

Psalms: Managing Our Emotions – Study 9
Praise: Find Joy in the Seasons of the Soul

Learn how and why to praise God at any place, any time and in all ways.

Psalm 150:1-6

We should praise God no matter what we are going through. So long as you have breath, praise God for who he is and what he does, in any and every possible way. The harshness of life soon shows us that our dreams rarely come true.

This song of praise is the doxology of Psalms; it was written to bring conclusion to the book. Some consider it the Apex of the Psalms. Psalm 150 gives us the basics of praise. As followers of God, we are called to praise him in all of life's circumstances. Read Hebrews 13:15.

We can sincerely praise God no matter what we are going through or feeling.

We are _____ to Praise the Lord

1 Praise the Lord!

We praise God in any _____.

1 b Praise God in His sanctuary; Praise Him in His mighty firmament!

We Praise God because of what He has _____

2 Praise Him for His mighty acts;

The phrase "God's acts of power" describes the miraculous things God has done for us. Like the psalmist, we can praise God for Creation and his acts of deliverance through history. Today, however, we can also praise him for the death of his Son as payment for our sins, and for the Resurrection.

We Praise God because He is _____

2b Praise Him according to His excellent greatness!

God's excellent greatness describes his character. We praise God for who He is, because His character is behind all He does. When we begin to understand who God is, praise is a natural response. So, it's not just what he does for us, but who he is, that causes us to praise him.

We Praise God in every _____

3 Praise Him with the sound of the trumpet; Praise Him with the lute and harp!

4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes!

5 Praise Him with loud cymbals; Praise Him with clashing cymbals!

Many Christians argue over the best way to praise God. This psalm suggests that any and every instrument can be used to praise God; there is no "holiest" style of praise.

I believe we should be the first instrument to praise God. And just like the instruments in a band or orchestra we come in a variety pack as well.

William Booth, who founded the Salvation Army, said: Secular music, do you say, belongs to the devil? Does it? Well, if it did I would plunder him for it, for he has no right to a single note of the whole seven. Every note, and every strain, and every harmony is divine and belongs to us. So consecrate your voice and your instruments. Offer them to God, and use them to make all the hearts about you merry before the Lord.

We Praise God at _____ (vv3-5)

These instruments were used at different times in the life of Israel. They were used for happy times. They were used for solemn times. They were used to call the people to worship and they were used to call the people to war. The point of the passage is to praise God at any and all times.

We Praise God because we are _____

6 Let everything that has breath praise the Lord.

Praise the Lord!

TVC STUDY NOTES

Just the fact that we are alive is the climatic conclusionary reason to praise God!