

It's Time For A Praise Break

STUDY GUIDE

Psalm 145:1-4

- 1 I will extol thee, my God, O king; and I will bless thy name for ever and ever.
- 2 Every day will I bless thee; and I will praise thy name for ever and ever.
- 3 Great *is* the LORD, and greatly to be praised; and his greatness *is* unsearchable.
- 4 One generation shall praise thy works to another, and shall declare thy mighty acts.

Most of us focus too much on what God does for us and not enough on who He is. Most of our praise is prompted by something God has done for us, some blessing, some answered prayer, or some help that we receive from Him. Certainly, we ought to praise God without reservation when He blesses or helps us. Not to do so is to be ungrateful. But to praise Him *only* for what He does for us reveals that we truly do not understand God. Even though we know deep down that God is most deserving of our praise, sometimes we can go through the day and forget to actively look for reasons to praise Him. Finding reasons to praise is something we need to make a conscious habit of doing. If we don't, we can easily become so immersed in our circumstances that we allow them to blind us from seeing how great God is in the midst of it. We fail to see all God is doing in the little things. Make an effort to look for opportunities for praise. Not every pause for praise requires a loud outburst, especially if you are in public or at work; it can be a whisper or a joyful prayer. Then there are times when no one is around and you need to express praise with your whole being! The key is to find continual reasons to pause for a praise break and refuse to let anything steal your praise !

A. The Vow to Praise

[Psalm 145:1, 2, 10, 21](#)

At the beginning of the psalm, in the middle, and at the end, the psalmist pledges to God that there will be praise for God.

1. The Promise to Praise ([Psalm 145:1, 2, 10, 21](#))

The promise to praise God involves four means of praise.

- **Personal praise.** [Psalm 145:1](#) "*I will extol thee... bless thy name*". The psalmist **commits himself** to praise God. This is a noble commitment. One cannot go wrong praising God.
- **Production praise.** [Psalm 145:10](#) "*All thy works shall praise thee*". This means all creation will praise God.

[Psalm 19:1](#) illustrates this truth. "*The heavens declare the glory of God*" Too many men, however, refuse to honor God in this life, but they will praise God in the next life.

[Philippians 2:10, 11](#) "*every knee should bow... every tongue should confess that Jesus Christ is Lord, to the glory of God*".

- **Pious praise.** [Psalm 145:10](#) "*Thy saints shall bless thee*". The **pious (reverence)** will praise God. This praise will be acceptable. The **character** of the people who praise you tells others the worth of the praise. **Good** people praise God. Bad people do not.
- **Public praise.** [Psalm 145:21](#) "*My mouth shall speak the praise of the Lord*". The psalmist will praise God with his voice which means the praise will be **heard** publicly.

This praise is not the praise from a secret disciple.

2. The Person to Praise ([Psalm 145:1, 2, 10](#))

[Psalm 145: 1, 2, 10](#) "I will extol thee, my God... I bless thee... thy works shall praise thee... saints shall bless thee".

God is the One Who is to be praised. Our society seems to think this is a bad thing to do and that it would be injurious to some people if we praised God. But, in truth, it will be very injurious to those who do not want to praise Him.

3. The Period of Praise ([Psalm 145:1, 2](#))

[Psalm 145:1, 2](#) "I will bless thy name forever and ever. Everyday will I bless thee; and I will praise thy name forever and ever". This is a **commitment** to praise God for eternity. The psalmist obviously believed in his immortality. Eternity will not be long enough to adequately praise God, however.

4. The Precept for Praise

[Psalm 145:21](#) "Let all flesh bless his holy name forever and ever". Our society will have many people and organizations that will fight this precept, but it will be obeyed—God will see to that. God will be praised for eternity whether the ACLU (American Civil Liberties Union) and other like organizations and people like it or not.

B. The Virtue to Praise

[Psalm 145:3-6](#),

There are many things about God for which we can praise him. I listed one thing from this chapter which merit God's praise.

1. The Greatness of God ([Psalm 145:3, 4, 6](#))

God's greatness far exceeds anything we call great.

- **The Person is great.**

[Psalm 145:3](#) "Great is the Lord". We call many things great in our society, which compared to God are anything but great. Greatness begins with God.

- **The praise is to be great.**

[Psalm 145:3](#) "Greatly to be praised". Praise should correspond to that which is praised. In the case of God, the praise should be very great.

- **The perimeter of greatness.**

[Psalm 145:3](#) "His greatness is unsearchable". God's greatness is so vast and so marvelous that mankind will never fathom God's greatness in all of eternity.

- **The proclaiming of greatness.**

[Psalm 145:4, 6](#) "One generation shall praise thy works to another... declare thy mighty acts... I will declare thy greatness". The proclaiming of God's greatness is addressed here.

First, the perpetuity of proclaiming greatness. "*One generation shall praise thy works to another.*" This was the way Divine truth was handed down to mankind over the ages. Some generations, ours particularly, are not doing a good job of proclaiming God's greatness. We are too busy proclaiming our own greatness.

Second, the personalness of proclaiming greatness. "*I will declare thy greatness.*"

The psalmist will practice what he preaches.

We, too, ought to exalt God daily solely on the basis of who He is.

All too often, **our circumstances** determine our praise.

In good times, we are quick to praise the Lord. But in difficult times, we do not always feel like exalting Him.

God never changes, regardless of our circumstances. Even in our deepest valleys and darkest nights,

He is still God, and He is still great. He is the King of the universe and the King of our lives, a King who loves us so much that He gave His only Son for our salvation. If for no other reason than this, we need to make a fresh commitment to praise His name at all times.

WE DECLARE A PRAISE BREAK

I decree that you find continual reasons to pause and give God a shout of praise. See past every element of opposition and find a place of praise. Let there be a shout in your mouth, rejoicing in your heart, dancing in your feet, and a clap in your hands. I decree you are quick to fall on your knees in worship. You are released into mighty and crazy praise. I declare nothing can steal your praise; no demon or evil spirit can steal your praise. No person or circumstance can rob your praise. I prophesy that you are impacted by sudden and overwhelming praises that well up from within and that you are given to pause from what you are doing and take a moment to praise. I declare you see all the reasons around you that spark your praise. I say that you shall see the glorious greatness of your God in every situation and you will be overcome to pause and **take a praise break!**