving Him esteem and praise.

Giving thanks is not a silent matter and it must be seen in our work ethic too, as our actions may often speak louder than words!

Tehillah/Psalm 18:49 "Therefore I give thanks to You, O הוה, among nations, and I sing praise to Your Name"

Our giving thanks is seen in what we do, wherever we are – as we sojourn here as ambassadors of the reign to come!

A true life of praise is seen in what we do – whether in word or deed! Is your life of praise clearly visible in your daily actions?

12 - ¬¬¬¬ kabed – Strong's H3513

This word is used 121 times and means, 'honour, heavy, made heavy'

Tehillah/Psalm 22:23 "You who fear Thin, praise Him! All you seed of Ya'aqob, esteem Him, and fear Him, all you seed of Yisra'el!"

To give proper esteem, that is due to Tim, we must give weight, and honour, to guarding His presence and doing what He commands.

In other words, a true life of praise does not take lightly the need to obey what His word commands, and does not give in to compromise for fear of what others may say or think!

A 'The kabed' praise of The reflects a praise life that does not waver from complete set-apartness, and does not give in to the compromised standards of the world, or even family members who do not walk in the Torah!

Is the weight of His easy yoke upon you, or do you buckle under the pressure of the lawless?

Does your life reflect true honour unto our Master and Elohim, or are there some dishonourable areas in your life, so to speak?

If there is compromise in your life, your ability to give esteem unto and becomes greatly hindered!

13 - ¬¬⊋ karar – Strong's H3769

This word means, 'dance, whirl', and is only used twice in Scripture and both times are in reference to Dawid's dancing on the day the Ark of Elohim returned to Yerushalayim!

Shemu'ěl Bět/2 Samuel 6:14 "And Dawid danced before הוור" with all his might. And Dawid was wearing a linen shoulder garment."

The other time we see it being used, is two verses later:

Shemu'ěl Bět/2 Samuel 6:16 "And it came to be, when the ark of and came into the City of Dawid, that Mikal, daughter of Sha'ul, looked through a window and saw Sovereign Dawid leaping and dancing before and, and she despised him in her heart."

Dawid was filled with such joy, in celebrating the presence of inition being returned to Yerushalayim, that he danced with all his might, and did not worry about what onlookers would have to say!

Those who are unwilling to rejoice with us, will possibly despise us, as we rejoice in the face of our Elohim, by joyfully guarding His Feasts and Appointed Times!

Dawid was dancing and leaping – and a true life of praise does not hold back on expressing the joy of having the presence of our Master and Elohim!

14 - སྐལྡེ maḥa – Strong's H4222

This word means, 'strike, clap', and is only used 3 times in Scripture.

Yeshayahu/Isaiah 55:12 "For with joy you go out, and with peace you are brought in – the mountains and the hills break forth into singing before you, and all the trees of the field clap the hands."

In the great celebration of deliverance, we see the metaphor of trees clapping their hands, giving us a powerful picture of a great celebration.

Clapping hands together in praise, is certainly an acceptable form of worship unto our Master and Elohim!

15 - مَا اللَّهُ nagan – Strong's H5059

This word is used 15 times in Scripture and has the meaning, 'to touch or play a stringed instrument, minstrel, pluck the strings':

Yeshayahu/Isaiah 38:20 "¬¬¬¬, come to save me! And let us sing my songs with stringed instruments all the days of our life in the House of ¬¬¬¬¬."

As already mentioned, making songs and singing songs to stringed instruments is a great expression pf praise, which we are blessed to enjoy here at ATFOTC!

16 - ☐¥₱ patsaḥ – Strong's H6476

This word is used 8 times and means, 'break forth, break out, make a loud noise'

Tehillah/Psalm 98:4 "Raise a shout to तोता, all the earth; break forth in song, rejoice, and sing praises."

This is a very 'explosive word' and expresses a huge flow of great praise, that cannot be contained, and bursts forth with a resounding noise of jubilant praise!

This pictures for us 'great excitement'!

Are you excited to praise [7], in all you do, so much so that it bursts out of you and causes you to sing?

17 - 🏗 pazaz – Strong's H6339

This word means, 'to be supple or agile, made strong, leaping', and this word also implies, 'ones physical abilities to accomplish an intended task'

We see this word only being used twice in Scripture, and refers to Dawid 'leaping', when he came dancing with the Ark of Elohim and is also used in reference to the blessing that Ya'aqob spoke over Yoseph, in:

Berëshith/Genesis 49:24 "But his bow remained in strength, and the arms of his hands were made strong by the hands of the Mighty One of Ya'aqob – from there is the Shepherd, the Stone of Yisra'el"

Being made strong and able to leap with great joy – This very vivid description, reminds me of the verse that we find in:

Ḥaḇaqquq/Habakkuk 3:18-19 "Yet I exult in אורה, I rejoice in the Elohim of my deliverance. אורה the Master is my strength. And He makes my feet like those of deer, and makes me walk on my high places. To the chief singer with my stringed instruments."

