

Praise God From Whom All Blessings Flow Psalm 145:1-21

Turn in your Bibles to **Psalm 145**. The last six psalms are all about giving God praise. This particular psalm has been called the grand doxology of the grand collection as it praises God for His character and for His many mighty acts. Similar to **Psalm 119** that uses every letter in the Hebrew alphabet, **Psalm 145** is an acrostic with every verse beginning with a letter of their alphabet with the exception of what would be our letter 'n'. This psalm is all about God.

You don't have to look very far to realize we live in a very self-saturated society. Marketers capitalize on that self-absorbed mentality and push their products on the me generation. Our pride fuels the ego to focus so much attention on self. People fall all over each other clamoring to be noticed. Some go out of the way to grab the spotlight.

So it's refreshing when you find someone who could make a case for bragging about accomplishments but doesn't. That could be David. Instead of focusing on all his accomplishments, he puts all the attention where it rightfully belongs with a focus on God and all He has done.

Think for a moment about David's resume. As a teen, he slew the mighty champion Goliath, with a slingshot no less. Everywhere he went, they sang songs about him - Saul has slain thousands, but David has slain tens of thousands. He was taken from the fields around Bethlehem and elevated to the head of the nation as king. He had brought many of Israel's enemies to their knees, bringing peace to Israel, building his kingdom. He brought the Ark to the capital city. If anyone had reason to boast about his accomplishments it was David.

He could have ticked them off and filled a ledger, built monuments to himself, led parades in his honor, and hoisted banners with his picture all over the land. But that wasn't David. Although there had been times

of moral failure, or when a moment of pride got the best of him, but throughout his life he exhibited the same character of whom God said was a man after His own heart, a man who sought God. I would suggest that David was a man of humility with a spirit that sought God, and when he did fail, he repented in humility and returned to God. It is that character of humility by which he is able to pen this beautiful psalm of praise.

Throughout his life, he has come to recognize that who he was, everything he had, and all that he had accomplished was not his own doing, but was due to God's gracious hand in his life. This psalm is an expression of His praise to the greatness of God. It is an invitation for us to humble ourselves and express that same praise to God who is worthy of all praise because of His greatness and the great things He has done for us.

It is also a reminder that each generation is to pass on to the next generation how great our God is, that we never forget His faithfulness to all generations. For all that, He deserves our praise. But we cannot rightly or adequately praise Him, if we don't first humble ourselves. Without humility we become like Nebuchadnezzar puffing our chest out and bellowing for all to look at how great we are and all we have done. Only a humble spirit can praise God, and we are invited with the psalmist to extol His greatness. With your Bibles opened to **Psalm 145**, let's look first in **verses 1-7** and praise God for His deity.

I. PRAISE GOD FOR HIS DEITY – vv. 1-7

A prideful spirit focuses on self, and essentially exalts self as God.
A humble spirit that focuses on God, exalts God.

In **verses 1-2** David praises God's worth.

A. David Praises God's Worth – vv. 1-2

Three things jump out at me in these opening verses regarding the humility with which David exalts God.

The first is God's person. We'll call it His uniqueness.

1. God's Person – His uniqueness

David uses the Hebrew name Elohim for God. It refers to God as the Supreme One or Mighty One. In other words, there isn't anyone above God. It is the name used in the opening verse of **Genesis 1** speaking of the very nature of God's power in creation as He spoke it all into existence. It is plural in form, but singular in meaning referring to the Godhead – Father, Son, and Holy Spirit.

David praises Elohim for His supremacy over everything and the power to act in bringing about His determined will. Yet David also recognizes that this Supreme Creator is personal as he addresses Him as **“MY God”** (emphasis added).

God does not look down on His creation with indifference or aloofness. From the very beginning of creation, He set about to have a personal and ongoing relationship with those He created in His own image. Even after their sin, He still sought to establish a relationship that would be permanent and loving through the eventual coming of His Son, Jesus, who would pay for sin through His death. Through our repentance of sin and faith in the finished work of Christ on the cross, we are guaranteed this personal relationship with God. The resurrection of Jesus from the dead assures that what God had promised would happen. All of this puts us in a relationship with a personal God.

David found that this God who is Almighty is personal and deserves our reverence. He is not a God who is uncaring and cold or distant from His creation but has sought us out as a personal God to have a relationship with us. It is this personal Almighty God that David exalts demonstrating the reverence He is due. This God is worthy of our praise.

The second point worth noting from these opening verses is God's position. In this we see His kingship.

