

Weekly Study of Sunday's Message

September 20, 2026 *"Psalms: Songs of the Soul. A song of Praise"*

I Intro.

We're moving into fall and in a unique series. There's a lot going on at NCC and you'll want to keep up with everything that's happening. Stay connected through our social media to keep up with everything that's going on. This is our companion devotional to Sunday's message. It's just a part of all we have to offer to you. Whether you were able to participate in this service or not, this devotion is free-standing. We hope you find this tool helpful on your spiritual journey. We don't want you to miss out on anything. We consider you part of our community. We have many ways you can plug into life at NCC. You can find all those through our website, app, and social media sites. Our app is the best way to livestream our services, but you can also livestream on FaceBook and YouTube. You can revisit past services, sign up for events and even give. We're encouraged by your presence when you gather with us. New and familiar faces join us every Sunday. If you join us online, we appreciate your presence. We are fully committed to our virtual attenders. We are your church family. If there is anything you need, prayer, or anything else, please let us know.

II Recap.

Music holds such an integral and important place and purpose in our world. Music can do things that no other medium can do. Music enhances what's happening in a movie or TV show. You can just listen to a score and guess what's happening in that scene without even watching it. Music is walkout music for baseball players. Halftime shows. Riles a crowd up at sporting events. (Zombie Nation - Crazy Train). And what's up with Sweet Caroline? And just imagine worship without...worship. Songs connect with a deep part of our soul. Something happens when we hear a song that brings back memories. Music connects the inside of us with something outside of ourselves.

We're in the third Sunday of our series about the Psalms called: ***"Songs of the Soul"***. The psalms were written as a way for the people of God, in community, to experience the presence of God, about everyday things. That fills their souls. In a variety of ways. That's what music can do. It's why we have a time of worship. The first week we covered a psalm of lament. Last week we covered a psalm of thanksgiving. Today is a psalm of praise.

III Sunday.

Sunday was an abbreviated message. There was no reason to spend 40 minutes talking about the importance of praise. Talking about praise is like writing about dance. Some things are just better when you actually do them. So, we quickly went over a psalm of praise. Psalm 103. We highlighted a few things that are an important part of praise. Then we...praised. So, we'll post the psalm, a few notes from it. This is going to be a shorter message. If there's a reason to praise, that should be it.

But first a couple of questions.

Does God need your praise? Think about it. Why or why not?

Then why are we supposed to do it? What is the purpose of praise?

We're going to worship something.

I'm going to give the premise right off the bat. Praise, giving attention and honor to God, redirects the desire to give our praise to something else. There is this desire deep within us to give honor. To give praise. It's built inside of us. You're going to worship something. And if we don't direct our worship

and praise at God, then we'll direct it at something. A hobby, interest, sports team, our family, our nation, ourselves, etc. Think about our society, and how quickly, easily, we are drawn to worship things, ideas, people, and more, that never were meant to be objects of praise and worship. And honestly directing praise, honor towards any of those becomes...idolatry.

We're told to praise and honor God. But, I don't believe this because God is some insecure egomaniac, who needs something to give him praise. Or again, like the church tends to do, make it an obligation or joyless duty. I believe we are told to praise God, because we were designed to worship...to praise. It's a built-in feature that brings joy, grows love, and gives direction to our lives. It's a gift. But because we were also created with free-will. The ability to have agency over our lives. We will chase other things to worship. And not only do those other things not hold up to the weight of our expectations. But the joy of worshipping people or things, always leads to disappointment. That can happen with God too. But God won't abandon you or gaslight you when you get disappointed with him. We learned that in psalm 22, through lamenting done well. So...today, a psalm of praise...and then we'll actually praise. Because that's what we were designed to do.

We're not going to walk through this psalm of praise. We're just going to make a few comments about what's at the heart of true praise. Just so you know, after we finished this psalm, and briefly hit the important elements of praise...we praised. So, you may want to watch the service.

Psalm 103. Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! The LORD gives righteousness and justice to all who are treated unfairly. He revealed his character to Moses and his deeds to the people of Israel. The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west.

The LORD is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; he remembers we are only dust. Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone— as though we had never been here. But the love of the LORD remains forever with those who fear him. His salvation extends to the children's children of those who are faithful to his covenant, of those who obey his commandments! The LORD has made the heavens his throne; from there he rules over everything. Praise the LORD, you angels, you mighty ones who carry out his plans, listening for each of his commands. Yes, praise the LORD, you armies of angels who serve him and do his will! Praise the LORD, everything he has created, everything in all his kingdom. Let all that I am praise the LORD.

So, do you need any other reasons to praise?

A. How we praise. Remember these always when we have our time of worship.

1. I sing a psalm of praise with all I am. Not all of us are physically expressive in our worship. Some just aren't comfortable with raising our hands or moving. But in praise, you can still be fully here. When you worship, if anything comes in your spirit that could sidetrack you...give it to God.

2. I can bring all of me to praise. All the good and all the...not so good. Remember...we can bring our authentic real self to God. You may have some not so good things going on inside of you today. Cool, bring those to God also! The things within me that honor God. And the things that I just can't seem to get a handle on. My authentic self, on my journey of transformation, is fully accepted by God.

3. Everything belongs to God and he shares it with me. We praise because our God loves you and wants the best for you. We are still living in the promise of the Garden of Eden. We're not living in that actual physical place. But everything around us is given to us for us to enjoy, steward, and draw closer to God because of it. Praise God for his generosity and all you have.

4. Because I am God's child. God calls me his own. **Do you really need anything more than that?** And embracing this truth is enough to bring praise and honor.

5. And because of all of this I will praise. My mind, heart, body, soul, entire self can't do anything else but respond in praise. When I consider, fully take in, allow all of me to be open to just who God is. Then what else can I do but praise. It's at this point we went back into a time of praise. If you would rather just play your own preference of worship and praise music, I want to encourage you to do so. Just let those reasons to praise flow through you as you praise.

IV Challenge.

I'm not going to say a whole lot wrapping this up. **What do you need to know that you don't know that would highlight the importance of creating moments of praise in our lives?** And it's not always going to be a great praise team, and the right setting. Sometimes you just have to build those moments to focus on God yourself. Whatever that looks like for you.

But, I want you to remember why we need to praise. Remember the truths from Psalm 103. We have a God who wants us to enjoy all that he wants to share with us. And even if you start small, low key, simple. Set aside regular moments, even if it's just a few minutes to praise. Remember why we praise. That alone should be a catalyst to get praise to flow. Praise is a natural song of our soul. And it's what fuels and feeds who we were created to be.