

**PLEASE DON'T READ THESE NOTES UNTIL YOU HAVE COMPLETED YOUR LESSON.
YOU WILL ROB YOURSELF OF THE JOY OF DISCOVERY!**

1. Before you read **Psalm 145**, ask the Holy Spirit to teach you and guide you into all truth (John 16:13). We have been using the prayer, *Holy Spirit, think through me until your ideas become my ideas*, or King David's prayer, *Open my eyes to see the wonderful truths in your law*.
2. Read **Psalm 145** slowly and thoughtfully in at least two translations. As you read and reread, mark any words or phrases that are meaningful to you and put a question mark by anything that you don't understand.

Reader A or one half of group: Odd verses
Reader B or other half of group: Even verses

3. Write out a verse(s) or phrase(s) from Psalm 145 that is, today, "music to your ears" because it's what your heart needs to hear.
4. Make a note of anything in Psalm 145 that was new to you or you don't remember hearing before.

QUESTIONS

5. In **Psalm 145**, David exposes God's identity and gives many reasons why God deserves our praise. Fill in the chart below by recording everything you learn in **Psalm 145** about *who God is* and *what he does*.

v. 1 God the King	v. 3 His greatness is beyond discovery	v. 4-5 mighty acts majestic, glorious splendor wonderful works
v. 6-7 awe-inspiring, awesome deeds; great deeds; abundant goodness; righteous	v. 8 gracious (kind); compassionate (merciful); slow to get angry; rich in love (full of unfailing love)	v. 9 good to all (everyone); he showers compassion on all his creation
v. 11-12 glorious kingdom; powerful or mighty; mighty acts; majestic and glorious reign	v. 13 everlasting kingdom; rules from generation to generation; faithful to all his promises; loving toward all he has made	v. 14 he help the fallen; lifts up those bent beneath their loads
v. 15 He gives everyone food when they need it	v. 16 He opens and hand and satisfies the hunger and thirst of every living thing	v. 17 Righteous (right) in all he does; filled with kindness; loving toward all his creation
v. 18 He is close or near to all who call on him (especially to those who are sincere)	v. 19 He fulfills the desires of those who fear him (respectfully hold him in awe); he hears the cries for help and saves them	v. 20 protects all who love him; he destroys the wicked

♥ From the statements on your chart about who God is and what he does, which ones do you most need to hear today? Why? What things about God are you most grateful for?

♥ How do you think David knows all these things about who God is and what he does?

He knows them scripture and he knows them from personal experience. This is the same way we know these things are true about God.

♥ Are there any statements on your chart that don't match your experience of God? Does this matter? Why or why not?

6. Is it possible that these statements about God could sometimes be true but sometimes not? Or, might they be true for some people, but not for others? Why or why not?

These statements have to be true of God all the time (he is unchangeable) and they have to be true for everyone because God is faithful and trustworthy to his Word. If some of what God says is not true, then God is not God and we cannot trust anything he says.

Unchanging – Ecclesiastes 3:14; Malachi 3:6; Matt. 24:35; Hebrews 6:17; James 1:17

Faithful and Trustworthy: Deut. 7:9; 1 Kings 8:56; Is. 25:1; Lam. 3:22-23; 1 Cor. 1:9; 1 Thess. 5:23-24; 2 Tim. 2:13; Heb. 10:23

♥ What kind of ruler is God to you: a) Benevolent king? b) Harsh dictator? c) Ceremonial monarch? d) Democratic leader? e) Prime minister?

7. Notice the description of God in **145:8**. Read **Exodus 34:4-7**. From whom did this description of God originate and why is this important?

This description of God did not come from a person who is describing God. This description comes from God himself. This is who God says he is. Out of all the things he could have said about himself to Moses, this is what he chose to say to show who He is and what kind of God he is. This is what God wants us to know most about him.

♥ In what specific ways have you experienced these divine qualities in your life?

♥ Can you give an example of how God has been "slow to anger"?

8. David declares that "the Lord is good to all" (v. 9) and he is "loving toward all he has made" (v. 13,17). What do these statements reveal about God's character and his love?

We like the part about God being good and loving, but this verse says that he is good and loving toward everything and everyone he has made. This means that God is perfectly fair, just and impartial and it also means that we cannot earn God's love and goodness by being good, nor is there anything we can do to deserve it.

♥ Do these characteristics about God seem fair to you? Why or why not?

♥ How should these characteristics about God make a difference in how you view and relate to people? If God is good and loving toward every person regardless of whether they earn it or deserve it, then that is how we also should be toward every person!

9. What in **145:20** seems to contradict the statements found in **145:9,13** and how can you explain this "contradiction"?

