

**“Psalms of Praise”**  
**Psalms Series | Part One**

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This morning we are beginning a five-part message series on the book of Psalms.

In this series, you will see yourself. You will connect with the emotions of the Psalmist and you will be strengthened by the faith of the Psalmist.

**Life Empowering Truths:**

There are a number of life empowering truths that are repeated through this book that will affect your life. Let me mention four to look for as we go through this series in the next couple of weeks.

- **God is on His Throne** - Throughout this book the theme of God being on his throne is repeated again and again. At some points, the Psalmist is feeling defeated and overwhelmed but he always comes back to the realization that God is on his throne.

No matter what is going on in your life right now and no matter what might happen in the future this one truth rings loud and clear. God is in control. God has the final word. God is working behind the scenes to accomplish his greater purposes. And in the end - God's people win!

- **God is all powerful and God is always faithful and loving with his children.**

We not only serve a powerful God but one who is loving, faithful, compassionate and very patient with us. David had this revelation of God before Jesus came. He didn't view God as an angry God toward his children.

- **God invites us to share the good, bad and ugly parts of our heart with him.**

David doesn't hold back and God is ok with that. He dumps his doubts, fears, anger, feelings of God deserting him, wanting to get even with people and all the ugly things he was feeling. He also shares his deep love for God.

- **Praise is both pleasing to God and healing for our soul.**

Something happens to us when we praise God. When we stop complaining and begin praising. Our perspective begins to change. Our heart is encouraged. Faith begins to flow into those hard places of our soul. Trust grows.

I trust God to stir and impart these things into our hearts as we go through this study. You will want to get the parts you miss if you are on vacation so you receive the full blessing of this series with the rest of us.

The book of Psalms is actually a song book and was written for the people of Israel. These were songs written for their personal and corporate worship.

Sometimes these songs were sung as the people travelled up to Jerusalem to worship. You would hear groups of people singing the songs of God's faithfulness and greatness as they walked toward the city.

Throughout the ages people have used the Psalms for their personal devotions. It is probably the most loved and read book of the Bible. I love the book of Psalms. I see myself in it and I go to it again and again for encouragement. It is powerful medicine for the soul.

Most of the Psalms are written by King David. 24 are credited to others and some we are not sure who wrote them.

There are 150 Psalms, so for our message series, we are grouping the Psalms into five categories for this five message series.

- **Psalms of Praise**
- **Psalms of Thanksgiving**
- **Psalms of Lament**
- **Psalms of Wisdom**
- **Psalms of Kingship**

We will reflect on several of the Psalms from each of these categories as we go through this study.

This morning we will look at the Psalms of Praise. These songs describe who God is and what he does. They are often used as a call to worship.

We will be looking at a lot of these praise scriptures this morning. There are a number of lessons we can draw from the various Psalms of Praise.

First is .....

**1. We are encouraged to declare God's praises to both God and people we rub shoulders with.**

Again and again throughout this book we are told to keep praising God at all times.

Withholding praise is shortchanging God. It is demeaning his value and importance in our life. It shows a lack of gratitude. It is arrogant.

But making the choice to praise God pleases God and is good for our soul. Many times, in the Psalms, David would command his soul (mind, will and emotions) to praise God. "Bless the Lord O my Soul and all that is in me, bless his Holy Name!

He didn't wait until he felt like it. Whether he was having a good day or bad day he would choose to praise God for his goodness.

