

Jake Fabish

Session 3 | WHEN LIFE IS GOOD CULTIVATING A LIFE OF PRAISE IN EVERY SEASON

I. INTRODUCTION

A. Previous Classes

- Bob
 - a) Provided us with an overview of how to and why we should build a prayer life informed and led by the Psalms. He also led us through praying Psalms of confession, and praying in times of confusion and doubt.
- Rich
 - a) Led us through praying the Psalms in suffering and how to think about and use the imprecatory Psalms.

B. Our goal with these classes is to equip us to read and pray the psalms in every “Season” of the soul

C. Today we will be looking at Psalms of Praise

II. OUR HEARTS AND THE COMMAND TO PRAISE

A. The Psalms helps us by

- Identifying resistances to Praise and Thanksgiving
- A pathway to deepening our roots - for robust praise in every season

- Our Proposition this morning: **God's works create praise**
 - a) The Biblical Mandate for Praise
 - b) Our Struggle to Praise
 - c) Unlocking irrepressible, eternal, ever-growing Praise

III. THE MANDATE

A. MANDATE = An official order or commission to do something

B. Establishing a Biblical Framework

- Praise is used 183X's - praise/praised/praises 1226
- Job 38:7 - The stars sing at creation
- Duet. 10:20-21 - He is your praise
- 2 Chron. 5:13 - The Levitical Priesthood - established for praise
- Things that David lists as things that Praise the Lord
 - Voices (Ps. 67:7)
 - Wrath of men (Ps. 36:15)
 - Heaven and earth (Ps. 69:34)
 - My mouth (Ps. 71:6)
 - The throng (Ps. 35:18)
 - My Whole Heart (Ps. 111:1)
 - My Soul (Ps. 119:125)
 - Dancing (Ps. 149:3)
 - Everything that has breath (Ps. 150:6)

- Locations (zion/ holy hill/ Jerusalem)
 - New Testament commands to praise
 - Phil. 4:4 - Rejoice in the Lord always
 - 2 Cor 6:10/ Rom 5:3/ 1 Pet 4:13 - Rejoicing even as we suffer
 - Eph 1:6 - saved to “the praise of His glorious grace”
 - Eternal Praise
 - Rev. 15:2-4 - the eternal “throne”
 - Rev. 19:5 - Praise our God
- C. ““How often, in the midst either of personal Bible reading and prayer, or a church gathering, our hearts have been filled with praise in the one moment, and in the next assailed by temptations to self-pity, lust, anxiety, resentment, envy, bitterness, or just a cloying coldness of heart. What a strange thing is the human heart!” Christopher Ash, *Teaching Psalms Vol. 1*, 208.**

IV. OUR STRUGGLE TO PRAISE

A. Psalm 30

B. The “shifts”

- **Contemplating God’s goodness (1-3)**
- **Calling others to worship (:4-5)**
- **Resting in prosperity (:6-7a)**
- **Terror (:7b)**
- **Desperate Prayer (:8-9)**
- **Prayer For Mercy (:10)**
- **Jubilant - enthusiastic praise for God’s deliverance (:11-12)**

C. Christ's Prayer for us - John 17:20-26

V. UNLOCKING IRREPRESSIBLE, ETERNAL, EVER GROWING
PRAISE - PSALM 111

A. Preach to your soul

- "I suggest that the main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self. Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul, 'Why art thou cast down?' You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself, 'Hope thou in God.' **And having done that, you must go on to remind yourself of God, who God is, and what God is, and what God has done, and what God has pledged Himself to do.** Defy yourself, and defy other people, and defy the devil and the whole world, and say with this man, 'I shall yet praise Him.'" – Martin Lloyd Jones

B. Psalm 111

C. Seeing Christ in the Psalms

- "Learn much of the Lord Jesus. **For every look at yourself, take ten looks at Christ.** He is altogether lovely. Such infinite majesty, and yet such meekness and grace, and all for sinners, even the chief! Live much in the smiles of God. Bask in His beams. Feel His all-seeing eye settled on you in love, and repose in His almighty arms. Let your soul be filled with a heart-ravishing sense of the sweetness and excellency of Christ and all that is in Him. Let the Holy Spirit fill every chamber of your heart; and so there will be no room for folly, or the world, or Satan, or the flesh." – Robert Murray M'cheyne

D. Practicing the fear of the Lord **"...all of those who practice it, have good understanding" (Psalm 111:10)**

E. The works of God and our “work”

F. The Glory of Christ

- “Moses also desired to see the glory of God (Ex. 33:18). He knew that ultimate rest, blessedness and satisfaction of the soul does not come from seeing the works of God, but from seeing the glorious God Himself.... It is in Christ alone that we may have a clear idea of the glory of God... So if we desire strong faith and powerful love, which give us rest, peace, and satisfaction, we must seek them by diligently beholding the glory of Christ by faith. In this duty I desire to live and to die. On Christ’s glory I would fix all my thoughts and desires, and the more I see of the glory of Christ, the more the painted beauties of this world will wither in my eyes and I will be more and more crucified to this world.”
– John Owen (pgs. 17,7)

VI. APPLICATION

- A. “... looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”
Hebrews 12:2**

B. Summary

- Praise is the natural and expected result of all of God’s activities. We are the work of His hand. “Oh, Praise His Name!”
- Our feelings, experiences, seasons, and emotions - living in this fallen world - are ever changing. Jesus remains steadfast in His love and care for us. So no matter our state, no matter our season; we have strong reasons to praise.
- Every deepening and growing joy in Praise of Him springs from an ever growing awareness of His beauty and love. “Come behold the works of God...”
- The Psalms help us learn how to pray with praise and thanksgiving through every season with the help of the Psalmist and our Saviour.

C. Group Prayer

- Choose either Psalm 30 or 111 - Each person pray a verse that is ministering to their soul this morning. Tune your hearts to sing His praise.



To access our Sunday Class recordings and outlines download our app by scanning the QR code above.