

LESSON 11

November 10, 2024

Unit III: Psalms of Thanksgiving and Praise Whom Can You Trust?

DEVOTIONAL READING: Psalm 148
BACKGROUND SCRIPTURES: Psalms 146–150
PRINT PASSAGES: Psalms 146:1-10; 150:1-6

KEY VERSE

While I live will I praise the LORD: I will sing praises unto my God while I have any being.
(Psalm 146:2, KJV)

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I will praise the LORD all my life; I will sing praise to my God as long as I live. (Psalm 146:2, NIV)

Lesson Aims

As a result of experiencing this lesson, you should be able to do the following:

- Validate the virtues or character qualities that the psalmist ascribes to God.
- Identify with the psalmist's sense of God's personal care and concern for all that God has created.
- Name the ways that God's care for you is reflected in those who give spiritual leadership in your congregation.

*Key Terms

Excellent (150:2)—Hebrew: *meged* (meh'-ghed): excellence; choice; pleasant; "surpassing" (NIV).

Executeth (146:7)—Hebrew: *asab* (aw-saw'): to do or make; to carry out an act; accomplish; execute; "upholds" (NIV).

Praise (146:1)—Hebrew: *balal* (haw-lal'): to shine; shout for joy; rejoice; originally, break through or out (in a cry); "praise ye yah!"

Preserveth (146:9)—Hebrew: *shamar* (shaw-mar'): to keep, watch, preserve; defends; "watches over" (NIV).

Psaltery (150:3)—Hebrew: *nebel* (nee-buhl): a musical instrument, supposed to have been a lyre, harp, or guitar; "harp" (NIV).

Sanctuary (150:1)—Hebrew: *miqdash* or *miqqedash* (mik-dawsh'): a sacred or holy place; shelter; refuge; haven; hallowed part; chapel.

*(Word Study Supplement—Refer to page 2)



The Biblical Context

Psalm 146 is one of the Hallelujah Psalms and Psalms 146–150. These five psalms are devoted entirely to praise. The theme of Psalm 146 is centered around trusting in the Lord and the happiness that comes from relying on Him. It encourages us to place our trust in God's eternal power and merciful nature rather than relying on human strength, which is fleeting. The psalmist invites us to praise God and reminds us of God's sovereignty from creation to eternity. In summary, Psalm 146 teaches us to trust in God and emphasizes His active involvement in the world, bringing justice, provision, freedom, and love.

Psalm 150 is the final chapter of the book of Psalms in the Old Testament. It serves as a doxology, a short hymn of praises to God. It encourages us to recognize that our existence is an invitation to glorify Him. The psalmist reiterates that each breath is an opportunity to praise God. The themes of Psalm 150 include universal praise and the idea that every breath is an opportunity to praise God. In summary, Psalm 150 is a passionate call to all creation to give Yahweh the praise He deserves. It invites us to join in the eternal worship chorus and transcends time and place.

Introduction

Sarah and David's story is a beautiful reminder that our service to the Lord, parenting, and marriages depend on His blessing. In a world that often tells us to rely on our own strength and abilities, Watchman Nee's message still rings true: everything is dependent on God's blessing. As they took this message to heart, Sarah and David prayed fervently for God's guidance in raising their children and nurturing their marriage. They found their purpose in praising Him and trusting in Him, not in the fleeting promises of princes or mortals.

Psalm 146 reinforces this truth, reminding us that the Lord is the only one who can truly provide for us. It is only through Him that we find lasting peace and fulfillment. And in Psalm 150, we're invited to praise God universally—to recognize that every breath we take is an opportunity to glorify Him. Sarah and David continued to serve, parent, and love, expecting the Lord's blessing. And, in doing so, their lives became a living testimony of these ancient psalms. So, let us also remember that everything in our lives depends on God's blessing. May we find our purpose in praising Him and trusting in Him, and may our lives become a testament to His goodness and grace.

ANALYSIS OF THE BIBLICAL TEXT

Unwavering Worship (*Psalm 146:1-10*)

KJV

PRAISE YE the LORD. Praise the LORD, O my soul.

2 While I live will I praise the LORD: I will sing praises unto my God while I have any being.

3 Put not your trust in princes, nor in the son of man, in whom there is no help.

4 His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.

5 Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

6 Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever:

7 Which executeth judgment for the oppressed: which giveth food to the hungry. The LORD looseth the prisoners:

8 The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous:

9 The LORD preserveth the strangers; he relieveth the fatherless and widow: but the way of the wicked he turneth upside down.

10 The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.

NIV

PRAISE THE LORD. Praise the LORD, my soul.

2 I will praise the LORD all my life; I will sing praise to my God as long as I live.

3 Do not put your trust in princes, in human beings, who cannot save.

4 When their spirit departs, they return to the ground; on that very day their plans come to nothing.

5 Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God.

6 He is the Maker of heaven and earth, the sea, and everything in them—he remains faithful forever.

7 He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free,

8 the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous.

