

Psalm 146

Psalms 146-150 are five final Psalms that overflow with praise, each begins and ends with “*Praise the Lord.*”

These Psalms show us why and how to praise the Triune God.

They also show what such dedicated praise can do for us personally.

- a) Praise takes our mind off our problems and shortcomings and focuses on God.
- b) Praise leads us from individual meditation to community worship.
- c) Praise causes us to consider and appreciate God’s character.
- d) Praise lifts our perspective from the earthly to the heavenly, from the short physical life to the eternal life that God promises to give to all who faithfully obey His will and seek to live the way of life He has shown us through Jesus Christ.

Psalms 146:1-8 [New King James] *“Praise the LORD! Praise the LORD, O my soul! While I live I will praise the LORD; I will sing praises to my God while I have my being. Do not put your trust in princes, nor in a son of man, in whom there is no help. His spirit departs, he returns to his earth; in that very day his plans perish. Happy is he who has the God of Jacob for his help, whose hope is in the LORD his God, Who made heaven and earth, the sea, and all that is in them; Who keeps truth forever, Who executes justice for the oppressed, Who gives food to the hungry. The LORD gives freedom to the prisoners. The LORD opens the eyes of the blind; the LORD raises those who are bowed down; the LORD loves the righteous.”*

The Psalmist portrays humans, whatever their rank in society, as inadequate saviours and false hope.

The Creator God is the only hope and help for the needy.

Jesus Christ affirms this concern for the poor and the afflicted, [Luke 4:18-21; Luke 7:21-23].

Jesus Christ did not separate the social and spiritual needs of people, He attended to both.

Psalms 146:9 [NIV] *“The LORD watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.”*

The Creator God’s plans for humanity frustrate the “*ways of the wicked*” which are prompted by Satan and his demons, who seek to blind humanity to the good news that Jesus Christ brought from God the Father, [2 Corinthians 4:3-4].

Satan who is the “*father of liars*” [John 8:44] and murderer, seeking to destroy all of humanity, [1 Peter 5:8].

The Triune God is allowing this present reign of Satan on earth, [1 John 5:19; Ephesians 2:2] so that humanity in every generation may experience what life is like without the influence of God in their lives.

True Christians should realise that the only true way we can worship our Creator God is more than just words.

Romans 12:1 [NIV] *“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship.”*

For worship to be a spiritual act we have to surrender our whole life back to our Creator God who gave it to us.

The Greek word translated “*bodies*” is “*soma*” meaning whole life, our physical body, mind and “*human*” spirit, [**Job 32:8; 1 Corinthians 2:11; Proverbs 20:27**].

Luke 14:25-30, 33 [New King James] *“Now great multitudes went with Him. And He turned and said to them, ‘If anyone comes to Me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be My disciple. And whoever does not bear his cross and come after Me cannot be My disciple. For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it, lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, saying, “This man began to build and was not able to finish.”’” ... “So likewise, whoever of you does not forsake all that he has cannot be My disciple.”*

The Greek word translated “*hate*” is “*misēō*” meaning to love less by comparison.

Seek to praise and worship the Triune God in this way beginning right now!