**Psalms 66**

**1** Shout for joy to God, all the earth!

**2** Sing the glory of his name; make his praise glorious.

**3 Say to God,** "How awesome are your deeds! So great is your power that your enemies cringe before you.

**4** All the earth bows down to you; they sing praise to you, they sing the praises of your name."

**5 Come and see** what God has done, how awesome his works in man's behalf!

**6** He turned the sea into dry land, they passed through the waters on foot— come, let us rejoice in him.

**7** He rules forever by his power, his eyes watch the nations— let not the rebellious rise up against him.

**8** Praise our God, all peoples, let the sound of his praise be heard;

**9** he has preserved our lives and kept our feet from slipping.

**10** For you, God, tested us; you refined us like silver.

**11** You brought us into prison and laid burdens on our backs.

**12** You let men ride over our heads; **we went through fire and water, but you brought us to a place of abundance.**

**13** I will come to your temple with burnt offerings and fulfill my vows to you—

**14** vows my lips promised and my mouth spoke when I was in trouble.

**15** I will sacrifice fat animals to you and an offering of rams; I will offer bulls and goats.

**16 Come and hear, all you who fear God; let me tell you what he has done for me.**

**17** I cried out to him with my mouth; his praise was on my tongue.

**18 If I had cherished sin in my heart, the Lord would not have listened;**

**19 but God has surely listened and heard my voice in prayer.**

**20** Praise be to God, who has not rejected my prayer or withheld his love from me!

Now listen, God is not on an ego trip but he does delight in hearing us express our praise to him. It is an expression of our faith and trust and gratitude. It's worship!

God interprets even the cry and of an infant as praise. Their very breath reflects his glory for he created them in his likeness and image.

**Ps. 8:2 From the lips of children and infants you have ordained praise.**

At the very end of Psalms, the psalmist wraps everything up by saying .....

**Ps 150:6 Let everything that has breath praise the LORD. Praise the LORD.**

We are also to declare his praise to people around us. We are to publicly give God credit for his blessings in our life. That is not being religious or super spiritual. It is being a grateful child of God. It is sharing our faith.

- *Vs.16 Let me tell you what the Lord has done for me*

## **2. All of creation declares God's praise and gives witness to him.**

The apostle Paul in the book of Romans states that every person that ever lived is without excuse because there is enough revelation in creation for people to know the invisible and divine qualities of God.

Any reasonable honest person can see that there is an intelligent designer and can choose to worship him. He goes on to say, because of their refusal to acknowledge God and give thanks to him they will be judged by God.

**Romans 1:18-21 The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness,**

**since what may be known about God is plain to them, because God has made it plain to them.**

**For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.**

**For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.**

The psalmist states this same truth that the heavens declare God's glory to every people group.

**Ps 19:1-4 The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world.**

No atheist or agnostic will have any excuse as they stand before God on judgment day.

In Psalms 148 we see even creation itself praising God.

**Ps 148 Praise the LORD. Praise the LORD from the heavens; praise him in the heights above. Praise him, all his angels; praise him, all his heavenly hosts. Praise him, sun and moon; praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies.**

**Let them praise the name of the LORD, for he commanded and they were created. He set them in place for ever and ever—he gave a decree that will never pass away.**

**Praise the LORD from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding, you mountains and all hills, fruit trees and all cedars,**

**wild animals and all cattle, small creatures and flying birds, kings of the earth and all nations, you princes and all rulers on earth, young men and maidens, old men and children.**

**Let them praise the name of the LORD, for his name alone is exalted; his splendor is above the earth and the heavens. He has raised up for his people a horn, the praise of all his saints, of Israel, the people close to his heart. Praise the LORD.**

Do you know there are colors your eyes cannot perceive and there are sounds your ears cannot hear?

Right now, there are radio waves of music and voices all around us that we cannot hear without a receiver tuned into their frequency. Maybe the same is true of the voice of nature that only God can hear.

Scientists have discovered that plants and trees emit sound.

They also discovered the Earth gives off a relentless hum of countless notes completely imperceptible to the human ear, like a giant symphony. Unexpected powerful tunes have been discovered in this hum, but the origin of this sound remains a mystery.

The Northern Lights turn out to be another inaudible source of ultrasound.

**The Psalmist is right. The earth is pulsating with praise to God!**

I wonder if in heaven, with our glorified bodies, if we will be able to hear the praise sounds of creation like God does.

The point is, God created us and the earth with the capacity to praise him as our creator.

When we worship God our voice and music joins in the symphony of the heavens and earth's praise to God.

