

PSALM 146

Praise the Lord! Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have my being. Put not your trust in princes, in a son of man, in whom there is no salvation. When his breath departs, he returns to the earth; on that very day his plans perish. Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, who made heaven and earth, the sea, and all that is in them, who keeps faith forever; who executes justice for the oppressed, who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. The Lord watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin. The Lord will reign forever, your God, O Zion, to all generations. Praise the Lord! (Psalm 146)

- The Psalms urge us into a partnership with God.
- The Psalms are expressive for us. They give us language that is transparent, honest and from the depths of our souls. Yahweh meets us and answers us in these conversations.
- The Psalms are formative for us. All humans trust and worship something. The Psalms nurture us in the direction of greater trust in Him, specifically in His Messiah.
- So... pursue a greater trust in Jesus as you partner with Him to accomplish His plan.

1. Write down some experiences where you have goofed, like verse three warns against, and trusted in someone/thing that perished.
2. What are some things about Yahweh mentioned in verses 5-10 that make Him a great blessing to us? Which of these means the most to you in your life right now? Do you feel He is a GREAT blessing during the average day, or do you lose sight of Him?

3. In the things spoken of in these verses we see the bigness of God and what we could call "His littleness"—His individual touch. Why must we recall both of these dimensions of His nature? Which is easiest for you to stay in touch with?

4. This Psalm speaks of "the sojourners" in verse nine. In what sense are we just sojourners on earth and in what sense do we need to put down roots?

5. How is the study of Psalms impacting where you turn FIRST in trouble?