In English, to have 'pazaz', speaks of having something special and making a thing 'funkier' and is used as an informal variant of pizazz which means, 'energy, flair, vitality or vigour'! It is time for true worshippers of Elohim to get some 'pazaz', so to speak!!!

A true life of praise is a one with great vitality and displays a joyful energy! Does your life of praise unto our Master and Elohim cause you to 'leap with joy', or better put... does it give you a 'spring in your step' as you bubble forth with vigorous energy in praising through active obedience?

18 - ┦┇╴ ranan – Strong's H7442

This word means, 'to overcome, cry out, shout for joy, give a ringing cry, sing aloud'
Tehillah/Psalm 145:7 "They send forth the remembrance of Your great goodness, and they sing of Your righteousness."

I often think that we, at times, read these verses without recognising the intensity of the passion and love that Dawid had for Elohim, and at times, we may find that we lack the fiery zeal for praise and singing and declaring that he had, hence the need for me to expand on the meaning of these most powerful words, that ought to bring alive the desire to praise and shout aloud to our Great King!

It is often very easy to see in the world, how so many people will give a ringing cry and will shout aloud for their 'sporting heroes' – just look at a rugby or soccer match or a baseball or any kind of sporting event that you can relate to and see how the 'fans' will scream and shout and get all 'dressed up', just to shout and scream for their sporting heroes. Many ardent fans will even know all the stats of their favourite players and talk about them to others, while when it comes to praising and giving a ringing cry of joy for 'Th', they suddenly lose their tongue and withdraw from any kind of vocal expression or action of praise, which simply reveals what really is in their heart!

We are to be a people who are willing to give a joyous ringing cry for our wonderful Maker and Creator, clothed continually in garments of righteousness and praise, and always ready to relate the 'stats' and facts of our Master and Elohim!

How eager are you to shout aloud the praise of Elohim, and make know His deeds among the earth?

19 - 🎞 💇 samaḥ – Strong's H8055

This word means, 'to rejoice, be glad, be joyful, delight in and be elated', and can also carry the meaning 'to brighten up', giving us the picture how we are to carry His joy as the light of the world and let praise and rejoicing abound!

Debarim/Deuteronomy 16:11 "And you shall rejoice before \(\opi\) your Elohim, you and your son and your daughter, and your male servant and your female servant, and the Lewite who is within your gates, and the stranger and the fatherless and the widow who are in your midst, at the place where \(\opi\) your Elohim chooses to make His Name dwell."

A life of praise is not a dull thing!

Does your life reflect the joy of the light of the presence of our King?

Do you shine His truth and 'brighten up' any company that you find yourself in, as you rejoice before Elohim?

As children of light, do you shine with jubilant praise?

Do people know who you serve and praise or is your light hidden most of the time? A true life of praise does not hide the joy and delight that we have in serving, following and praising our Master and Elohim!

20 - ไว้ซีซี sason – Strong's H8342

This word means, 'exultation, rejoicing, gladness, joy'

Yeshayahu/Isaiah 12:3 "And you shall draw water with joy from the fountains of deliverance."

It is with great gladness that we draw water from the fountain of deliverance!

We can learn from this, what a true joy it is for us to come together and draw much from the water of the Word, and do so with gladness.

How prepared do you come each week, as we gather on the Shabbat?

Are you drawing water with joy, or have you come burdened with the cares of the world? A true life of praise comes joyfully to draw and be delightfully refreshed!!

21 – □□∰ shabaḥ – Strong's H7623

This word means, 'to laud; to praise; commend; congratulate; to address in a loud voice; proclaim; make exuberant statements as to the excellence of someone'.

It is also used in:

Tehillah/Psalm 63: 3 "Because Your loving-commitment is better than life, my lips do praise You."

Shout aloud His praises!

How sad it is, when so many people are seemingly afraid to give a shout offering to Tim!

In **Tehillah/Psalm 117:1** the Hebrew word $\Box \Box \psi$ **shabaḥ – Strong's H7623** is translated into English as **'extol'** which gives the meaning **'to praise highly'**. In other words:

LIFT UP YOUR VOICE AND PRAISE!

And this is what is to be done from generation to generation!

But how will the next generation know how to lift up their voice and praise, if the preceding one does not show them!!!

We are to lift up our voice and praise and we are to 'declare' His mighty acts!

22 - ソラヴ taqa – Strong's H8628

This word means, 'to thrust, clap, give a blow, blast, to strike or pledge oneself'.

This word is often used in describing the 'blast' or 'blow' of the trumpet call, and in terms of praise, we are able to see how we are to blow the shofar in praise!

