



"REASONS TO REJOICE"

"Your Words were found, and I ate them, and Your Word was to me the joy and rejoicing of my heart." Jeremiah 15:16

"Series of Six" Lesson 6 A selection of Psalms for mediation

For the final psalm of our series, we will be studying Psalm 145. I almost couldn't sleep, knowing that we would get to spend the week studying this great psalm! It is thought to be the last psalm of David, serving as an introduction to the final psalm of praise. It is also the last of the eight "acrostic" psalms, which is a psalm in which each verse (or group of verses, as in Psalm 119) begins with one of the 22 letters of the Hebrew alphabet in sequence; the first with *aleph*, the second with *beth*, and so on. It's a sweet thought to imagine David, filled and moved by the Holy Spirit, taking the time to write this psalm as an acrostic. Can't you just picture this man of God leaning on a rock, pen in hand, deep in thought? Perhaps he wrote it in this way to make it easier to remember, as many of us do as we write poetry today. Or maybe it was purely an artful and creative way to record praise to his God. We don't know his motives, or even when he actually wrote it, but we can tell he simply wanted to offer praise to the King of his heart.

Psalm 145 is the only psalm with the designation "praise" in its subscription. It's called David's Psalm of Praise. It was David's very own personal praise song. Although most psalms are prayers and include praises for various attributes of God, this seems to be David's favorite. Spurgeon calls it David's "crown jewel of praise." David Hocking says that "It's most likely on every believer's 'favorite psalm' list."

Make sure you pray before you begin, asking the Holy Spirit to fill you with understanding and knowledge as you study. May your heart be filled with praise for God as you are reminded of His great name, character, and works.

First Day

1. Read Psalm 145:1-21. Jot down any repeated words or phrases that you find.

2. What would you say is the tone of the psalm? Can you tell what emotion David was feeling?
3. What is the overall theme of the psalm?
4. Although this psalm could be taken as one main thought, if you had to break it down into sections, how would you do it?
5. How are the beginning and the ending similar?
6. What "action" words does David use in this psalm to express his praise? (i.e., extol, bless, etc.)
7. David praises God for four "**G**" words. What are they?
 - a. verse 3
 - b. verse 7
 - c. verse 8
 - d. verse 11
8. Write your first impression of this psalm. What are your thoughts? What emotions does it stir in your heart? What general comments do you have?

We'll end here for today. Meditate on God's greatness, His goodness, His grace, and His glory. Those are most definitely "**Reasons to Rejoice**"!

Memory Verse of the Week: "Great is the Lord, and greatly to be praised; and His greatness is unsearchable." Psalm 145:3

Second Day

What's your memory verse?

In his book *Prayer, Praise & Promises*, Warren Wiersbe wrote, "Psalm 145 has special meaning for me. Several years ago a drunken driver hit me going 80 or 90 miles an hour. When I woke up in the intensive care ward of a hospital with broken bones and lacerations, this is the verse that went through my mind: 'Great is the Lord, and greatly to be praised; and His greatness is unsearchable.'" I pray that this verse would become the praise and prayer of our hearts when we face life and it's problems every day.

1. Read Psalm 145:1-21. Reread verses 1-3. How many personal pronouns does David use? What does the word "extol" mean?
2. How does David show his devotion in verse 1?
3. How does he show his allegiance? Why is it significant that David calls God his King?
4. How often, and for how long, should we praise Him?

To "bless God" or to "praise Him" is to acknowledge the glories of His excellent person. Praising is worshipping Him for who He is, acknowledging that God is God. Our praise for God should be as eternal as the God we praise!! (verse 2) To praise His name, or His character, should continue without end.

5. What does the word "great" mean? Why is God "great"? Why is His greatness "unsearchable"?

David praises God every day, no matter what day it is, no matter what is happening in his world. His praise for God is not based on the condition of his life, or the circumstances he finds himself in. God deserves our praise all the time, and forever. Spurgeon said, "No chorus is too loud, no orchestra too large, no psalm too lofty, for the lauding of the Lord of Hosts."

6. Do you take time to praise God every single day? Is your praise and worship conditional?

7. Write some ways that you have seen God's greatness **TODAY**. How has His greatness been revealed to you this week?

8. Read Psalm 145:4-7. Who shall praise Him in verse 7?

When I read this verse, I think of how creation declares God from one generation to the next. His glory is passed down over the ages. We look back to our forefathers and see what God has done, and our children will be able to see God's glory through what He's doing in our lives and our generation. God's mighty acts declare Him and make up a beautiful history.