2. God's Position – His Kingship

As the Supreme One, the Mighty One, David also recognizes the authority that God has over him. He may have been king over Israel, but he understands that he is only in that position because there is a greater King who has ultimate authority over him. David makes a statement that says in

effect that he serves a greater king, that he is under the authority of the King of kings. He may have lots of servants, but he serves the greatest king, again attesting to his willingness to humble himself before God and submit himself to Him as a servant.

We must all come to the realization that we must place ourselves under the headship of God as our king who is ruler over all.

Have we willfully submitted ourselves to His rule over our lives in every area?

That God is King carries several meanings. It means that He has absolute dominion. That God is the King of Kings means that we confess that He is the Supreme Authority.

It means worship and wonder, inspiring from us our respect and worship.

It speaks of new life where we let God take His rightful place in our hearts leading us to a wonderful new life both now and forever.

It refers to God as our Sovereign ruler, who rules over all of creation.

It speaks of our sincere, willful obedience and service out of both love for and devotion to live according to God's will, which is a must for anyone who would live in His kingdom.

David declares that God rules his life.

It is a declaration of his submission to God.

It is a declaration of obedience, to willfully place himself under the authority of God, that he will follow Him.

It begs us to ask the same question. **We may acknowledge God to be the Supreme ruler over everything, but have we willfully bowed down to His authority and acknowledged Him as our king, to say I'll obey You and follow You no matter what?**

As our King, God is worthy of our praise.

The third aspect of God's deity David mentions that is worthy of praise is God's personality. It has to do His name.

3. God's personality – His name

We understand a name to mean a specific designation of a person, place or thing.

Every one of us has a name. In our culture, we generally have three names.

A first name. A middle name. A last name.

My bologna has a first name, it's O-S-C-A-R.

My bologna has a second name, it's M-A-Y-E-R.

Adam was given the task of naming the animals.

That's a rabbit.

That's an aardvark.

That's an elephant.

That's a skunk.

David named our Irish Setter, Blaze because he was a fiery red and in time discovered he was very fast.

Plants have names.

Cities have names.

I understand from legend that Mio and Fairview got their names from an Indian chief who looked over the region and said My, Oh my, what a fair view.

(Hey, I'm just repeating legend.)

Pontiac was named after chief Pontiac.

Sometimes names can be confusing, like Abbot and Castello's "Who's On First" routine.

But not so in the Bible. Names had specific meaning. For example, when Rachel gave birth to a son just before her death, she named him Ben-Oni which means son of my distress. But Jacob renamed him Benjamin which means son of my strength.

When Leah named her children, she gave an explanation for their names. For example, Reuban means behold a son. Now we might look at him and say "well, duh, that's obvious."

After she felt unloved because Jacob was spending more time with Rachel, named her second son Simeon, the Lord has heard.

When Esau was born, **Genesis 25:25** says that he was hairy all over his body. Esau means hairy.

I knew a guy whose name was Harry Legg. He went by his middle name David.

In Bible times, names were given based on some personal situation or feature of the child.

David says in **verse 1** that he would praise God's name. His names alone are worthy of praise because they describe something about Him, like the chorus we sometimes sing about Jesus.

Praise the name of Jesus,

Praise the name of Jesus.

He's my Rock,

He's my Fortress,

He's my Deliverer,

In Him will I trust.

Praise the name of Jesus.

CCLI1292471

When David spoke of praising God's name, he had in mind God's character, referring to His nature or reputation.

When we say that so-and-so has a good name in this town, we are referring to his or her character.

So when David speaks of praising God's name, he is referring to God's nature, everything about Him, what He has done, all of which is worthy of praise.

Then in **verse 3** David praises God's wonder.

B. David Praises God's Wonder – v. 3

The word "**great**" can mean large, much more and refer to physical size, quantity, degree or social status.

Charles Spurgeon notes that "**great here is to be referred to God as a King, then a great king He is in respect of the breadth of His empire, for all creatures, from the highest angel to the poorest worm, are under Him. Great for length; for His kingdom is an everlasting kingdom. Great for depth; for He rules even in the hearts of kings, of all men, overrules their thoughts, affections, nothing is hid from Him. And great again for height; being a great King above all gods.**"

We only need to think for a moment about the great things God has done, and we will conclude that He is worthy of praise as is the case in this song by Andre Crouch.

Bless the Lord, O my soul,

And all that is within me, bless His holy name!

Bless the Lord, O my soul,
And all that is within me, bless His holy name!

He has done great things,
He has done great things,
He has done great things,
Bless His holy name!

