

A person with a backpack stands on a rocky mountain peak, arms raised in triumph, overlooking a vast valley. The sky is blue with scattered white clouds. The text is overlaid on the image.

*"Praise the Lord,
oh my soul"*

A Study in Psalms

Embracing Biblical Womanhood Conference 2024

7th Annual 2024 Embracing Biblical Womanhood Conference

Praise the LORD, oh my soul!

Jan Scott

"Praise the Lord, oh my soul"



7th Annual 2024 Embracing Biblical Womanhood Conference

Roadmap

- Review of the structure of the Psalms
- Emphasis on PRAISE
- Camp out on Psalm 146
- Commanded to Praise
- Let everything that has breath PRAISE THE LORD



"Praise the Lord, oh my soul"

Review

- Different Types of Psalms
 - Thanksgiving
 - Wisdom
 - Confidence
 - Prophecy
 - History
 - Penitent
 - Lament

"Praise the Lord, oh my soul"



Review

- Beginning of book
 - Greater emphasis on suffering
- Ending of book
 - Greater emphasis on joy/praise
- Turning point
 - Psalm 106

"Praise the Lord, oh my soul"



Organization of the Psalms

- Psalm 1 and 2 provide introduction
 - Psa 1:1-2 ESV - 1 Blessed is the **man** who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in **the law of the LORD**, and on his law he meditates day and night.
 - Psa 2:1-2 ESV - 1 Why do the **nations** rage and the **peoples** plot in vain? 2 The kings of the earth set themselves, and the rulers take counsel together, against the LORD and **against his Anointed**,

6 "As for me, **I have set my King on Zion**, my holy hill." 7 I will tell of the decree: The LORD said to me, "**You are my Son; today I have begotten you**".

"Praise the Lord, oh my soul"



Organization of the Psalms

- Then 5 smaller books
 - Each end with a blessing to God



"Praise the Lord, oh my soul"

Organization of the Psalms

- Psa 41:13 ESV - 13 **Blessed be the LORD**, the God of Israel, from everlasting to everlasting! Amen and Amen.
- Psa 72:18-19 ESV - 18 **Blessed be the LORD**, the God of Israel, who alone does wondrous things.
19 **Blessed be his glorious name forever**; may the whole earth be filled with his glory! Amen and Amen!
- Psa 89:52 ESV - 52 **Blessed be the LORD** forever! Amen and Amen.

"Praise the Lord, oh my soul"



Organization of the Psalms

- Psa 106:48 ESV - 48 Blessed be the LORD, the God of Israel, from everlasting to everlasting! And let all the people say, "Amen!" Praise the LORD!
- Psa 145:1, 21 ESV - 1 A Song of Praise. Of David. I will extol you, my God and King, and bless your name forever and ever. ... 21 My mouth will speak the praise of the LORD, and let all flesh bless his holy name forever and ever.



"Praise the Lord, oh my soul"

Organization of the Psalms

2 collections of Praise psalms

- The Egyptian Hallel
 - Psa 113-118

"Praise the Lord, oh my soul"



Psalm 117

Psa 117:1-2 ESV - 1 Praise the LORD,
all nations! Extol Him, all peoples!

2 For great is His steadfast love
toward us, and the faithfulness of
the LORD endures forever. Praise
the LORD!

"Praise the Lord, oh my soul"



Psalm 118

1 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever! 2 Let Israel say, "His steadfast love endures forever." 3 Let the house of Aaron say, "His steadfast love endures forever." 4 Let those who fear the LORD say, "His steadfast love endures forever."

... 28 You are my God, and I will give thanks to you; you are my God; I will extol you. 29 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

"Praise the Lord, oh my soul"



Organization of the Psalms

2 collections of Praise psalms

- The Egyptian Hallel
 - Psa 113-118
- Hallelujah Psalms
 - Psa 146-150 – Songs of Praise