Even though God is good to all and has compassion on all he has made (totally loving) he is also righteous and just. Fairness would say that the wicked or ungodly have to be punished because of how they hurt others. So we see that God is totally just or fair. Only God can be totally loving and totally fair at the same time.

♥ What two characteristics in **145:17** does God hold in balance? How does this help explain the "contradiction" mentioned in the above question?

Love and goodness vs. justice, fairness and righteousness. See above

10. What are some specific ways that God shows his compassionate love in **145:13b-16**?

Keeps his promises; helps the fallen and helps those who are about ready to quit; gives everyone their food when they need it; satisfies our desires

♥ What people fit the description in **145:14**? How does God do these things?

Perhaps those that are overwhelmed bowed down by the cares of life; those who are wounded by circumstances or people; the poor, the persecuted, outcasts of society.

He is the God of all comfort (2 Cor. 1:3-5) who personally comforts us; he will bring other people into our lives to encourage and strengthen us and he will work in circumstances.

♥ How does God do what he does in **145:15**? Why is this easy to take for granted? What would happen if God stopped doing this?

♥ How does God satisfy (v. 16) the desires of every living thing as well as fulfill (v. 19) the desires of those who fear him? What desires is David referring to? Has God fulfilled and satisfied your desire?

11. If you desire to experience God's closeness, what two conditions must you fulfill according to **145:18**?
We must call out to him – asking for help and we must mean it, calling on him with sincerity and truth

♥ What does it mean to call on God? How do we know if we are being sincere?

♥ Are you ever aware of God's action in **145:20a** in your own life? How do you think God does this?

12. Because God is such a great and awesome King, David begins this psalm with a strong statement of intent and desire. From **145:1-2**, list all that David desires to do and how often he intends to do it.

He will exalt or praise God's name

He will praise (bless) his name forever and ever

He will praise his name every day

♥ Why does David want to praise God everyday? The *Amplified* translation gives one reason. Can you think of others?

Everyday brings new reasons to praise God. Praising God regularly is for our benefit too. It reminds us to remember who God is and to see all he has done for us. It take the focus off ourselves and puts it on God.

♥ If you made David's statement of intent in **145:1-2** your own, what specific things would you do?

13. According to **145:3**, why will praise given to God take forever and ever?

His greatness no one can fathom; his greatness is beyond discovery; it is unsearchable and there are no boundaries to his greatness

♥ What are some things about God that you just don't understand?

♥ Does knowing that God will always be a mystery in many ways *motivate* you or *discourage* you when it comes to praising God? Why?

14. What method is used to spread the fame of God the King's goodness and greatness? (**145:4-7**)

One generation telling the other how great God is and what he has done;

Speaking to others of how great God is

Mediating on all he has done and then **proclaiming** his great deeds

Celebrating together who God is and what he has done

Joyfully **sing** of God's righteousness

Why is it important to do this? Won't it be obvious to others?

God's works can go unnoticed or credit can be given to something or someone else. God purposely put us in families and communities so that we can help and teach each other. Our children need to be taught to see God's works and give him thanks and praise.

♥ What are some of God's "mighty acts" (v.4) that you want to tell the next generation? What are some ways you can do this?

Share answers to prayer and share what you have seen God do and what you have heard him say. We need to be constantly drawing attention to God and giving him credit for all he has done.

15. List all the verbs (action words) David uses in **145:1-7**.

Exalt or praise; praise or bless; extol; commend, tell, speak, meditate, speak, proclaim; share or celebrate, sing

♥ What do these words reveal about praise?

It is active not passive; it is a verb; we do it with others; we can't just think praise – we have to do it.

♥ How much of your life is characterized by proclaiming God's praise?

16. What is the difference between praising someone and thanking someone?

To praise someone is to name his or her great qualities. To thank someone is to offer gratitude for what that person has done. You praise someone for who they are and you thank someone for what they did.

♥ When given to you, which do you appreciate more, praise or thanks? Why?

♥ What are you more likely to do, thank God or praise God?

♥ What will you do to live out **145:21**?

RESPONSE:

It has been wisely said that *the highest form of praise is to imitate the actions of the one you are praising*. Review your chart from Question 5. What traits and actions of God do you find hard to imitate? Consider some reasons why you are this way. Are you willing to change? Write a prayer telling God about what you presently see in yourself and express your desire to change and become more like him.

Take some time to be quiet before God. Allow your heart to listen to what God may be saying to you about what you have written. Ask God to show you any action you need to take or any attitudes you need to change. Write down anything you sense God is asking you to do.

The highest form of praise is to imitate the actions of the one you are praising. Praise God in the coming days and weeks by following through on what he has showed you.