



6/18/26

*When I walked my dog, Toby, yesterday morning at 5am (Yes, he has been coming to get me at 5am to tell me it's time to go for our walk 😊), the sunrise was absolutely beautiful! I couldn't believe that in just a few hours we would have thunderstorms and tornado inducing conditions! I thought, "This is going to be what it's like when Jesus calls us home... Everything is going to seem normal and fine, we'll know that it's coming soon but we won't be able to really see it by the "weather patterns", and then BAM... He will call us home! I look forward to that day.*

*Blessings,  
Jonna*

*Psalm 146*

*1 Peter 3:5 spoke of "the holy women who hoped in God." What happens when my hope is truly and solely placed in God? I find Him to be faithful and that inspires my worship. Worshiping God genuinely comes from a heart that focuses on Him... and because I focus on Him, I see His goodness even in the hardest circumstances... and because I see His goodness, I put my hope in Him... and as I put my hope in Him I see His faithfulness... and that grows my worship.*

*So I look at Psalm 146:1-2 which says, "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," and I know 2 things.*

- 1. I know that this psalm is going to give me reasons why He deserves my praise. There's never a call for praise without a reason why.*
- 2. I sadly spent A LOT of years reading quickly over the call to praise God. I wasn't interested because it wasn't about me... even as a believer. Somehow God graciously got a hold of my heart. I do praise Him for helping me to genuinely worship Him. And yet, I know that He deserves so much more. Psalm 34:1 says, "I will bless the Lord at ALL times; His praise shall continually be in my mouth." I do not bless the Lord at all times, though He deserves it. His praise is not continually in my mouth, though I pray that He will help my heart to change so that it is.*

*O Lord, let me look closely at the reasons why You're worthy of my continual praise... not just with my mouth, but from my soul... every moment of every day... until the day You take me home... and then I will praise You forever. Let me live the words of the song, Ancient Gates... "Praise Him like we're there in glory. Here and now He's just as holy. Jesus, You're so worthy of it all." O Lord, let me not be satisfied until I'm praising You like that.*

*Here are the reasons the Lord is worthy of my praise from Psalm 146.*

*Vs. 3-4 ~ He is not like a man, not even a man who is born into royalty. "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." There is only one man of royalty who has the power to save, who is alive forever, whose plans never perish, the man Jesus Christ.*

*Jeremiah 17:5 says, "Cursed is the man who trusts in man and makes flesh his strength." Psalm 146 tells me why... Even the noblest of men can't live forever. I can't put my trust in any man or woman, including myself! I am NOT self-sufficient. To believe that I am is to self-sabotage. The wonderful thing is, I am not left hopeless in my helplessness! I have Jesus, my Savior, the Son of Man and the Son of God.*

*Vs. 5-9 ~ "Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God..."*

*Cursed is the man who trusts in man, but BLESSED is the one who looks to the Lord as his help. BLESSED is the one who hopes in the Lord! Why?*

- "He made heaven and earth, the sea, and all that is in them..." This is no mere man I'm trusting and hoping in. This is the one who spoke the world into existence, who holds the universe together by the word of His power! Do I believe that? Do I believe Psalm 46:1 that says, "God is our refuge and strength, our ever present help in time of trouble"? O Lord, please make it so. The more I look to You, the more trust You, the more I put my hope in You, the more I'll find this to be true. You NEVER fail in ANY of Your promises.*
- "He keeps faith forever..." Forever. There's never a point where You say, "I've had it up to here. You made your bed. Now go lie in it." No. You say even of my rebellion, "Therefore the Lord waits to be gracious to you" (Isaiah 30:18). Who else does that??? Without fail???*
- "He executes justice for the oppressed..." There are so many oppressors in this world... so many fighting for their own power, not considering how hurtful they are to others. I have been an oppressor because of my selfishness... and I have been oppressed because of others. Let me never think that when others oppress, You're good with it. You see it. You know it. Eventually, You put a stop to it. Until then, You give the oppressed strength*

*to endure when they're willing to let You. I think the reason so many of us don't turn to You is because we think You are good with it when You don't stop it immediately. But what I see in this is that, first, I want You to put an end to it in others who oppress, but I want You to have grace for me when I oppress. Second, if You're not stopping in the moment, I can trust that You're doing something. You have a plan and You WILL execute it.*