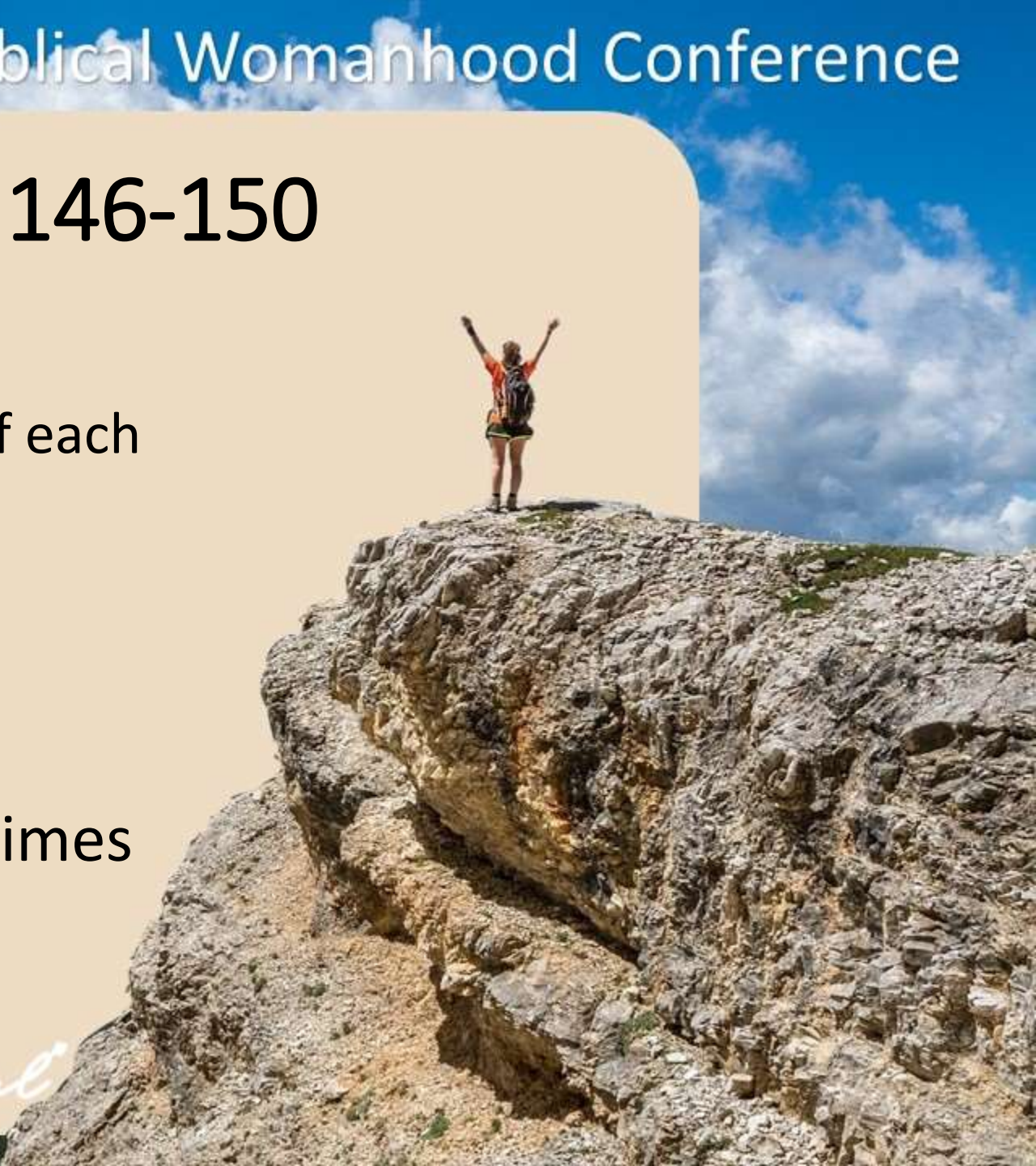
"Praise the Lord, oh my soul"



Hallelujah Psalms – Psa 146-150

- Praise the LORD
 - at the beginning and the end of each of these 5 psalms
- Hallelujah
 - Hallel = Praise
 - Jah = Yahweh
- The word “Praise” is used 37 times in the last 5 psalms

“Praise the Lord, oh my soul”



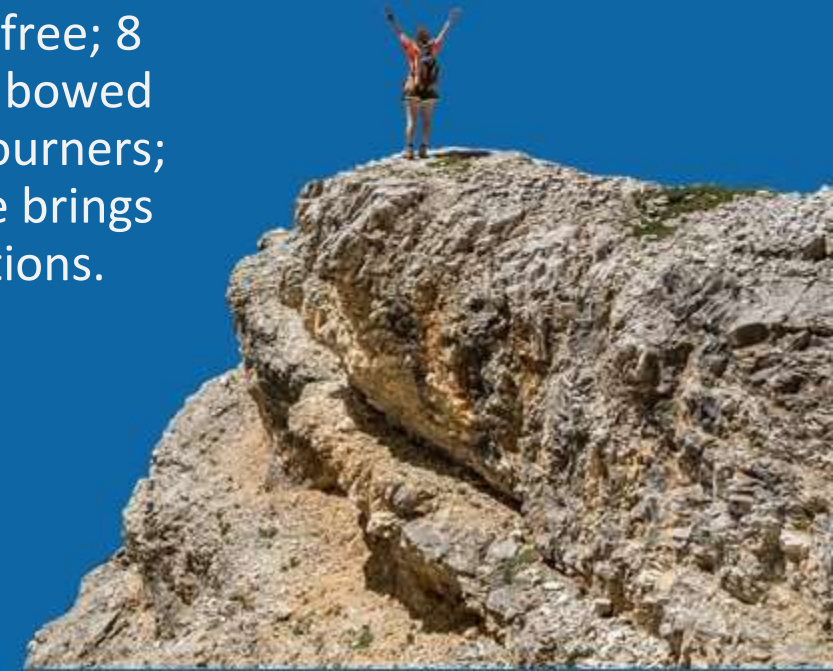
Psalm 146

1 Praise the LORD! Praise the LORD, O my soul!

2 I will praise the LORD as long as I live; I will sing praises to my God while I have my being. 3 Put not your trust in princes, in a son of man, in whom there is no salvation. 4 When his breath departs, he returns to the earth; on that very day his plans perish. 5 Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, 6 who made heaven and earth, the sea, and all that is in them, who keeps faith forever; 7 who executes justice for the oppressed, who gives food to the hungry. The LORD sets the prisoners free; 8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous. 9 The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin. 10 The LORD will reign forever, your God, O Zion, to all generations.

Praise the LORD!

