

# The Psalms and Praise

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## Introduction

### 1. Praise

<sup>1</sup> Praise the LORD.

Praise the LORD, you his servants;  
praise the name of the LORD.

<sup>2</sup> Let the name of the LORD be praised,  
both now and forevermore.

<sup>3</sup> From the rising of the sun to the place where it sets,  
the name of the LORD is to be praised.

<sup>4</sup> The LORD is exalted over all the nations,  
his glory above the heavens.

<sup>5</sup> Who is like the LORD our God,  
the One who sits enthroned on high,

<sup>6</sup> who stoops down to look  
on the heavens and the earth?

<sup>7</sup> He raises the poor from the dust  
and lifts the needy from the ash heap;

<sup>8</sup> he seats them with princes,  
with the princes of his people.

<sup>9</sup> He settles the childless woman in her home  
as a happy mother of children.

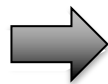
Praise the LORD. (Psalm 113 NIV)

Underline in different colours all the references to:

- Who God is
- What God has done

Bonus: Look at all the references to high/low in the psalm. What do these tell us?

**The life of faith is one of *response* to what God has done**



→ radically God centred!

**If we feel our praise / joy / devotion to God is weak...**

## 2. Thanksgiving and trust

<sup>1</sup> I love the LORD, for he heard my voice;  
he heard my cry for mercy.  
<sup>2</sup> Because he turned his ear to me,  
I will call on him as long as I live.  
<sup>3</sup> The cords of death entangled me,  
the anguish of the grave came over me;  
I was overcome by distress and sorrow.  
<sup>4</sup> Then I called on the name of the LORD:  
'LORD, save me!'  
<sup>5</sup> The LORD is gracious and righteous;  
our God is full of compassion.  
<sup>6</sup> The LORD protects the unwary;  
when I was brought low, he saved me.  
<sup>7</sup> Return to your rest, my soul,  
for the LORD has been good to you.  
<sup>8</sup> For you, LORD, have delivered me from death,  
my eyes from tears,  
my feet from stumbling,  
<sup>9</sup> that I may walk before the LORD  
in the land of the living.  
...  
(Psalm 116:1-9 NIV)

- How is this psalm similar and different to the praise psalms? (e.g. Ps 113)
- What situation do you think the Psalmist is referring to? How might *we* use this psalm?
- What do you think the effect of singing this psalm would have been on the congregation?

### Little deliverances / big deliverances

#### For reflection:

→ How can we build praise into our lives / our family life / our church life?

→ How could we build more opportunity for thanksgiving / testimony in church?

→ Do we celebrate both the 'big deliverance' and the 'little deliverances'? Do we err one way or the other?