



Praise Psalms
Week 5 Study Guide (10/18/2020)

Psalm 145

NRSV

- ¹ I will extol you, my God and King,
and bless your name for ever and ever.
- ² Every day I will bless you,
and praise your name for ever and ever.
- ³ Great is the Lord, and greatly to be praised;
his greatness is unsearchable.
- ⁴ One generation shall laud your works to another,
and shall declare your mighty acts.
- ⁵ On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.
- ⁶ The might of your awesome deeds shall be proclaimed,
and I will declare your greatness.
- ⁷ They shall celebrate the fame of your abundant goodness,
and shall sing aloud of your righteousness.
- ⁸ The Lord is gracious and merciful,
slow to anger and abounding in steadfast love.
- ⁹ The Lord is good to all,
and his compassion is over all that he has made.
- ¹⁰ All your works shall give thanks to you, O Lord,
and all your faithful shall bless you.
- ¹¹ They shall speak of the glory of your kingdom,
and tell of your power,
- ¹² to make known to all people your mighty deeds,
and the glorious splendor of your kingdom.
- ¹³ Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.

The Lord is faithful in all his words,
and gracious in all his deeds.

- ¹⁴ The Lord upholds all who are falling,
and raises up all who are bowed down.
- ¹⁵ The eyes of all look to you,
and you give them their food in due season.
- ¹⁶ You open your hand,
satisfying the desire of every living thing.
- ¹⁷ The Lord is just in all his ways,
and kind in all his doings.

¹⁸ The Lord is near to all who call on him,
to all who call on him in truth.
¹⁹ He fulfils the desire of all who fear him;
he also hears their cry, and saves them.
²⁰ The Lord watches over all who love him,
but all the wicked he will destroy.

²¹ My mouth will speak the praise of the Lord,
and all flesh will bless his holy name for ever and ever.

1. As we continue looking at different kinds of Psalms, this week we look at Psalms of praise. In addition to Psalm 145, here are several other examples of praise Psalms: 29, 103, 113, 115, 134, 135, 150. These Psalms were first used as songs in worship—communal expressions of praise to God.

2. Beginning at Psalm 145, the remaining Psalms (146-150) are all Psalms of praise. The Book of Psalms concludes with this huge wave of praise! As we noted last week, there are more Psalms of lament than any other type of Psalm. However, the Psalms don't end with several laments, instead it's all praise in the final pages of the book. What does this tell us about the Psalms? About God?

3. Take some time silently read through the Psalm, and then read it a second time aloud. What lines and words are you drawn to? Why do you suppose these words are meaningful to you today?

4. Look at v.8. Perhaps this verse is one that got your attention. John Calvin once wrote of this verse: “as clear and satisfactory a description of the nature of God ... as can anywhere be found.” Why do you suppose this is so? Spend some time with the words of v.8. Memorize it so that you can “take it with you” today.

5. Reflect on Eugene Peterson's words below. Do they ring true to you?

Going Deeper

In his wonderful book on the Psalms, *Answering God*, Eugene Peterson notes that in Hebrew (the original language of the Old Testament), our word for “Psalms” comes from the Hebrew word for “Praises.” In Hebrew, then, the Book of Psalms is literally the “Book of Praises.” Peterson reflects on the meaning of this title when there are far more Psalms of lament than there are Psalms of praise:

“‘Praises’ as a title is not statistically accurate but it is accurate all the same. It is accurate because it accurately describes the end, the finished product. All prayer, pursued far enough, becomes praise. Any prayer, no matter how desperate its origin, no matter how angry and fearful the experience it traverses, ends up in praise. It does not always get there quickly or easily—the trip can take a lifetime—but the end is always praise. ‘Praises,’ in fact, is the only accurate title for our prayer book, for it is the goal that shapes the journey: ‘The end is where we start from.’”

p.122, *Answering God*, by Eugene Peterson