"Praise the Lord, oh my soul"

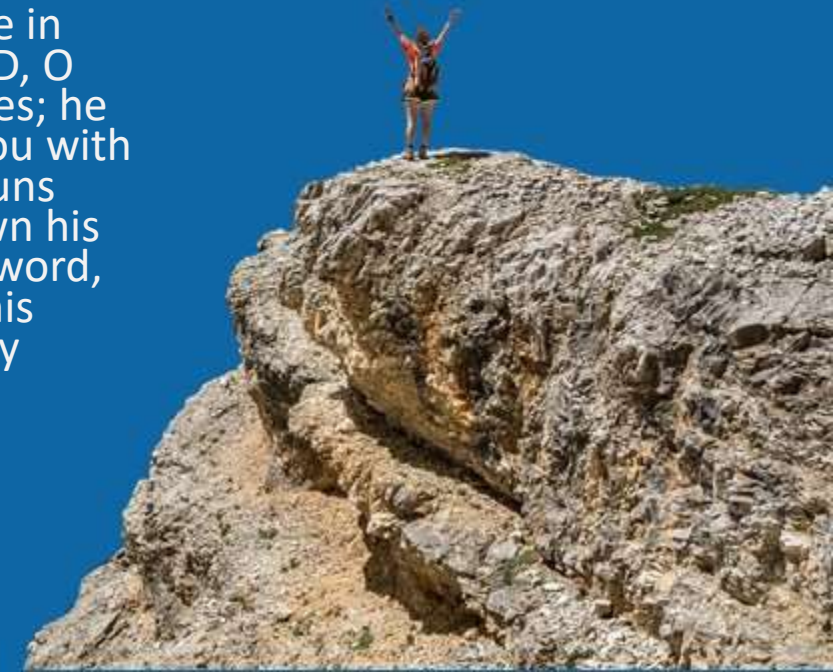


Psalm 147

1 Praise the LORD! For it is good to sing praises to our God; for it is pleasant, and a song of praise is fitting.

2 The LORD builds up Jerusalem; he gathers the outcasts of Israel. 3 He heals the brokenhearted and binds up their wounds. 4 He determines the number of the stars; he gives to all of them their names. 5 Great is our Lord, and abundant in power; his understanding is beyond measure. 6 The LORD lifts up the humble; he casts the wicked to the ground. 7 Sing to the LORD with thanksgiving; make melody to our God on the lyre! 8 He covers the heavens with clouds; he prepares rain for the earth; he makes grass grow on the hills. 9 He gives to the beasts their food, and to the young ravens that cry. 10 His delight is not in the strength of the horse, nor his pleasure in the legs of a man, 11 but the LORD takes pleasure in those who fear him, in those who hope in his steadfast love. 12 Praise the LORD, O Jerusalem! Praise your God, O Zion! 13 For he strengthens the bars of your gates; he blesses your children within you. 14 He makes peace in your borders; he fills you with the finest of the wheat. 15 He sends out his command to the earth; his word runs swiftly. 16 He gives snow like wool; he scatters frost like ashes. 17 He hurls down his crystals of ice like crumbs; who can stand before his cold? 18 He sends out his word, and melts them; he makes his wind blow and the waters flow. 19 He declares his word to Jacob, his statutes and rules to Israel. 20 He has not dealt thus with any other nation; they do not know his rules. **Praise the LORD!**

"Praise the Lord, oh my soul"



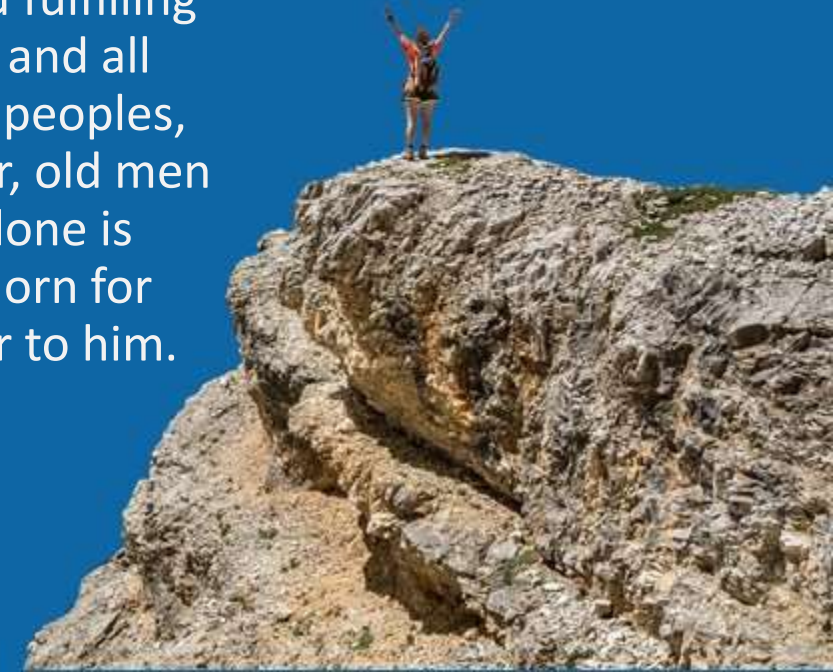
Psalm 148

1 Praise the LORD! Praise the LORD from the heavens; praise him in the heights!

2 Praise him, all his angels; praise him, all his hosts! 3 Praise him, sun and moon, praise him, all you shining stars! 4 Praise him, you highest heavens, and you waters above the heavens! 5 Let them praise the name of the LORD! For he commanded and they were created. 6 And he established them forever and ever; he gave a decree, and it shall not pass away. 7 Praise the LORD from the earth, you great sea creatures and all deeps, 8 fire and hail, snow and mist, stormy wind fulfilling his word! 9 Mountains and all hills, fruit trees and all cedars! 10 Beasts and all livestock, creeping things and flying birds! 11 Kings of the earth and all peoples, princes and all rulers of the earth! 12 Young men and maidens together, old men and children! 13 Let them praise the name of the LORD, for his name alone is exalted; his majesty is above earth and heaven. 14 He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him.

Praise the LORD!