CCLI1292471

It may be repetitive but it expresses the same sentiment as the angels who cry **“Holy, Holy, Holy is the Lord God Almighty; the whole earth is full of His glory.” (Isaiah 6:3)**

The psalmist says that God’s greatness is unfathomable. We can never exhaust the greatness of God. We will never be able to plumb the depths of His greatness. It is infinite and beyond measure and our comprehension. The greatness of God is seen in the vastness of space, and no one will be able to understand the complexities of it. **So what has man done?** They can’t understand it or choose not to accept that a Master Designer created it all, so they have dumbed it down by saying it started from a single sphere that exploded and hurtled all the planets and stars throughout space to form galaxies.

The greatness of God is seen in the intricate way in which we have been created. **So what has man done?** They can’t understand it or choose not to accept that a Master Designer knit us together, so they dumb it down claiming that we just happened by chance.

What if evolution got it wrong and put our nose upside down or our ears where our elbows are?

Birds fly because God made them that way.

Fish swim because God made them that way.

We sow tomato seeds and expect tomatoes not squash.

We sow green bean seeds and expect green beans not radishes.

It’s the way God made them.

The moon orbits the earth, and the earth orbits the sun, and the sun rotates within the galaxy because that’s the way God created it.

Mankind has been made to think and reason and do things that other animals cannot because that’s the way God made us.

Ours is a great God, a God of wonder who has done great and mighty things that are unsearchable, and He is worthy of our praise.

When we think of God’s deity, David has one more thing for which He is worthy of our praise. David praises God’s works.

C. David Praises God’s Works – vv. 4-7

Since this is a song of praise, David invites those singing to reflect back in time and consider the many mighty acts of God.

Think about God’s creation.

Think about the preservation of Noah and his family through the great flood.

Think about His leading their forefathers – Abraham, Isaac and Jacob and the beginning of their nation.

Think about how God led them to Egypt to build the nation, and then how He delivered them from bondage.

Think about how He provided for them in the wilderness those 40 years.

Think about how they conquered the land they inherited.

It’s not just about the mighty acts God did for the nation, but it also implies thinking about how this great God has provided for them every day. Here’s what David asks them to do with this knowledge about their great God. These verses show us four things about praise.

1. Praise must be passed on – v. 4

When Israel crossed the Jordan River into the Promised Land, they were instructed to gather 12 stones to set up as a memorial. They were to be a reminder of all God had done for them to get to that place. It was to remind them that they were crossing from an old way of life to a new way of life. But this memorial wasn’t just for them and their children. It was for future generations so that they would remember the great works of God.

David said that every generation was to pass on to the succeeding generation how great God was and how wonderful were His works.

We are to do the same by passing on our praise of God’s works to the next generation. **Does Gen Z know about God’s great deeds?** Let’s pass it on.

Second, praise must be pondered.

2. Praise must be pondered – v. 5

When we stop and think about what God has done, it not only enhances our praise, it also builds our faith. When we look back and see His work in our life or in the lives of others, it makes us want to trust Him more. It gives us hope and comfort and strength and a stronger desire to look to Him, to know that He is always there for us, hearing our cries and seeing our needs.

As I wrote up the questions for Adult Impact, I gave them a challenge, the same challenge I give to you. Take a sheet of paper and number it from 1-30. Then write down 30 things that God has done for you. Call it your praise list. Then each day you have something to praise God for as you ponder what great things He has done for you. I divided mine into four groups: family, friends, finances, spiritual. You can then share your reasons to praise God with others. Pass it on, which leads us to the third thought.

3. Praise must be proclaimed – v. 6

Don't keep it to yourself, tell the next generation what God has done. They are to also pass on to the next generation them proclaiming the mighty works of God. Isaac Watts so eloquently captured the essence of this when he wrote *I Sing the Mighty Power of God*. We must continue to tell of God's mighty works to others. Why? Because He has done great things.

And then we see in **verse 7** that praise must be public.

4. Praise must be public – v. 7

The words “**celebrate**” and “**joyfully sing**” suggest some kind of public testimony that expresses God's greatness.

When Camp was not in session we attended the Mennonite church in town. My folks had made a number of friends from the church, and we of course went to school and played sports with kids from the church. Occasionally, the pastor would have a testimony time and open it up to the congregation to share things God had been doing in their lives so that others could give God praise as well. Now back when we attended, they did not have a piano in the

sanctuary. They sang a cappella. However, one year they wanted to do a community cantata, and being the largest church in the community had a special vote to allow a piano for the occasion. So when the pastor asked for testimonies, some were surprised when a visitor got up and said he wanted to play his testimony on the piano. He wanted his public praise with music.

