



INTENTIONAL PRAISE

Psalm 146

Presented by Oscar Aguirre 15/ August/ 2021

1. INTRODUCTION

- *This is the 1st of the last 5 Psalms of the Bible.*
- *They are called Hallelujah psalms because all of them start and finish with the word Hallelujah.*
- *They all have a central message of a motivation to praise the Lord with a slightly different focus:*
 - *146: my soul praises the Lord*
 - *147: Jerusalem-Zion praises the Lord*
 - *148: all nature*
 - *149: assembly of saints - Israel, children of Zion*
 - *150: everything that has breath praise the Lord!*
- *They are 5 of the 50 that do not introduce an author.*

2. The very first line: meaning

Praise the Lord!

- Praise the Lord! The original Hebrew term is *Hallelujah*
- “Hallelujah is a compound word made up of two Hebrew words: *hallel* (an imperative verb meaning ‘praise’) and *jah* (a contraction of the name for God, Jehovah). So hallelujah means ‘Praise the Lord (or Jehovah).’” (James M. Boice)

3. TWO WAYS OF ACTION

a) The intentional act of praise:

Praise the Lord, O my soul!

²While I live I will praise the Lord;

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

- The psalmist addresses his soul in an imperative way
- It is not talking about a natural desire, but rather a conscious decision – it is intentional
- This is much the same as [Psalm 104:33](#), declaring a determination to praise God with one’s entire life and **being**.
- 1 Thessalonians 5:23 describes the tripartite man (spirit, soul, and body)
- Adam Clarke, in his bible commentary, states that he believes that Paul refers simply to the *fact*, that the creature called *man* is a compound being, consisting,
 - 1. Of a *body*, *σωμα*, an organized system, formed by the creative energy of God out of the dust of the earth; composed of bones, muscles, and nerves; of arteries, veins, and a variety of other vessels, in which the blood and other fluids circulate.
 - 2. Of a *soul*, *ψυχη*, which is the seat of the different *affections* and *passions*, such as love, hatred, anger, c., with sensations, appetites, and propensities of different kinds.
 - 3. Of *spirit*, *πνευμα*, the immortal principle, the source of life to the body and soul, without which the animal functions cannot be performed, how perfect soever the bodily organs may be and which alone possesses the faculty of intelligence, understanding, thinking, and reasoning, and produces the faculty of speech wherever it resides, if accident have not impaired the organs of speech.



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b) The Intentional act of not putting trust in “princes” (influential)

³ Do not put your trust in princes,
Nor in a son of man (human being), in whom *there is* no help (salvation).
⁴ His spirit departs, he returns to his earth;
In that very day his plans perish.

- We are in the age of “influencers” in the world of social media:
- Best-selling author Tim Elmore, CEO and Founder of Growing Leaders says: “Sociologists tell us the most introverted of people will influence 10,000 others in an average lifetime.”
- John Maxwell says that Leadership is “influence”
- Who do you trust? Or Who do you let influence “you”?
- The psalmist cautions us against putting our trust in man (Adam)
- Because whoever influences us will lead us!
- For those that do not know the Lord or those that do not have a solid or practice an intentional relationship/communion with God, their soul naturally would tend to cling on things that would appear solid, truthful and trustworthy but they are not. They lack the power to save or give eternal salvation.
- God may use people, but your trust should be put only in God for salvation.

4. Want to be happy?

- Be careful in whom you put your trust/hope because your happiness depends on it...

⁵ Happy *is he* who *has* the God of Jacob for his help,
Whose hope *is* in the Lord his God,
⁶ Who made heaven and earth,
The sea, and all that *is* in them;

- All humans search for happiness
- Sometimes we look for happiness in the wrong places: a vice, material things, shopping, partying, and even in others.
- This psalm declares that happy is the one whose trust/hope is rooted in the Lord Jesus/God.
- When we trust in the LORD as the Creator of all things, we realize that only He has the power to help us and deliver us, that even great men do not have.
- “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)

5. What are you looking for? God is the one who provides

Who keeps truth forever,
⁷ Who executes justice for the oppressed,
Who gives food to the hungry.
The Lord gives freedom to the prisoners.
⁸ The Lord opens *the eyes of* the blind;
The Lord raises those who are bowed down;
The Lord loves the righteous.



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⁹The Lord watches over the strangers;
He relieves the fatherless and widow;

Are you seeking?

- truth? Justice? Food? Freedom? Vision? To see?
- “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.” (Spurgeon)
- “And this ‘for ever’ is opposed to that mortality and mutability of earthly princes, [Psalm 146:4](#).” (Trapp)
- Trust in the Lord, he is the one who gives all these things

What is your situation?

- Are you fatherless? a stranger (foreigner)? Widow?
- **Trust in the Lord, he watches over you**
- **God is the one!**

We instantly connect this list with the work of Jesus the Messiah. (Enduring Word Bible commentary)

- Jesus opened **the eyes of the blind** ([Matthew 9:27-29](#)).
- Jesus raised **those who are bowed down** ([Luke 13:11-13](#)).
- Jesus loved **the righteous** ([Matthew 13:43, 25:46](#)).
- Jesus watched **over the strangers** ([Matthew 8:5-10](#)).
- Jesus blessed **the fatherless and widow** ([Luke 7:12-15](#)).

But the way of the wicked He turns upside down (makes crooked).

- God is a God of justice. He will take care of the wicked
- Jesus turned **the way of the wicked...upside down** ([Matthew 21:12](#)).
- The logical conclusion is that Jesus is Yahweh, **the LORD**.

¹⁰The Lord shall reign forever—
Your God, O Zion, to all generations.
Praise the Lord!

- So the blessing will be from generation to generation
- So we can trust because it will not perish, disappear, change, or be modified
- So we can trust and therefore PRAISE!