"Praise the Lord, oh my soul"



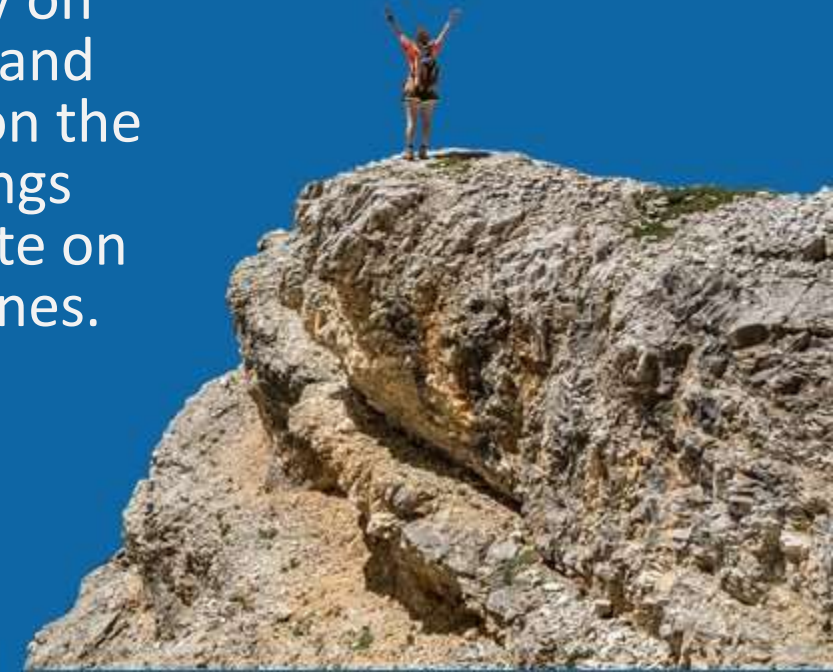
Psalm 149

1 Praise the LORD! Sing to the LORD a new song, his praise in the assembly of the godly!

2 Let Israel be glad in his Maker; let the children of Zion rejoice in their King! 3 Let them praise his name with dancing, making melody to him with tambourine and lyre! 4 For the LORD takes pleasure in his people; he adorns the humble with salvation. 5 Let the godly exult in glory; let them sing for joy on their beds. 6 Let the high praises of God be in their throats and two-edged swords in their hands, 7 to execute vengeance on the nations and punishments on the peoples, 8 to bind their kings with chains and their nobles with fetters of iron, 9 to execute on them the judgment written! This is honor for all his godly ones.

Praise the LORD!

"Praise the Lord, oh my soul"



Psalm 150

1 Praise the LORD! Praise God in his sanctuary; praise him in his mighty heavens!

2 Praise him for his mighty deeds; praise him according to his excellent greatness! 3 Praise him with trumpet sound; praise him with lute and harp! 4 Praise him with tambourine and dance; praise him with strings and pipe! 5 Praise him with sounding cymbals; praise him with loud clashing cymbals!

6

Let everything that has breath praise the LORD! Praise the LORD!

"Praise the Lord, oh my soul"



Psalm 146

1 Praise the Lord! Praise the Lord, O my soul! 2 I will praise the LORD as long as I live; I will sing praises to my God while I have my being. 3 Put not your trust in princes, in a son of man, in whom there is no salvation. 4 When his breath departs, he returns to the earth; on that very day his plans perish. 5 Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, 6 who made heaven and earth, the sea, and all that is in them, who keeps faith forever; 7 who executes justice for the oppressed, who gives food to the hungry. The LORD sets the prisoners free; 8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous. 9 The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin. 10 The LORD will reign forever, your God, O Zion, to all generations. Praise the Lord!

"Praise the Lord, oh my soul"

We are commanded to PRAISE!

- What is praise?
- Who are we to praise?
- When are we to praise?
- Why are we to praise?
- How are we to praise?

"Praise the Lord, oh my soul"



What are our obstacles to PRAISE?

- I think I'm praising... but am really?
- I don't make it a priority
- I don't have the time
- Lack of obedience
- Distractions
- Sin



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"Praise the Lord, oh my soul"

Psalm 146

1 Praise the LORD!

Praise the LORD,

O my soul!



What is Praise?

Praise: Hallel (haw-lal)

The KJV translates Strong's H1984 in the following manner: praise (117x), glory (14x), boast (10x), mad (8x), shine (3x), foolish (3x), fools (2x), commended (2x), rage (2x), celebrate (1x), give (1x), marriage (1x), renowned (1x).

Outline of Biblical Usage [?]

- I. to shine
 - a. (Qal) to shine (fig. of God's favour)
 - b. (Hiphil) to flash forth light
- II. to praise, boast, be boastful
 - a. (Qal)
 - i. to be boastful
 - ii. boastful ones, boasters (participle)
 - b. (Piel)
 - i. to praise
 - ii. to boast, make a boast
 - c. (Pual)
 - i. to be praised, be made praiseworthy, be commended, be worthy of praise
 - d. (Hithpael) to boast, glory, make one's boast
 - e. (Poel) to make a fool of, make into a fool
 - f. (Hithpoel) to act madly, act like a madman

Who are we to Praise?

the LORD		O my soul	Praise	the LORD	Praise
יהוה	את	י / נפש	הללי	יה	הללו
Y ^o h ^v â	'et	naṣ̄šî	hallî	yâ	hallû
H3068	H853	H5315	H1984	H3050	H1984
יהוה	את	נפש	הלל	יה	הלל
Y ^o h ^o vâ	'et	neṣ̄eš	hālāl	yâ	hālāl
H Np	H To	H Ncb ^s c / Sp1cs	H Vpv2fs	H Np	H Vpv2mp

Y^oh^ovâ neṣ̄eš hālāl yâ hālāl



Who are we to Praise?

