
SERMON NOTES AND SCRIPTURE

Psalm 146

1 Praise the Lord.

Praise the Lord, my soul.

2 I will praise the Lord all my life;

I will sing praise to my God as long as I live.

3 Do not put your trust in princes,

in human beings, who cannot save.

4 When their spirit departs, they return to the ground;

on that very day their plans come to nothing.

5 Blessed are those whose help is the God of Jacob,

whose hope is in the Lord their God.

6 He is the Maker of heaven and earth,

the sea, and everything in them—

he remains faithful forever.

7 He upholds the cause of the oppressed

and gives food to the hungry.

The Lord sets prisoners free,

8 the Lord gives sight to the blind,

the Lord lifts up those who are bowed down,

the Lord loves the righteous.

9 The Lord watches over the foreigner

and sustains the fatherless and the widow,

but he frustrates the ways of the wicked.

10 The Lord reigns forever,

your God, O Zion, for all generations.

Praise the Lord.

Responding with a lifestyle of praise:

1. A life of praise focuses on the eternal, not the temporary.

Halal (halleluiah) – to boast, to rave, to shine, to celebrate

2. A life of gratitude continues God’s work. (Psalm 146:5–10)

Final thought:

Salvation changes both our destination and vocation.

GROUP DISCUSSION

Read the passage of Scripture together as a group.

Read verses 1–2 again. Share with the group a couple of ways you have praised the Lord with your very life.

Do you find yourself trusting in “princes or mortal man” as verse 3 suggests? How did this message encourage you to put your trust in God?

Read through God’s attributes listed in this Psalm. What does this show us about the heart and character of God?

Where in your life do you need to focus on the eternal, instead of the temporary?

How can you boast and shine God’s work in your life and vocation?

Focus as a group on praising the one True God. Spend some time as a group simply praising him for who he is.