Way back in the Bible, the Hebrew language says

That we were taught that we could praise the Lord in seven ways

Seven great expressions, seven different flows

Seven ways to worship God and this is how it goes

Number one is towdah (towdah), it's the sacrifice

Praising God inspite the fact that your world is in a vice

It's praise that pushes through the wall of all adversity

An offering that flows to heaven in our time of need

Somebody say mind (mind)

Praise the Lord (e)

Say body (body)

Praise the Lord (e)

Say body (body)

Praise the Lord (e)

Spirit (spirit)

Praise the Lord (e)

Number two's yadah (yadah), that means to lift your hands (lift your hands)

In response to what the Lord has done through the land

An outward sign of what's inside for all the world to see

A demonstration of our love so come praise the Lord with me

Can you wave one hand and say praise the Lord (praise the Lord)

Can you wave both hands and say praise the Lord (praise the Lord)

Now can you clap those hands and say praise the Lord (praise the Lord)

Number three is barouch (barouch), that simply means to bow

In the awesome presence of the Lord and all His power

To just be overwhelmed 'cause you hardly can believe

That you've been given favor by His Holy Majesty

Praise the Lord

Praise the Lord

Praise the Lord

Praise the Lord

This fourth one is shabach (shabach), it is what we call the shout

It's praise that's given way before the answer comes about

A public testimony that drowns out all the noise

Of whiners and complainers as the saints all lift their voice

If you believe that God's alive today, shout yeah (yeah)

If you believe that He's worthy of our praise, shout yeah (yeah)

If you believe the answer's on the way, shout yeah (yeah)

Number five is zamar (zamar), this one you'll like fore sure

It's playing any instrument that glorifies the Lord

Instruments that blast, instruments that strum

Instruments that keep the beat, so I'll praise Him on my drum

Six we call halell (halell), that means to rave and boast

And praise the Lord in such a way that gets you on your toes

(Wait a minute, wait a minute) What (Hey now, what did you say)

It's beyond just clappin' hands

But best of all, this is the one that makes you wanna dance

Finally tehillah (tehillah), seven is the best

It's the one that is the combination of the rest

It's singing and it's shouting, it's dancing and it's more
It's wild, it's fun so everyone rejoice before the Lord

Praise the Lord (e)

Praise the Lord (e)

Praise the Lord (e)

Seven ways we can say

Everyone praise the Lord