Lord: yâ

Part of speech: proper noun with reference to deity

The KJV translates Strong's H3050 in the following manner: LORD (48x), JAH (1x).

Outline of Biblical Usage [?]

- I. Jah (Jehovah in the shortened form)
 - a. the proper name of the one true God
 - b. used in many compounds
 - i. names beginning with the letters 'Je'
 - ii. names ending with 'iah' or 'jah'

יָהּ Yâhh, yaw; contraction for H3068, and meaning the same; Jah, the sacred name:—Jah, the Lord, most vehement. Compare names in '-iah,' '-jah.'

Who are we to Praise?

Lord: Y^əhōvâ

Part of speech: proper noun with reference to deity

The KJV translates Strong's H3068 in the following manner: LORD (6,510x), GOD (4x), JEHOVAH (4x), variant (1x).

Outline of Biblical Usage [?]

- I. Jehovah = "the existing One"
 - a. the proper name of the one true God
 - b. unpronounced except with the vowel pointings of H136

יהוה: Y^əhōvâh, yeh-ho-vaw'; from H1961; (the) self-Existent or Eternal; Jeho-vah, Jewish national name of God:—Jehovah, the Lord. Compare H3050, H3069.

Interjection! O my Soul!

O my Soul: neḡeš (neh'-fesh)

Part of speech: feminine noun

The KJV translates Strong's H5315 in the following manner: soul (475x), life (117x), person (29x), mind (15x), heart (15x), creature (9x), body (8x), himself (8x), yourselves (6x), dead (5x), will (4x), desire (4x), man (3x), themselves (3x), any (3x), appetite (2x), miscellaneous (47x).

Outline of Biblical Usage [?]

- I. soul, self, life, creature, person, appetite, mind, living being, desire, emotion, passion
 - a. that which breathes, the breathing substance or being, soul, the inner being of man
 - b. living being
 - c. living being (with life in the blood)
 - d. the man himself, self, person or individual
 - e. seat of the appetites
 - f. seat of emotions and passions

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"Praise the Lord, oh my soul"

Psalm 146

2 I will praise the LORD
as long as I live;

I will sing praises to my
God while I have my
being.



While I have my being...

- NLT

- 2 I will praise the LORD as long as I live. I will sing praises to my God **with my dying breath.**

"Praise the Lord, oh my soul"

"Praise the Lord, oh my soul"

Psalm 146

3 Put not your trust in princes, in a son of man, in whom there is no salvation.

4 When his breath departs, he returns to the earth; on that very day his plans perish.



What are we NOT supposed to do?

- **DO NOT** put our trust in princes
 - People of power/authority
- **DO NOT** put our trust in mortal men
 - They cannot bring salvation

"Praise the Lord, oh my soul"

Mortal Men Cannot Bring Salvation

Salvation: תִּשׁוּׁאָה (tesh-oo-aw')

Part of speech: feminine noun

The KJV translates Strong's H8668 in the following manner: salvation (17x), deliverance (5x), help (5x), safety (4x), victory (3x).

Outline of Biblical Usage [?]

Adjective

- I. salvation, deliverance
 - a. deliverance (usually by God through human agency)
 - b. salvation (spiritual in sense)

תִּשׁוּׁאָה teshûw'âh, tesh-oo-aw'; or תִּשׁוּׁהָ teshu'âh; from H7768 in the sense of H3467; rescue (literal or figurative, persons, national or spiritual):—deliverance, help, safety, salvation, victory.

God brings Salvation

- Psa 40:11 ESV - 11 As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever **preserve me!**
- Psa 40:17 ESV - 17 As for me, I am poor and needy, but the Lord takes thought for me. You are my help and **my deliverer**; do not delay, O my God!
- Psa 71:15 ESV - 15 My mouth will tell of your righteous acts, of **your deeds of salvation** all the day, for their number is past my knowledge.

What are we NOT supposed to do?

- Psa 118:8-9 ESV - 8 It is better to take refuge in the LORD than to trust in man. 9 It is better to take refuge in the LORD than to trust in princes.
- Jer 17:5-6 ESV - 5 Thus says the LORD : "Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the LORD. 6 He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land.

"Praise the Lord, oh my soul"

Mortal Men Cannot be Trusted

- When mortal men die, they return to the earth
 - Psa 104:29 ESV - 29 When you hide your face, they are dismayed; **when you take away their breath, they die and return to their dust.**
 - Ecc 12:7 ESV - 7 and **the dust returns to the earth as it was**, and the spirit returns to God who gave it.
- Their plans perish
 - this word refers to “plans to do good for someone”

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"Praise the Lord, oh my soul"

Psalm 146

5 Blessed is he
whose help is the God
of Jacob,
whose hope is in the
LORD his God,



INSTEAD...Our obedience → His blessing

- **Blessed is he** whose help is the God of Jacob, whose hope is in the Lord his God,

How blessed: ešer (eh'-sher)

Part of speech: masculine noun

The KJV translates Strong's H835 in the following manner: blessed (27x), happy (18x).

Outline of Biblical Usage [?]

- I. **happiness, blessedness**
 - a. often used as interjection
 - b. blessed are

אֲשֶׁר 'esher, from H833; happiness; only in masculine plural construction as interjection, **how happy!**—blessed, happy.