### **3. The Psalmist reminds us of God's trustworthy character to help us pray and live boldly.**

As David reflected on God's character and faithfulness in the past he was encouraged. He got his perspective back. His perspective changed from that of being helpless and a victim to that of God being in control.

David was able to move out of self-pity and blaming others for all his problems.

It is hard to truly praise God for who he is and still be discouraged. After getting his perspective back, David was able to pray boldly and live boldly.

Listen to what David says about God's character and the benefits of being his child.

**Psalms 103 Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits—**

**who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion,**

**who satisfies your desires with good things so that your youth is renewed like the eagle's.**

(He then reflects on his character)

**The LORD works righteousness and justice for all the oppressed. He made known his ways to Moses, his deeds to the people of Israel:**

**The LORD is compassionate and gracious, slow to anger, abounding in love.**

**He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.**

**For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.**

**As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.**

**As for man his days are like grass, he flourishes like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more.**

**But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children— with those who keep his covenant and remember to obey his precepts.**

**The LORD has established his throne in heaven, and his kingdom rules over all. Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.**

**Praise the LORD, all his heavenly hosts, you his servants who do his will. Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul.**

In Psalms 149, Praise is also described as a spiritual weapon against the enemy. When we declare the praise of the “God of Hosts” the enemy and his demons are pushed back and bound up.

So next time you sense you are in a spiritual battle instead of spending a lot of time rebuking the devil, spend more time praising God. It is a powerful weapon.

### **Conclusion:**

My challenge and application for this week:

- Take one or two of the Psalms of Praise and read them, pray them, declare them or sing them back to God.
- And tell somebody this week how God has blessed you. Make this a week of praise.

Next week we continue our series with Pastor Dave Hess from Christ Community Church. He will talk about the Psalms of Thanksgiving.

Let's close with a song of praise and blend our voice with the symphony of the earth, the heavens, and the voices of angels emanating praise to our creator God and to our Savior King.



Extra Notes:

**Psalm 111:7 The works of his hands are faithful and just; all his precepts are trustworthy.**

Some of the Psalms reflect David's prayer life and are great patterns for our own personal prayer life. We see four things repeated in his prayers.

- He would often begin by reviewing the past. Taking time to remember the struggles and problems and how God brought him through.
- He would then focus on God's character of love and faithfulness.
- As he reflected on God's promises it stirred up his faith and encouraged his heart.
- He then with confidence would make his requests to God.
- More benefits:

**Psalms 146:7** 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.

More character Traits of our Father:  
Psalms 145

[A psalm of praise. Of David.](#)

- 1 I will exalt you, my God the King; I will praise your name for ever and ever.
- 2 Every day I will praise you and extol your name for ever and ever.
- 3 Great is the LORD and most worthy of praise; his greatness no one can fathom.
- 4 One generation commends your works to another; they tell of your mighty acts.
- 5 They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works.
- 6 They tell of the power of your awesome works— and I will proclaim your great deeds.
- 7 They celebrate your abundant goodness and joyfully sing of your righteousness.
- 8 **The LORD is gracious and compassionate, slow to anger and rich in love.**
- 9 **The LORD is good to all; he has compassion on all he has made.**
- 10 All your works praise you, LORD; your faithful people extol you.
- 11 They tell of the glory of your kingdom and speak of your might,
- 12 so that all people may know of your mighty acts and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom, and your dominion endures through all generations. **The LORD is trustworthy in all he promises and faithful in all he does.**
- 14 The LORD upholds all who fall and lifts up all who are bowed down.
- 15 The eyes of all look to you, and you give them their food at the proper time.
- 16 You open your hand and satisfy the desires of every living thing.
- 17 **The LORD is righteous in all his ways and faithful in all he does.**
- 18 The LORD is near to all who call on him, to all who call on him in truth.
- 19 He fulfills the desires of those who fear him; he 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 in praise of the LORD. Let every creature praise his holy name for ever and ever.