9. Practically speaking, how can "our" generation share God's story and declare His mighty acts to the next generation?

10. Let's make this more personal. Are you sharing your "God story" with your children, and the next generation? Are you passing on God's legacy and declaring His mighty acts to the people in your life?

We'll stop here for now. God is great! He's "superior in quality and character; He's of major significance and importance; He's remarkable and outstanding in degree, magnitude, and effect; He is distinguished ..." He is great!

Third Day

Study your verse and hide it in your heart.

1. Read Psalm 145:1-21, focusing on 4-7.

Again, we're reminded that generations should pass truths down to one another. James Montgomery Boice said, "This statement does not merely mean that the stories of God's past acts will be passed on by the redeemed community, though that is true, but that each generation of believers will add to that old story the account of what God also has done with them. God continues to act for us and in us. Our recognition of this truth and our confession of it are part of the praise we offer God." It is our obligation to past generations and our duty to generations to come.

2. In verse 6, the word "awesome" can be translated "terrible." In Old Testament times, God's works were frequently revealed in judgments. (Flood, Babel, etc.) Even God's "acts of judgments" reveal His greatness. Why?
3. The word "utter" in verse 7 means to "bubble forth." Are you "bubbling forth" with memories of God's goodness? Are you keeping track of how God's goodness has been revealed in your life so you can share that truth with others?

God's goodness is an important truth to grasp. God is good. He is always good. John Phillips said, "It is impossible for Him to be anything but good. God is not the author of sin - sin did not begin with God; it began with Lucifer. God always does good things, things consistent with His righteousness. Because He is good, God has to punish sin. But because He is good, He never does so vindictively. He is good and righteous. Therefore He always does what is right. When sinful

people call God's goodness into question, it is because they are blinded by sin. When all the facts are in, at the judgment seat of Christ and at the great White Throne, everyone will be forced to acknowledge, for all eternity, the facts of God's moral goodness, even if they are in a lost eternity."

4. Have circumstances caused you to doubt God's goodness? How can knowing and believing that everything God does is "good" help to change our perspective?

5. In verses 8-10, what is David praising God for?

6. David quotes from one of the most famous and most quoted passages in the Old Testament. Read Exodus 34:6. (We read this story in lesson 3!) What does it say?

7. Verse 8 tells us that God is slow to anger. What does that mean? Can you think of a Bible story that gives an example of that?

Because God's mercy is great, He is extremely patient and long-suffering. When people finally repent from their sins, God's great pardon is waiting for them. Great is their sin, and even greater is His mercy.

8. Read the following verses on anger and write your thoughts.
 - A. Psalm 30:5
 - B. Ephesians 4:26
 - C. Ephesians 4:31
 - D. Proverbs 14:16-17

9. Are you slow to anger or quick-tempered? Have you seen the bad fruit of being quick-tempered? Is there a specific area in which you desire God to make you "slower to anger?"

10. How can being "slow to anger" declare God's goodness to those around you? (Especially if the anger is merited?) How is God glorified?

In verse 8, we find grace for the unworthy, compassion to the afflicted, forbearance to the guilty, and mercy to the repentant. All that in one verse! Truly, the Lord is good to all (vs 9), and His mercies are over all His works.

See you ladies tomorrow! Ask the Holy Spirit to help you to be "slow to anger" today. God bless you!

Fourth Day

Repeat your memory verse to someone close to you.

1. Read Psalm 145:1-21, focusing on verses 10-13. How many times is the word "kingdom" used?

David delights in praising God for His rule and reign over him. As the King of Israel, he acknowledges that God is King over all. We can't, and shouldn't, rule over ourselves. We need His powerful ruling hand. There was a man who tried to receive the glory for himself that belonged to God. Let's read his story.

2. Read Daniel 4:28-33. What happened to Nebuchadnezzar? Why?

3. Have you ever tried to take credit for something the Lord had done or received glory that belonged to Him? Why is this so wrong?
4. Read Daniel 4:34-37. How did the story end?
5. Read 1 Timothy 1:17. How did Paul describe Christ?
6. Have you allowed the King of Kings to become the ruler of your life? Are you still trying to "call the shots" in any areas?
7. Read Psalm 145:14-16. How does verse 14 beautifully contrast verse 13?

David knew what it was like to fall. He also knew what it was like to be laden with heavy burdens. The glorious King of Kings who is powerful and majestic, reigning over all the earth, will bend down and lift up those who are fallen. The form of the verb that is used infers that He is always doing this; He is always upholding. We are fallen men, yet He upholds us. He's the picture of humility.