INSTEAD

- Blessed is he whose *help* is the God of Jacob

Whose help: ēzer (ay'-zer)

Part of speech: masculine noun

The KJV translates Strong's H5828 in the following manner: help (19x), help meet (2x).

Outline of Biblical Usage [?]

- I. help, succour
 - a. help, succour
 - b. one who helps

עֵזֶר 'ēzer, ay'-zer; from H5826; aid:—help.

"Praise the Lord, oh my soul"

INSTEAD

- Blessed is he whose help is ***the God of Jacob***
 - the one TRUE God
 - the Covenant-keeping God
 - Exo 3:6 ESV - 6 And he said, "I am the God of your father, **the God of Abraham, the God of Isaac, and the God of Jacob.**" And Moses hid his face, for he was afraid to look at God.

"Praise the Lord, oh my soul"

INSTEAD

- Blessed is he whose *hope* is in His God

Whose hope: *sēber* (say'-ber)

Part of speech: masculine noun

The KJV translates Strong's H7664 in the following manner: hope (2x).

Outline of Biblical Usage [?]

I. hope

שֶׁבֶר *sēber*, say'-ber; from H7663; expectation:—hope.

"Praise the Lord, oh my soul"

INSTEAD

- Root form for the word *hope*

Whose hope: śāḇar (saw-bar')

Part of speech: verb

The KJV translates Strong's H7663 in the following manner: hope (3x), wait (2x), view (2x), tarry (1x).

Outline of Biblical Usage [?]

- I. to inspect, examine, wait, hope, wait upon
 - a. (Qal) examined (participle)
 - b. (Piel)
 - i. to wait (for), wait upon
 - ii. to hope (for)

שָׁבַר śāḇar, saw-bar'; erroneously שָׁבַר shāḇar; (Nehemiah 2:13,15), a primitive root; to scrutinize; by implication (of watching) to expect (with hope and patience):—hope, tarry, view, wait.

Hope in his God

“We never praise God better than by exercising faith in him! Quiet trust is among the sweetest music that reaches the heart of God; and when we put our trust in man, we rob God of his glory; we are giving to others the confidence which belongs alone to him.”
(Spurgeon)

“Praise the Lord, oh my soul”

"Praise the Lord, oh my soul"

Psalm 146

6 who made heaven and
earth, the sea, and all that is
in them,

who keeps faith forever;

7 who executes justice for the
oppressed,

who gives food to the
hungry.



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"Praise the Lord, oh my soul"

Psalm 146

The LORD sets the prisoners free;
8 the LORD opens the eyes of the blind.
The LORD lifts up those who are bowed
down;
the LORD loves the righteous.
9 The LORD watches over the sojourners;
he upholds the widow and the
fatherless,
but the way of the wicked he brings to
ruin.



Who is the one TRUE God?

- Who created everything
- Who keeps faith forever
- Who is just
- Who is compassionate
 - Feeds the hungry
 - Releases the prisoners
 - Opens the eyes of the blind
 - Lifts up the lowly
 - Loves the righteous
 - Watches over the sojourners
 - Upholds the widow and fatherless
- Who brings the wicked to ruin

"Praise the Lord, oh my soul"

Keeps FAITH forever

- Steadfast Love – Hessed – 123x in the Psalms

- Psa 89:2, 33 ESV - 2 For I said, "Steadfast love will be built up forever; in the heavens you will establish your faithfulness." ... 33 but I will not remove from him my steadfast love or be false to my faithfulness.
- Psa 98:3 ESV - 3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.
- Psa 100:5 ESV - 5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

"Praise the Lord, oh my soul"

Keeps FAITH forever

“This is a second and most forcible justification of our trust: the LORD will never permit his promise to fail. He is true to his own nature, true to the relationships which he has assumed, true to his covenant, true to his Word, true to his Son. He keeps true, and is the keeper of all that is true. Immutable fidelity is the character of Jehovah's procedure. None can charge him with falsehood or vacillation.” (Spurgeon)

“Praise the Lord, oh my soul”

Executes justice for the oppressed

- Psa 9:9,16 ESV - 9 The LORD is a stronghold for the oppressed, a stronghold in times of trouble.... 16 The LORD has made himself known; he has executed judgment; the wicked are snared in the work of their own hands.
- Psa 12:5 ESV - 5 "Because the poor are plundered, because the needy groan, I will now arise," says the LORD; "I will place him in the safety for which he longs."
- Psa 103:6 ESV - 6 The LORD works righteousness and justice for all who are oppressed.

"Praise the Lord, oh my soul"

Executes justice for the oppressed

“God can also be trusted because He is a moral, upright God. Yahweh is unchangingly true. He champions justice for the oppressed. The God of such creating power would be a tyrant without His abundant passion for truth and justice. (Guzik)

“Praise the Lord, oh my soul”

Gives food to the hungry

- Psa 107:9 ESV - 9 For he **satisfies the longing soul**, and the **hungry soul he fills** with good things.
- Psa 136:25 ESV - 25 he who **gives food to all flesh**, for his steadfast love endures forever.
- Psa 145:15-16 ESV - 15 The eyes of all look to you, and **you give them their food** in due season. 16 You open your hand; **you satisfy the desire of every living thing**.

