

**TITLE AND NUMBER:** 99. Praise God and be joyful!



**REFERENCE AND KEY VERSE(S):** Psalm 146

Praise the Lord. Praise the Lord, my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live. Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. He is the Maker of heaven and earth, the sea, and everything in them— he remains faithful forever. He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free! (v1-7)

### What does this Bible passage tell us?

How wonderful the book of Psalms is! It is mostly written by David, a man who started out life as a farmer and ended up a King. He experienced all of the issues that we face in our walk with God. He was not perfect and he made some spectacular errors. But God was still pleased with him. He knew about life's highs and lows, yet he could still say, 'Praise the Lord O My Soul!' No matter how life is treating us, we can know God is for us. He loves us and will help us through every day – good or bad – so we have every reason to praise Him as David did.

David gives us great advice like 'do not put your trust in others, even if they look trustworthy. They cannot save your soul – only God can. He is always faithful.' The passage confirms who God is: the One who made all of creation and who watches over the entire world.

It says that He looks after people suffering hardship, and those who have a lot on their mind. He takes care of the ones who do not have a Dad to guide them, and need the love of their Heavenly Father. He also looks after those who are bereaved, and comforts them when they are sad. He sends food to the hungry people and can heal our bodies. Does that not sound like a God we should get to know? Some people think only of the rules of following a 'religion.' But David reminds us that God loves us unconditionally and is always keen to give us these good things. That is why he cannot help praising God! His heart is full of joy.

Verse 7 says, 'He Lord sets prisoners free.' That does not mean He goes around letting everyone out of prison! It means that He provides us with forgiveness, compassion and blessing when we choose to follow Him. Then we are free from guilt and our hearts can be as uplifted as David's was when he wrote this psalm.

### Reflections:

- If we feel we have let God down, and our hearts are heavy, we can read some Psalms. Just like David, we can tell God about it in our prayers and He makes us feel better.
- If we feel we are doing our best for God and it is all good, then make the most of the chance to praise God and show kindness to others who may be struggling.
- Be like David and sing praises to God (as long as it is not disturbing anyone!) Praise is a powerful thing. Read the verses listed above and see what can be achieved by singing to God – either quietly in your mind or aloud. Both of these work!

Write or draw something you read in this Bible Study that stood out to you.



# PRAISE THE LORD O MY SOUL!

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