8. Are you "bent over" with guilt or shame? Are you loaded down with burdens that are almost impossible to bear? How does this verse encourage you?
9. Spurgeon said, "However low we fall, we are not below the reach of God's hands. And within the reach of God's hands we shall experience the action of God's love." Write your thoughts on this quote.

10. What attribute of God do you think David is speaking about in verses 15-16?

11. What kind of faith is David describing in the same verses?

David had learned to wait on the Lord and look to Him for all his provision. Just as sheep look to their shepherd, fully expecting to be fed and taken care of, our eyes should be fixed on the Lord, knowing that He will always take care of us as well. We can look expectantly to Him, trusting in His provision. David praises God for His providence over nature, as well as His providence over mankind.

11. What phrase in verse 15 reminds us of God's timing? What is David saying?

12. Where are your eyes? Are you looking expectantly at Him to provide for your needs, whether it be money, food, or friends? Have you been looking somewhere else, or at someone else, to fix things for you?

Tomorrow we'll look at the last five verses. So far David has praised God for His mighty works, His glory, His greatness, His goodness, His compassion, His mercy, His everlasting kingdom, and His provision and care. And he's still not done. Truly, God is worthy to be praised!

Fifth Day

Write your verse from memory.

1. Read Psalm 145:1-21. How many "alls" can you count in verses 14-21? What does that tell you?
2. From verses 17-21, list all the things that God can, and will do.
3. When we pray, God is near to us, according to verse 18. But what is the condition? What does that mean?
4. Read James 4:7-8. If we want to be near to God, what does James say to do?
5. Do you feel near to God right now? Have you been drawing near to Him and calling upon Him in truth? Or have you been praying selfishly, or asking amiss? (James 4:3). Ask the Holy Spirit to search your heart and see what the problem is. The Lord is never tired of hearing you call upon Him.
6. How does David's last statement in verse 21 correlate with the very last verse of the very last psalm, Psalm 150:6?

7. Read Psalm 150:1-6. This last psalm echoes the praise theme of Psalm 145 and is a great wrap-up to the entire book. Notice how each verse seems to build upon each other. After reading it, answer the following questions:

- A. Who are we supposed to praise?
- B. Where do we praise Him?
- C. Why do we praise Him?
- D. How do we praise Him?
- E. Who is supposed to praise Him?

Notice that the psalmist wasn't saying that only the Levites and the priests were supposed to praise God. All people and all creatures everywhere should praise the Lord. All of God's creation should praise Him.

Psalm 1 opened the book of psalms by making a clear distinction between the ungodly and the godly. There are only two roads to take. "For the Lord knows the way of the righteous, but the way of the ungodly shall perish." (Psalm 1:6) If we choose the right road, we will end in praise, like the psalmist of 150. Being a child of God gives us uncountable reasons to praise Him!

8. Here are some facts about praise taken from the study portion of the New King James Open Bible. **Read** the verses and **write** your thoughts.

- A. **God alone is worthy of our praise** - Psalm 18:3, 113:3
- B. **It is His will for us to praise Him** - Psalm 50:23, Isaiah 43:21
- C. **This praise should be continuous** - Psalm 34:1, 71:6
- D. **We are to praise Him for His holiness** - 2 Chronicles 20:21
We are to praise Him for His grace - Ephesians 1:6
We are to praise Him for His goodness - Psalm 135:3
We are to praise Him for His kindness - Psalm 138:2
- E. **All nature praises God** - Psalm 148:2
- F. **The sun, moon, and stars praise Him** - Psalm 19:1, 148:3-4
- G. **The angels praise Him** - Psalm 148:2

9. Now turn back to Psalm 145. What spoke to you the most from this Psalm?

10. There is never a reason **NOT** to praise the Lord. Although this is a great psalm to use in our prayer time, let's use it as a model and write our own personal praise and adoration psalm and offer it to the Lord.

This ends our short series of psalms, I hate to say. I loved it! I hope and pray the Lord grabbed your heart in a special way and perhaps gave you a "new song" to sing! God bless you, ladies, and keep studying the Word. Remember, it is the Bread of Life! **Psalm 145:15** told us that He gives us "food in due season." He is our nourishment; He is our sustainer. And that, my friends, is a wonderful "**Reason to Rejoice**"!

**Praise the Lord! For it is good to sing praises to our God;
for it is pleasant, and praise is beautiful."**

Psalm 147:1