- *"He gives food to the hungry..." You give food to all the hungry when You bring rain to water the earth, "to give seed to the sower and bread to the eater" (Isaiah 55:10). But even more so, You are the bread of life. You say, "Blessed are those who hunger and thirst for righteousness. For they shall be satisfied." You do that. You satisfy not only my temporary physical needs, but my eternal spiritual needs.*
- *"The Lord sets the prisoners free..." Clearly, this truly is speaking of the eternal. To what have I been a prisoner that I needed to be set free? To the domain of darkness... to the god of this age who seeks to destroy my soul. You set me free through the Son of Man, the Son of God, the Lamb of God who shed His blood for my redemption. O Lord, let me never take that for granted. Let me never think my sin isn't that bad, that if it were just about my sin and not everyone else's, You wouldn't have had to die. Let me say with the Apostle Paul, "I am the chief of all sinners, the least of all the saints." If I don't recognize my need, I will never worship You for Your sacrifice.*
- *"The Lord opens the eyes of the blind..." How do I recognize my need? You open my eyes! You remove the veil. Isaiah 61 and Luke 4 make it clear that this is specifically referring to Jesus! This is reason to praise! Blindness does not mean I'm safe from harm. Blindness means that I would walk off a cliff and not even know it until it was too late! But You open my eyes, even when I would rather have them blind. You do what I could never have done for myself.*
- *"The Lord lifts up those who are bowed down..." O Lord, how many times have I been bent down because of my own sin? And You lifted me up! But also, this can mean that You lift up those who are bowed down before You in humility. James 4:10 says, "Humble yourselves before the Lord and He will lift you up." I don't NEED to lift myself up or try to make a name for myself. YOU lift me up when I humble myself before You. What You do in lifting me is exponentially greater than anything I could do for myself!!! When I try to lift myself up, it is self-sabotage. When You lift me up, it is peace, love, joy, and hope that never runs out. O Lord, You are worthy of praise!*
- *"The Lord loves the righteous..." Oh wow. The Hebrew word love here is not the word "chesed" which means covenant loyalty love. The word is "ahab" which means the loving affection of a friend. God loves ALL people, but those are righteous (our faith is credited to us as righteousness) get to experience the tender, affectionate, loving friendship of the Lord. He never says, "Yes, you did what was right, but that's just what you SHOULD do. You don't get a reward for doing what you have done anyway." No, He*

says, "Yes!!! Great job. Let's enjoy sweet, tender friendship as I lavish My grace on you." As it says in Psalm 25:14, "The friendship of the Lord is for those who fear (worship, trust) Him."

- "The Lord watches over the sojourners..." Hebrews 11 and 1 Peter 1 and many other passages say that this world is not my home. I am a sojourner... just a visitor passing through. My true home is in heaven. God watches over me. He leads me. He teaches me. Someday, He will take me home. Until then, He has not left me here to fend for myself. He's my ever-present help.
- "He upholds the widow and the fatherless..." God cares about those who are alone. He lifts up the widow who has lost her husband. She is never alone. He lifts up the children who have lost their parents, either from death or from their own cruelty to their kids. God is not good with anyone being abandoned!!! Let me never think that bad circumstances or bad people are a measure of His love. God will uphold the widow and the orphan even when no one else does.
- "But the way of the wicked He brings to ruin." Who takes advantage of the widow and the orphan? The wicked. God is NOT good with it and He will bring justice. In Mark 9:42, Jesus said, "Whoever causes one of these little ones who believe in Me to sin, it would be better for him if a great millstone were hung around his neck and he were thrown into the sea." If justice hasn't been served by God, the story isn't over.

Vs. 10 ~ "The Lord will reign forever, your God, O Zion, to all generations. Praise the Lord!" Princes and the son of man will perish, but God remains forever. These words were written THOUSANDS of years ago. They were true then. They're true now. They'll be true forever. My God reigns! He cannot be voted out, canceled, or dethroned. Not even death could stop Him. He IS worthy of my praise!

In these 10 verses, the personal name of God, YAHWEH, is written 11 times. God is telling me that He is personally involved in my life. Now that Jesus has come, I don't just have His personal name. I have been adopted and I get to call Him an even more intimate name... "Dad." That is reason to praise Him!!! O Lord, please make this one thing true for me... Let me praise You not just with words, but from my soul as long as I live, every day, every hour, from the moment I wake up until the moment I fall asleep, while I exist on this earth. With me and all my flesh this is impossible. But with You, Lord, ALL things are possible!!!