

## **PSALM 146 – The Happiness of Those Whose Help Is the LORD!**

1/29/22 – Sat. Morn. Prayer - P. Twente, 714 425-9221; [ptwente@gmail.com](mailto:ptwente@gmail.com) [www.ptwente.com](http://www.ptwente.com)

### **Praise to the Lord, the Almighty, the King of Creation'** Joachim Neander (1650-80) (27:2:09)

1 Praise ye the Lord, the Almighty, the King of creation!  
O my soul, praise Him, for He is thy health and salvation!  
All ye who hear, now to His temple draw near;  
Praise Him in glad adoration!

2 Praise ye the Lord, who o'er all things so wondrously reigneth,  
Shelters thee under His wings, yea, so gently sustaineth!  
Hast thou not seen how thy desires ever have been  
Granted in what He ordaineth?

3 Praise ye the Lord! O let all that is in me adore Him!  
All that hath life and breath, come now with praises before Him.  
Let the Amen sound from His people again,  
Gladly for aye we adore Him.

### ***PSALM 146 - The Happiness of Those Whose Help Is the LORD! One of the “Hallelujah” Psalms***

#### ***Psa 146:1 Praise (halal) the LORD (YAH)! Praise the LORD, O my soul!***

- Psalm 146 begins with that **Hallelujah, Praise Jehovah!**
- David practiced talking to himself and commanding himself. It's not a sign of mental incompetence, but it's a sign of wisdom. I talk to myself at times. Sometimes I think why in the world did you do that? And you sort of speak to yourself. So here David is commanding his soul to praise the Lord. Praise the Lord, oh my soul.

#### ***Psa 146:2 While I live I will praise the LORD; I will sing praises to my God while I have my being.***

- As long as I am living, as long as there is any breath in me, I will be praising the Lord! I will use it to praise the Lord. To sing praises unto Him.

#### ***Psa 146:3 Do not put your trust in princes, Nor in a son of man, in whom there is no help.***

- Some hope in princes. Some hope in men. But David said, we will put our trust in the Lord. Now if you hope in man, you have to realize that man is fragile.

#### ***Psa 146:4 His spirit departs, he returns to his earth; In that very day his plans perish.***

- It's interesting that man's life is associated with his spirit. His spirit (breath) goes forth. You know, if you don't breathe anymore, you're dead. That is basically what he said. Don't put your trust in man. He can perish. When he stops breathing, he's dead! Of course, we do know that the cells of the body depend upon oxygen, in order to keep going, to keep functioning. It is the breath that brings the oxygen to the blood that keeps your body functioning. The minute the cells become deprived of the oxygen, they begin to die. So that oxygen, that breath, is necessary. You put your trust in man, but man can fail. His breath goes forth, he quits. And he returns to his earth. The body goes back to the dust.
- *In that very day his thoughts perish.* It's over for him. The day he quits breathing, he's gone.

#### ***Psa 146:5 Happy is he who has the God of Jacob for his help, Whose hope is in the LORD his God,***

- You put your trust in man, he can die! He's fragile. He's frail. Put your trust in the Lord, happy is that man!

#### ***Psa 146:6 Who made heaven and earth, The sea, and all that is in them; Who keeps truth forever,***

- For the Lord, **Who made heaven and earth, The sea, and all that is in them; Who keeps truth**

*forever.* He doesn't perish! He goes on—eternally!

***Psa 146:7 Who executes justice for the oppressed, Who gives food to the hungry. The LORD gives freedom to the prisoners.***

- The Lord gives good food to the hungry. The LORD sets the prisoners free! He is the friend of the down-trodden, the avenger of the persecuted, the champion of the helpless!. Thus he completes the triple blessing: justice, bread, and liberty!

***Psa 146:8 The LORD opens the eyes of the blind; The LORD raises those who are bowed down; The LORD loves the righteous.***

- Happy is the man who has learned to put his hope in Jehovah, the Creator, the One who executes judgments for the oppressed, gives food to the hungry, open the eyes of the blind.

***Psa 146:9 The LORD watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down.***

- The contrast again! There are two sides to the coin—always.

***Psa 146:10 The LORD shall reign forever—Your God, O Zion, to all generations. Praise the LORD!***

- **Hallelujah or Praise ye the LORD.** David said, Why are you cast down, oh my soul? Why are disquieted within me? Don't you hope in God? He shall bring it to pass. The next time you get really worried about a situation, that you start panicking and you feel the panic attack coming, just talk to yourself! Say, hey, what are you disquieted? What's wrong with you? What's got you so upset? Don't you hope in God? Do you think God is dead or something? He's going to come through.
- The Bible says speaking to yourself in Psalms, hymns, spiritual songs, making melody in your heart to the Lord. It helps just many time to put things in perspective. As you are all worried and concerned, and you're just ready to just panic, you know. Wait a minute! Is God dead? Is God no longer on the throne? Has God forsaken His creation? Has God forsaken His child? No! When you begin to look at it that way, well it's as David encouraged himself in the Lord. That's just a way of encouraging yourself in the Lord, just talking to yourself about it. Analyzing it. Why am I so upset? Why is my soul disquieted? Why do I feel this unrest? It's because I've lost sight of God! I've lost that consciousness of God's control over the issues of my life! Somehow, I've forgotten that God is there. Hope thou in God, David said, for He shall yet bring it to pass! He's going to work. Just put your trust in Him!

**OUR GOD REIGNS** – L. E. Smith/Fettke & Beddia (3:23)

*How lovely on the mountains Are the feet of him Who brings good news, good news  
Announcing peace, proclaiming News of happiness. Our God reigns; our God reigns!*

*Chorus: Our God reigns! Our God reigns! Our God reigns! Our God reigns! (2X)*

*Out of the tomb He came With grace and majesty; He is alive, He is alive. God loves us so see here His hands, His feet, His side. Yes, we know He is alive. [Chorus]*

*He had no stately form; He had no majesty, That we should be drawn to Him. He was despised, and we took no account of Him, Yet now He reigns With the Most High. [Chorus]*

**FOR OUR NATION'S LEADERS: PRAY FOR CALIFORNIA: PRAY FOR WORLD LEADERS: -**

**Pray for World Leaders, especially their salvation, including: Xi Jinping – China; Narendra Modi- India; Joe Biden – USA; Joko Widodo - Indonesia; Jair Bolsonaro - Brazil; Arif Alvi - Pakistan; Muhammadu Buhari - Nigeria; Hasina Wazed - Bangladesh; Vladimir Putin- Russia; Lopez Obrador – Mexico; Naftali Bennett – Israel; Olaf Scholtz – Germany; Boris Johnson – U.K.; Kim Jong-un – North Korea; Kim Boo-kyum – South Korea.**

**PRAY FOR OUR CHURCH/PERSECUTED CHURCH; SCHOOLS; POLICE OFFICERS/MILITARY; ISRAEL:**