"Praise the Lord, oh my soul"

Sets the prisoners free

- Psa 107:10, 14-16 ESV - 10 Some sat in darkness and in the shadow of death, prisoners in affliction and in irons, ... 14 He brought them out of darkness and the shadow of death, **and burst their bonds apart.** 15 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! 16 For **he shatters the doors of bronze and cuts in two the bars of iron.**
- Psa 142:7 ESV - **7 Bring me out of prison, that I may give thanks to your name!** The righteous will surround me, for you will deal bountifully with me.
- Isa 61:1 ESV - 1 The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, **to proclaim liberty to the captives, and the opening of the prison to those who are bound;**

Opens the eyes of the blind

- Isa 35:5 ESV - 5 Then the **eyes of the blind shall be opened**, and the ears of the deaf unstopped;
- Isa 42:16 ESV - 16 And **I will lead the blind in a way that they do not know**, in paths that they have not known **I will guide them**. I will turn the darkness before them into light, the rough places into level ground. These are the things I do, and I do not forsake them

"Praise the Lord, oh my soul"

Lifts up those who are bowed down

- Psa 145:14 ESV - 14 The LORD upholds all who are falling and raises up all who are bowed down.
- Psa 147:6 ESV - 6 The LORD lifts up the humble; he casts the wicked to the ground.

"Praise the Lord, oh my soul"

Loves the righteous

- Psa 5:12 ESV - 12 For you bless the righteous, O LORD; you cover him with favor as with a shield.
- Psa 11:7 ESV - 7 For the LORD is righteous; he loves righteous deeds; the upright shall behold his face.
- Jhn 16:27 ESV - 27 for the Father himself loves you, because you have loved me and have believed that I came from God.

Watches over the sojourners

- Deu 27:19 ESV - 19 "'Cursed be anyone who perverts the justice due to the sojourner, the fatherless, and the widow.' And all the people shall say, 'Amen.'
- Psa 39:12 ESV - 12 "Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers.
- Psa 119:19 ESV - 19 I am a sojourner on the earth; hide not your commandments from me!

Upholds the widow and the fatherless

- Psa 10:17-18 ESV - 17 O LORD, you hear the desire of the afflicted; you will strengthen their heart; **you will incline your ear 18 to do justice to the fatherless and the oppressed**, so that man who is of the earth may strike terror no more.
- Psa 68:5 ESV - 5 **Father of the fatherless and protector of widows** is God in his holy habitation.

"Praise the Lord, oh my soul"

Brings the wicked to ruin

- Psa 72:4 ESV - 4 May he defend the cause of the poor of the people, give deliverance to the children of the needy, and **crush the oppressor!**
- Psa 145:20 ESV - 20 The LORD preserves all who love him, **but all the wicked he will destroy.**
- Psa 147:6 ESV - 6 The LORD lifts up the humble; **he casts the wicked to the ground.**

"Praise the Lord, oh my soul"

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"Praise the Lord, oh my soul"

Psalm 146

10 The LORD will reign
forever,
your God, O Zion,
to all generations.
Praise the LORD !



The LORD will REIGN forever

- Rule
- Sovereign
- Our master/ LORD
- All Generations!

"Praise the Lord, oh my soul"

Why are we Commanded to Praise?

- It's easy to PRAISE on the mountain top!
- But... it's not natural/normal to PRAISE when you're in the midst of a trial
- Need the help of the Holy Spirit
- There is **obedience** in walking this out



"Praise the Lord, oh my soul"

Why are we Commanded to Praise?

- The act of PRAISING God actually blesses us!
- He is such a good God that we receive a benefit!
- Taking the focus off our earthly situation – putting it back on Him – helps us to refocus
- The act of PRAISING God confirms our trust in Him!



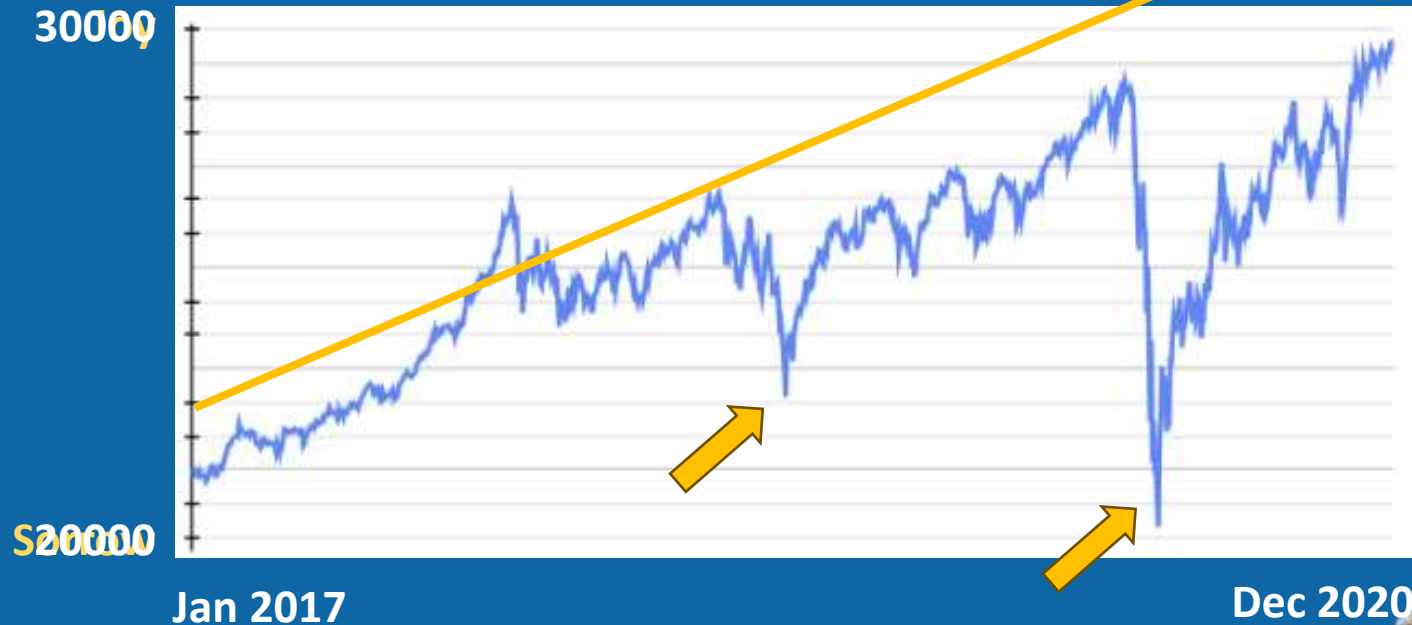
"Praise the Lord, oh my soul"



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“Joy Meter”

PRAISE!!!