9 The LORD watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

10 The LORD reigns forever, your God, O Zion, for all generations. Praise the LORD.

Psalm 146 discusses the joy that comes from one's placing his or her trust in God. It warns against placing trust in worldly powers instead. The psalmist begins by calling for everyone to praise God, both for themselves and for others (**verse 1**). The psalmist emphasizes the importance of praising God at all times, throughout one's entire life (**verse 2**). The psalmist also warns against trusting princes or influential figures, as they are not infallible. Their plans perish (**verse 3**). While earthly rulers may seem powerful, they cannot help (**verse 4**). He highlights God's dedication to assisting those in need and in dire circumstances, including executing justice for the oppressed, feeding the hungry, setting prisoners free, opening blind eyes, lifting the downtrodden, and loving the righteous (**verses 5-9**). Ultimately, the psalmist reminds us that God reigns forever, offering eternal hope for all generations (**verse 10**). Trust in the Lord, not in human institutions or leaders. Praise God to find stability in uncertain times. Our purpose is to glorify Him. Psalm 146 invites us to trust the eternal God, whose power transcends human limitations. As we praise Him, we discover true happiness and find refuge in His unchanging love. Let our souls resound with the psalmist's exclamation: "Praise the Lord!"

WHAT DO YOU THINK?

How can we cultivate trust in God even when faced with challenges or uncertainties?

Wholehearted Worship (Psalm 150:1-6)

KJV

PRAISE YE the LORD. Praise God in his sanctuary: praise him in the firmament of his power.

2 Praise him for his mighty acts: praise him according to his excellent greatness.

- 3 Praise him with the sound of the trumpet; praise him with the psaltery and harp.**
4 Praise him with the timbrel and dance; praise him with stringed instruments and organs.
5 Praise him upon the loud cymbals; praise him upon the high sounding cymbals.
6 Let every thing that hath breath praise the LORD. Praise ye the LORD.

NIV

- PRAISE THE LORD. Praise God in his sanctuary; praise him in his mighty heavens.**
2 Praise him for his acts of power; praise him for his surpassing greatness.
3 Praise him with the sounding of the trumpet, praise him with the harp and lyre,
4 praise him with timbrel and dancing, praise him with the strings and pipe,
5 praise him with the clash of cymbals, praise him with resounding cymbals.
6 Let everything that has breath praise the LORD. Praise the LORD.

Psalm 150 is called “The Universal Call to Praise.” It begins with a strong command to praise the Lord (**verses 1-2**). This phrase is repeated thirteen times throughout the psalm, emphasizing its main theme. The number “13” is believed by some to symbolize completeness, urging us to praise God in every possible way. The call to praise is universal and extends to all of creation. We are encouraged to praise God in His sanctuary or the mighty firmament, whether we’re in the temple or under the open sky. In **verses 3-5**, the psalmist lists several instruments of praise, such as the trumpet, harp, tambourine, dancing bodies, stringed instruments, and cymbals. Each instrument symbolizes a unique aspect of worship. For instance, the trumpet proclaims God’s victory and sovereignty, while the harp represents beauty and harmony. The tambourine and dancing bodies express joy and celebration, the stringed instruments evoke heartfelt melodies, and the cymbals resound with exultation. These instruments remind us that worship involves our whole being—mind, heart, and body. The psalm climaxes in **verse 6a** with a powerful truth: “Let everything that has breath praise the LORD” (NIV). This means that our very existence—our every breath—is an opportunity to offer praise.

🔍 WHAT DO YOU THINK?

How can you create your own “symphony of praise” to God in your personal life?

A Closing Thought

Psalm 146 and Psalm 150 both urge us to praise God. Psalm 146 reminds us to trust in God, who is eternal and whose power transcends human limitations. Through praising Him, we find true happiness and refuge in His love. Psalm 150 calls us to a life of perpetual praise, expressing our worship through music, dance, and all other ways.

Your Life

Let every aspect of your life become an act of worship. Dedicate every action and relationship to God, and glorify Him intentionally in all that you do. Remember to begin each day with a heart full of gratitude, and let every moment be a testament to His grace.

Your World!

Whether through our actions, words, or songs, heartfelt praise becomes a powerful instrument to extend God's glory across the earth. Let us join the chorus of creation in lifting our voices to the Lord.

Closing Prayer

Lord, through our heartfelt praise, we magnify Your name. May Your glory extend across the earth, changing hearts until every breath proclaims Your goodness. We pray this in Jesus' name. Amen.

Conclusion

(Preparing for Next Week's Lesson)

Reflect on Psalm 100 daily and invite God to show you how to express thanksgiving for who He is and His constant provision.

Home Daily Bible Readings

MONDAY, November 11	"Give Thanks through Song"	(Psalm 28)
TUESDAY, November 12	"Psalms, Hymns, and Spiritual Songs"	(Ephesians 5:1-2, 15-20)
WEDNESDAY, November 13	"Magnify God with Thanksgiving"	(Psalm 69:1-6, 30-36)
THURSDAY, November 14	"Give Thanks to the Righteous Judge"	(Psalm 7:1-2, 6-17)
FRIDAY, November 15	"Thanks for Faithful Brothers and Sisters"	(1 Thessalonians 1)
SATURDAY, November 16	"Prayer and Supplication with Thanksgiving"	(Philippians 4:4-9)
SUNDAY, November 17	"Worship the Lord with Gladness"	(Psalm 100)

Notes