Tehillah/Psalm 81:3 "Blow the ram's horn at the time of the New Moon, at the full moon, on our festival day."

Bemidbar/Numbers 10:10 "And in the day of your gladness, and in your appointed times, and at the beginning of your months, you shall blow the trumpets over your burnt offerings and over your peace offerings. And they shall be a remembrance for you before your Elohim. I am Time your Elohim."

23 - אַרוּעָה Teru'ah - Strong's H8643

This word means, 'a shout or blast of war, alarm or joy'

Tehillah/Psalm 89:15 "Blessed are the people who know the sounding! They walk, O ITIM", in the light of Your face."

The Teruah sound can be one of alarm and terror as well as one of joy!

The 'blast', or Teruah, of the Trumpet sound, reminds us that we are betrothed to our Master, Elohim and King, and that we are to be dressed and ready for His soon return. The sounding of the Trumpet/Shofar was used to gather, as well as to signal readiness for war or used to indicate a coming and going.

We know that the 1st trumpet blast of our King has sounded, declaring that we are His called-out Bride, and blessed are we who know this 'Teruah', for we walk in active obedience to His commands!

What a blessing it is to know the Teruah of הוד, for we are able to truly live a complete life of praise, as we walk in the light of His face and see His Word expressed in action, as we become faithful doers of the Word, doing His Word with exceeding praise!

Those who do not know the 'sounding' or 'Teruah', and do not guard the commands and keep the Feasts of חוח, will be on the wrong side of the trumpet sound – a sounding that will strike alarm and terror into their beings, as the wrath of Elohim shall be poured out on His opponents!!!

Blessed are those who know the Teruah!

Now, hear this clear call to live a life of praise and let His word be expressed in action, as you serve our Master and Elohim with joy!

24 - 🥂 🛱 siaḥ – Strong's H7878

This word means, 'talk, speak, declare, meditate' and while it is not a word that is directly translated as 'praise', the reason for me highlighting this word, is to make it clear how our life of praise is to be one that declares the splendour of our Mighty Saviour and King!

This word \(\opi \) \

Tehillah/Psalm 77:12 "And I shall meditate on all Your work, and talk of Your deeds."

The basic meaning of this verb $\prod \psi$ siah – Strong's H7878 seems to carry the picture of 'rehearsing, repent or go over a matter in one's mind'.

We are to open up our mouths and speak the Truth!

However, to be able to speak the Truth you have to know the Truth and know what you are proclaiming; and one's ability to speak Truth, only gets better by meditating on the Word, day and night! If you are not meditating on His Word daily, how do you think you will be able to speak it???

The basic meaning of this verb seems to carry the picture of rehearsing or repent or to go over a matter in one's mind and is used in reference to the silent reflection on the works of Elohim, and so, we see that we are to not only have the silent reflections and meditations but we are also to rehearse aloud His works.

As the world battles for the attention of the mind through ever increasing tactics of very attractive and ever increasing forms of media persuasion, we need to realise just how important it is for us to be renewing our minds daily, guarding against the danger of being conformed to the patterns of this world and at the same time we need to make our voice of praise and the declaration of our lips heard with great passion and zeal so that the next generation are not lured away by the fleshly attraction of the world!

Who says praising and declaring His mighty acts is boring?

We have a huge responsibility in showing that it is far from it, but rather it is a great joy and delight and far better that the fleeting passions the world has to offer – and it is up to us to live it and show it!

I have just given you **24 different words** that are used in Scripture, in relating to us what a life of praise should reflect, as we worship the Father in Spirit and Truth.

While there are certainly many more derivatives of these words that I have mentioned here in this message, as well as many other words that can also be translated as praise or worship, what I simply wanted to show in this brief message, is the clear picture that the Mirror of the Word is showing us, as we live a life of praise and see His Word being joyfully expressed in action!

We are to be a people who, sing, dance, make music, shout, cry aloud, bless, rejoice, raise a banner of praise and blow trumpets; and allow these physical actions to flow out of our daily lives, as we live a life of praise unto our Master and Elohim!

How is your praise life?

Has it been dull and boring?

When we study these words in Scripture, it becomes exceedingly clear that living a true life of praise is not boring or dull at all!

It is time for true worshippers to stand up and begin to reflect

A LIFE OF PRAISE – WORDS EXPRESSED IN ACTION!

This is what we are to be doing!
As you look into the mirror of the Word, what does it reveal?
Are you living a life of praise for our Mighty Master and Elohim?

Ib'rim/Hebrews 13:15 "Through Him then, let us continually offer up a slaughter *offering* of praise to Elohim, that is, the fruit of our lips, giving thanks to His Name."

הוה bless you and guard you; הוה make His face shine upon you and show favour to you; וווד lift up His face upon you and give you shalom!