Born
Again!

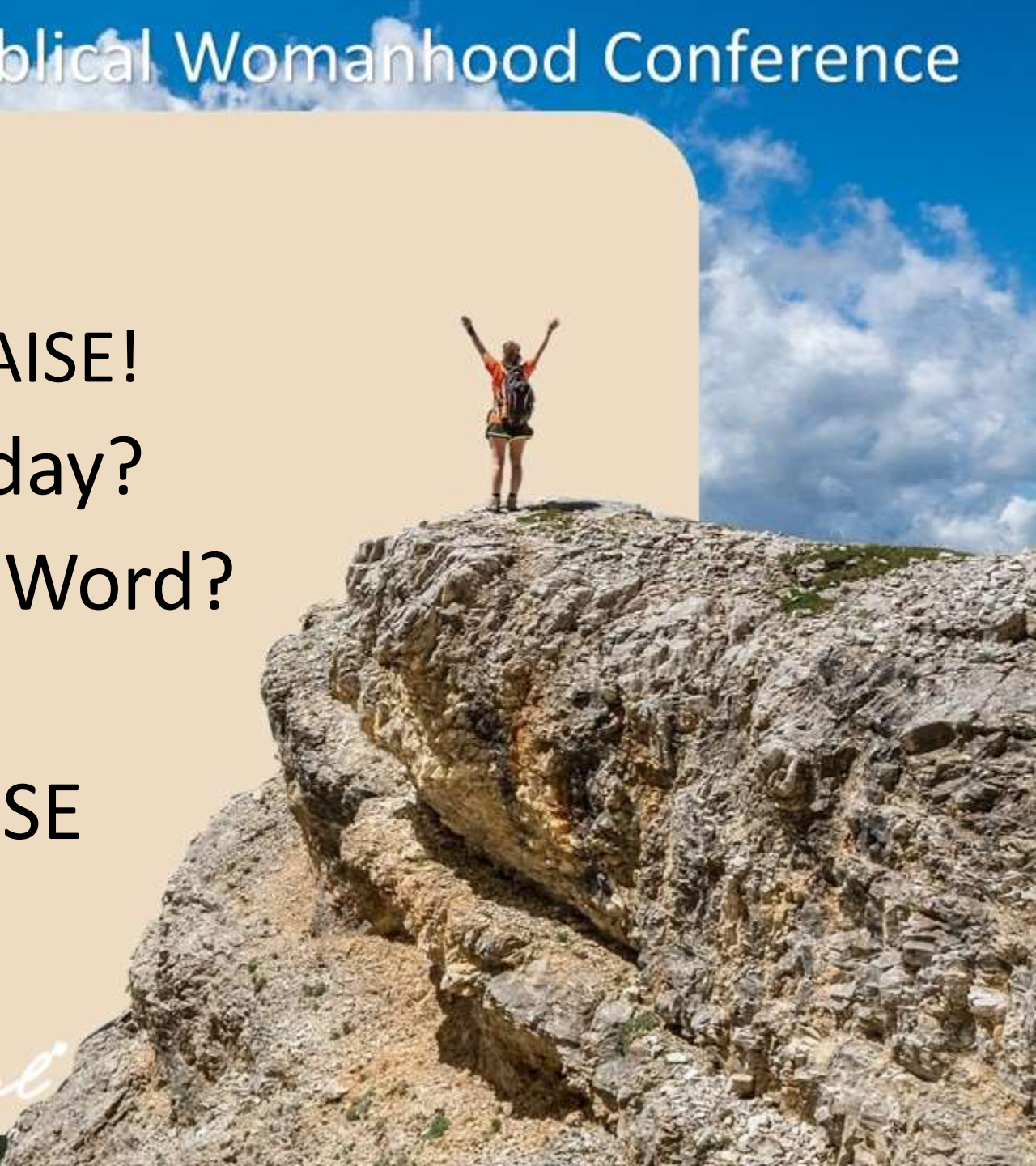
“Praise the Lord, oh my soul”



PRAISE the LORD!

- We are commanded to PRAISE!
- Are we doing this everyday?
- Are we delighting in His Word?
- Are we being obedient?
- Pray for a desire to PRAISE the LORD!

"Praise the Lord, oh my soul"



Psalm 150

1 Praise the LORD!

Praise God in his sanctuary;
praise him in his mighty heavens!

2 Praise him for his mighty deeds;
praise him according to his excellent
greatness!

3 Praise him with trumpet sound;
praise him with lute and harp!

"Praise the Lord, oh my soul"



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Psalm 150

4 Praise him with tambourine and dance;
praise him with strings and pipe!

5 Praise him with sounding cymbals;
praise him with loud clashing cymbals!

6 Let everything that has breath praise the
LORD!

Praise the LORD!

"Praise the Lord, oh my soul"

