

International Bible Lessons Commentary
Psalms 146:1-10

International Bible Lessons
Sunday, August 5, 2012
L.G. Parkhurst, Jr.

The **International Bible Lesson** (*Uniform Sunday School Lessons Series*) for **Sunday, August 5, 2012**, is from **Psalms 146:1-10. Questions for Discussion and Thinking Further** follow the verse-by-verse *International Bible Lessons Commentary* (formerly, *Bible Lesson Forum*) below. **Study Hints for Thinking Further** discuss the five questions below to help with class preparation and in conducting class discussion; these hints are available on the [International Bible Lessons Commentary](#) website. For additional **International Bible Lesson Commentaries**, see the complete and comprehensive [International Bible Lessons Commentary Index](#). The weekly [International Bible Lesson](#) is posted each Saturday before the lesson is scheduled to be taught at <http://InternationalBibleLessons.org> and in [The Oklahoman](#) newspaper.

International Bible Lesson Commentary

Psalms 146:1-10

(Psalms 146:1) Praise the LORD! Praise the LORD, O my soul!

This verse reminds us of Psalms 103:1 – “Bless the LORD, O my soul, and all that is within me, bless his holy name.” To praise God means to honor God privately and publicly for who God is, for what God has said, for what God has done and does, for what God has promised and promises to do, and for who and what God means to us. The name “LORD” in all capital letters means “Jehovah” or “Yahweh” or “I Am that I Am” (the name God gave to Moses when the LORD spoke to him from the burning bush – see Exodus 3:14, 15). We should praise God by using the names of God that God has revealed to us in the Bible. When we praise God from our inmost being or “soul,” we honor God from the inside. If we truly praise God from the inside (from our soul or inner being), then all of our words and actions should be consistent with God’s will as expressed in the Bible.

(Psalms 146:2) I will praise the LORD as long as I live; I will sing praises to my God all my life long.

God deserves our everlasting praise at all times. When we “praise the LORD,” we bring true happiness to God, true joy into our hearts, and show our appreciation for God to others. When we praise the LORD, not only during a Sunday morning worship service or before a Wednesday evening Bible study class, we speak of God and His deeds (from what we have learned in the Bible and from our own experiences and the experiences of others). When we

praise God in a variety of ways, we also pray that others will be able to see God at work in our lives by the way we act and speak. We honor God when we trust and obey His words.

(Psalms 146:3) Do not put your trust in princes, in mortals, in whom there is no help.

Some people have demonstrated that they can be trusted; they strive to live trustworthy before God and in all of their relationships. As we watch them strive to live consistently with what the Bible teaches, we come to trust even more in them. However, no political leader, no family member, no human being will live forever. They will not always be able to always give us the help we may need. They have finite human limitations and their limitations should teach us to trust in our infinite, almighty, and loving LORD.

(Psalms 146:4) When their breath departs, they return to the earth; on that very day their plans perish.

Dishonest people obviously cannot be trusted to help us, because they most often make decisions in behalf of their own selfish self-interest. But even the most loving, godly, unselfish, giving person is mortal and will die someday. To trust in any human being more than trusting in the eternal living God is to make that person into an idol, and idolatry will bring disappointment.

(Psalms 146:5) Happy are those whose help is the God of Jacob, whose hope is in the LORD their God,

God demonstrated His loving, forgiving, and life-transforming helpfulness in the life of Jacob, whose name God changed from Jacob to Israel. The God of Jacob is “the LORD.” We will be blessed, happy, and helped if we will trust in and hope in the LORD. The LORD must be our God. No idol should be worshiped or trusted instead of or in addition to the LORD, who alone is to be loved and trusted.

(Psalms 146:6) who made heaven and earth, the sea, and all that is in them; who keeps faith forever;

The LORD is our Creator, the Creator of everything; therefore, the LORD surely has the power, wisdom, and goodwill to do what is best for those who trust in Him. The LORD will be faithful to us now and forever. No matter what happens in our day-to-day lives, God will faithfully care for us.

(Psalms 146:7) who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free;

Some people live under oppression, and some people suffer under the leadership of those committed to

doing evil, to acting contrary to the revealed spirit and will of the LORD. God will execute justice in behalf of those suffering oppression. However, we may need to wait in this life, or wait until we meet the LORD face-to-face, before we receive justice and freedom from oppression. God does give food to the hungry, and God gives spiritual sustenance to those imprisoned unjustly or enslaved to evil powers spiritually. Some good things may not come to us until after our death, just as Jesus the Messiah had to die and rise again before many good things could happen to Him and also happen to those Jesus saved by dying on the cross.

(Psalms 146:8) the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

Millions of believers over the centuries have received their eyesight through miracles and the miracles of God through medicine, doctors, and eyeglasses. Millions have experienced and seen the removal of those who oppressed them and others. Millions have been helped by God, because God loves the righteous, those who trust in the LORD and seek to obey Him and follow His way.

(Psalms 146:9) The LORD watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin.

“Strangers” can also mean “aliens” or “sojourners” or “foreigners.” The Hebrews were strangers or aliens in Egypt; later, they would be sojourners in Babylon as discipline for their sins. In all cases, the LORD watched over them, and the LORD will watch over all who strive to live righteous in Christ Jesus according to the Scriptures. The LORD watches over all the needy who trust in Him. He will also be involved in the lives of the wicked, of those who will not repent. Because God is just, if they will not repent, He will punish the wicked and save the righteous.

(Psalms 146:10) The LORD will reign forever, your God, O Zion, for all generations. Praise the LORD!

The LORD not only exists as the infinite creator and sustainer of all; the LORD also reigns as King of the universe, the ruler over all. God decides what He will do as the supreme leader or supreme governor over all people and things. God will always, and never cease, to be the supreme ruler of all creation; so, we have wonderful reasons to always praise the LORD!

**Five Questions for Discussion
and Thinking Further**

1. In what way or ways do you praise the LORD?

2. For what do you praise the LORD the most?
3. For what promises of the LORD do you praise the LORD most often?
4. Why are those “whose hope is in the LORD their God” happy?
5. What new ways of praising the LORD have you learned from others in class discussion or from this Bible Lesson? Will you use any of these new ways?

Write your comments, suggestions, and thoughts on the [Bible Lesson Forum](#) at <http://biblelessonforum.com/>. Begin or close your class by reading the short weekly *International Bible Lesson* at [International Bible Lessons](#) at <http://internationalbiblelessons.org>.

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