Let's not keep praise to ourselves. Let's be public so others not only can hear what God is doing but join in on our praise as well. Because of who God is and the mighty deeds He has done, He is worthy of praise.

In **verses 8-16** David moves from praising God for His deity to praising God for His dominion.

II. PRAISE GOD FOR HIS DOMINION – vv. 8-16

In **verses 8-9** it is a dominion that exalts God's attributes.

A. It Is A Dominion That Exalts God's Attributes – vv. 8-9

Notice that God is gracious and compassionate. He is slow to anger, rich in love and good to all. We could spend a lot of time on those divine traits. Jonah said the same thing about God when he was angry that God forgave the Ninevites instead of pouring out His judgement for how wicked they were. (**Jonah 4:2**)

Peter mentions something similar when referring to God's patience toward all giving people time to repent (**II Peter 3:9**). The Bible is an historical record of God's love, compassion, grace, patience and goodness beginning with Adam and consistently meted out from generation to generation. For that He deserves our praise. The law is a cold reminder that none of us can measure up to His standard of righteousness. We deserve His wrath and judgment. Yet His grace, love and forgiveness gives us riches through Christ that we neither can earn or deserve. He patiently waits out of love and compassion for people to seek His forgiveness and accept His gift of eternal life. His kingdom is built around His attributes.

Second, it is a dominion that exalts God's acts.

B. It Is A Dominion That Exalts God's Acts – vv. 10-12

That's what John heard as he was brought into the great throne room of God as he listened in on the praise of those gathered around their Creator. They declared His worthiness to receive glory and honor and power because He created all things. Those who have declared His sovereign rule in their lives will join in proclaiming His worthiness and express their worship.

Jesus will also be exalted for His mighty acts of redemption. He will be exalted as the only one able to pick up the scroll and break its seals. He will be exalted as the Lamb who was slain and like the Father, He is worthy to receive power and wealth and wisdom and strength and honor and glory and praise.

All God's acts reflect His will being done in His dominion, a kingdom that encompasses both heaven and earth. Everyone in both realms will praise Him.

In **verses 13-16**, it is a dominion that exalts God's affection.

C. It Is A Dominion That Exalts God's Affection – vv. 13-16

His affection toward us is seen in two ways.

1. **His affection is seen in His allegiance to us – v. 13**
2. **His affection is seen in His assistance to us – vv. 14-16**

There is in **verse 13** an irrevocable promise that God has made to believers. It is the promise of eternal life in His everlasting kingdom. The covenant God who made a new covenant through the blood of Christ showed His affection toward us when Christ died for us assuring us an eternal home.

But it's not just a promise for the future, it is a promise given to us now that when we fall He is there to lift us up and set our feet on solid ground. Solomon wrote in **Ecclesiastes 4:9-11** that two are better than one because when one falls the other is there to lift the one who has fallen. We are always the ones falling. God is always the one doing the lifting. We look to Him to help us up. The best picture of this is when Peter stepped out of the boat and began to sink after taking his eyes off Christ. Jesus didn't chastise Peter and rebuke his lack of faith. He didn't tell Peter to get a grip and swim

back to the boat. He didn't let him flounder in the water. Instead, Jesus immediately reached out His hand and lifted Peter to safety. God is there to lift you up when you've fallen. Solomon then says that the person who is alone and falls is to be pitied because no one is there to help them up. Praise God that He is there to help you when you fall.

Praise God for His dominion, seen in His attributes, His acts, and His affection.

Let me wrap it up with our need to praise God for His deliverance.

III. PRAISE GOD FOR HIS DELIVERANCE – **vv. 17-21**

A. It Is Deliverance Based On His Character – v. 17

Because God is who He is and His promises are yes and Amen, He will keep His word. He cannot go against His nature. **How do we know that?** Because of His righteousness and because of His love. His holy character means He will keep His word. His immeasurable and unconditional love means He will keep His word.

B. It Is Deliverance Based On Our Cries – vv. 18-21

It is a cry from those who call on Him in truth.
It is a cry from those who call on Him in reverence.
It is a cry from those who call on Him in love.
It is a cry from those who call on Him in praise.
If you have a heart for God, praise God for His deity; praise God for His dominion; and praise God for His deliverance.

David began the psalm by saying that our praise should be every day and it will be everlasting. He ends the psalm echoing the same thing.

We praise Him for His worth.

We praise Him for His wonder.

We praise Him for His works.

Praise God from whom all blessings flow.