

## Living a life of praise

The last five psalms of the Psalter all have one thing in common. They all begin and end with Praise the Lord or hallelujah! Together they unpack for us what praise of God means. Finishing with a great crescendo in the last verse of the last psalm 150- let all the earth praise the Lord.

In today's psalm we see the psalmist living a life of praise of God. And that intertwined are the three threads of praise, trust and blessing.

### Praise

We have been looking over the summer at psalms that explore and give expression to the depths, the sad times of human experience, but this is a psalm from the heights of human delight isn't it?

Vs 1-2 *Hallelujah*

*Hallelujah O my soul.  
I will praise the Lord all my life;  
I will sing praise to my God as long as I live.*

Praise is a natural human reaction. You see the chorus on the terraces after a goal or a try. When something unexpected and wonderful happens, people often say something like 'Yes, there is a God

– thanks you'. We can be expressive on the terraces why should we be any less expressive when it comes to God?

There is something attractive about a life lived that is always grateful. That finds reason to be thankful to God even in the midst of difficulty. Is it possible? Does the light of the gospel shine and bring about a shift and change in human personality – of course it does and it may take time

The song writer seems to think it is and is leading by example. As we will see he trusts the Lord and sees everything as a provision from the Lord. This is a heart not just contented but also delighted by and in the Lord.

The Apostle Paul echoes that

***Philippians 4:12-13*** <sup>12</sup> *I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.* <sup>13</sup> *I can do everything through him who gives me strength.*

*And could also write "Praise be to the God and Father of our Lord Jesus Christ who has blessed us.."*

Praise vs 1-2 Trust vs 3-4 and blessing vs 5-9 are intertwined...

*Vs 3-4 "Do not put your trust in princes, in mortal men, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing"*

What is the thing here? The psalmist is saying keep your eye on the ball. Make sure you put your trust in the right place.

## **Trust**

The old testament is full of exhortations not to trust in the strength of armies, in politicians, in wealth, influence and not just to have God as your kind of last hope option – If all else fails trust God for a miracle!

We can all be a bit like that can't we? We manage along dandy when things are going fine but when trouble hits and all else fails we think – I know let's pray! Do you know where I reckon the most prayerful places on earth are? Wailing wall Jerusalem? Monasteries of prayerful monks? Not a bit of it. Aeroplanes – before they lift off and just before they land! Isn't that true?

This is a 'be consistent' clause. Don't trust in princes, politicians, self help gurus, people of power and

influence through the week and God on Sunday and emergencies. I know plenty of influential people, some super rich but I wouldn't entrust my life to them. Let God be your first and best option to entrust your whole day to, your life's direction to. If you believe God exists then trust him. He will not let you down. He doesn't have an expiry date. He can always be there for you. He is the only one who can make that promise with any hope of fulfilling it.

Where is the rub for you - anxious (kids, work, family, aging, identity, stuff from the past, health, money, loneliness) impatient (push and the drive of our instant culture unsettling you? Where are the flash points for you, what sets your pulse racing when you think about it.

Remember the words of Paul

***Philippians 4:12-13*** *I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.<sup>13</sup> I can do everything through him who gives me strength.*

That is the place where there is the blessing – the blessing of knowing God's intervention in your life

## **Blessing**

*Vs 5 Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, the maker of heaven and earth, the sea and everything in them – the Lord who remains faithful for ever*

In verses 5-9 the writer lists ten divine acts which invites us to trust and know the blessing of that.

The interesting thing is that though he is thinking of God’s action in the past they actually point forward to God’s action in the future. To the one who would come and be a living word from God. Jesus Christ his son – who also says

*Jn 14:1 “Do not let your hearts be troubled. Trust in God. Trust also in me”*

This psalm is an invitation then to find delight/praise and know the blessing of trusting in Jesus Christ.

Creator	“Through him all things were made” Jn 1
Upholds cause oppressed	Touched lepers
Food to the hungry	Feeding 5,000
Sets prisoner free	If the son sets you free..Jn 8:36
Sight to the blind	Bartimaeus Mk 10
Lifts up bowed down	Penitent prostitute Lk 7
Loves the righteous	Jesus loved Mary, Martha and lazarus Jn 11: 5

Watches over alien	Parable of the Samaritan Lk 10
Sustains the fatherless and widow	Raising widow’s son Lk 7 Church in Acts
Frustrates the way of the wicked	Judgement Matt 25

This is the one we are being invited to trust.

The one who has looked into the heart of the stars and seen their beauty because he made them. The one who has no comfort zone – knows of no untouchables. Who turns lives around. Boundless compassion. Someone in whom you could entrust your life to. Hear this morning the concern of Christ for you in your situations. The one who stretches out his hand and creates, feeds, forgives, sets free, lifts up, loves, sustains. Come and trust the one who can provide for physical, spiritual and emotional needs.

Come know the forgiveness of your sins and let him lift you up. Come know the immeasurable love of God for those who trust him. Come and know his blessing and in turn become a blessing as we share his priorities and values and life.

Sharing good news for body and soul to the world. In the uncomfortable zones where Jesus is also to be found. The mess of sin damaged lives, the regions of the world devastated by human greed.

Trust and find his blessing and find your heart lifted  
in praise. Hallelujah. Praise the Lord

Video

Are we on the sidelines or in the wheel barrow, faith  
in action? Are we in the comfort of the boat or out on  
the water?

Let me leave you with two questions to ponder:

Can I trust him for this week?

Will I trust him for this week?

Pause

Prayer

10 reasons to trust you

Lord I believe help me in my unbelief.

Discover more and more trust, blessing and praise