

# GET YOUR PRAISE ON!

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Today, we're going to get our praise on!

We're going to try to learn from the greatest worshiper—the deepest worshiper—in the Bible: David, the shepherd-king of Israel.

In order to learn anything new, you must first admit that you don't know it all. Until you are willing to openly admit that you don't know it all (especially to someone you would otherwise like to impress, like your spouse or your children, or your parents or your teacher), your learning machine is not even turned on. But when you say it (out loud), you have just flipped the switch to the ON position.

An ancient and enduring catechism of the church (Westminster Shorter Catechism) teaches that the chief objective of humankind is to “glorify God, and to enjoy Him forever.” Pastor and author John Piper updated that lesson in his book *Desiring God* to read, “to glorify God *by* enjoying Him forever.”

What if your every day began with the conscious purpose and the corresponding vow “to enjoy God”? Today I choose to enjoy God!

Does it seem improbable? Perhaps impossible?

Instead of letting yesterday rule today, let's invite the psalmist to teach us how to enjoy God today.

Turn to someone near you and say, “*I don't really know how to worship God, but I want to learn.*”

*Now, let's turn to Psalm 145 (A psalm of praise of David). And as you do so, take out a piece of paper and a pen, because I want you to make a list. As we read through this psalm, I want you to list the words or short phrases that stand out to you. Are you ready?*

## **(1-3) The Measure of God's Greatness**

<sup>1</sup> *I will exalt You, my God and King,  
and praise Your name forever and ever.*

<sup>2</sup> *I will praise You every day;*

*yes, I will praise You forever.*

<sup>3</sup> *Great is the Lord! He is most worthy of praise!*

*No one can measure His greatness.*

Three times the psalmist sang, “I will,” reminding us that worship is an intent and a choice. Even inspiration cannot force you to praise God. It’s a decision that each one of us must make. It’s a value we must choose.

And the primary reason for choosing to praise is not a personal feeling or an inspiring event; it is the immeasurable greatness of our God!

Now, look at your list (You did start one, didn’t you?). What have you written down so far?

### **(4-7) On Every Tongue**

<sup>4</sup> *Let each generation tell its children of Your mighty acts;  
let them proclaim Your power.*

<sup>5</sup> *I will meditate on Your majestic, glorious splendor  
and Your wonderful miracles.*

<sup>6</sup> *Your awe-inspiring deeds will be on every tongue;  
I will proclaim Your greatness.*

<sup>7</sup> *Everyone will share the story of Your wonderful goodness;  
they will sing with joy about Your righteousness.*

Telling, proclaiming, sharing, and singing are methods of transmitting information and inspiring faith. You and I have an obligation to pass on the Good News. Our children need to know of our faith and our personal reasons for trusting in Christ. They need to see and hear us, even as we struggle to keep the right perspective and do the right thing, or turn to God when we have failed.

Telling, proclaiming, sharing, and singing are all based on meditating (v.5). Meditation is simply a process of focusing mentally, gazing, and reflecting on God’s “majestic, glorious splendor” and “wonderful miracles,” out of which grows increasing confidence and joy—the kind that overflows to others.

## **(8-9) The Character of God**

When we meditate, what should we meditate on? What is His “majestic, glorious splendor”? How about the heart and character of God?

*<sup>8</sup> The Lord is merciful and compassionate,  
slow to get angry and filled with unfailing love.*

*<sup>9</sup> The Lord is good to everyone.  
He showers compassion on all His creation.*

Meditate on how you have witnessed these attributes in the narrative of your life or the lives of others.

Remember, the world does not revolve around you, and God doesn't relate only with you.

You will receive some things that others do not receive; in turn, others will receive some things that you will not receive.

And remember this: If you cannot be happy for others, you will never be truly happy. If you cannot receive help from others, you will never be truly full.

## **(10-13a) All Your Works!**

*<sup>10</sup> All of Your works will thank You, Lord,  
and Your faithful followers will praise You.*

*<sup>11</sup> They will speak of the glory of Your kingdom;  
they will give examples of Your power.*

*<sup>12</sup> They will tell about Your mighty deeds  
and about the majesty and glory of Your reign.*

*<sup>13</sup> For Your kingdom is an everlasting kingdom.  
You rule throughout all generations.*

How is your list growing? Don't forget to make note of the words that stand out to you as we move along.

Look at all the verbal ways of praising God! Thank. Praise. Speak. Give examples. Tell.

And why is it important to pass this Good News along to others, especially to the next generation? Because His Kingdom is everlasting. He is King today, and He will be King tomorrow. He was King in your grandparents' generation, and he will be King in your grandchildren's generation. Pass it on!

### **(13b-14) The Kindness of God**

*The Lord always keeps His promises;  
He is gracious in all He does.*

<sup>14</sup> *The Lord helps the fallen  
and lifts those bent beneath their loads.*

God is both faithful *and* kind. It is true: people are bent and fall down. But God's compassion is evident in such times, if we call on His name. This is the basis for many of our prayers.

### **(15-16) Every Living Thing**

<sup>15</sup> *The eyes of all look to You in hope;  
You give them their food as they need it.*

<sup>16</sup> *When You open Your hand,  
You satisfy the hunger and thirst of every living thing.*

Who is your source in life? To whom do you look for your needs? Of course there are many, many people who contribute to meeting our everyday needs, but do you remember to look beyond and behind them, to recognize the ultimate Source of it all?

This is main reason that we say grace at meals. Do you thank God for your food? Do you teach your children and grandchildren to do so? Do you tell them why?

Think about this: What would get God to "open His hand" to you?

### **(17-20) Relationship With God**

Relationship always moves from the universal to the personal, from the general to the individual.

You may have a lot of acquaintances, but you'll have far fewer friends. That's true for God, too. Do you want to be God's friend? The psalmist tells us how.

*<sup>17</sup> The Lord is righteous in everything He does;  
He is filled with kindness.*

*<sup>18</sup> The Lord is close to all who call on Him,  
yes, to all who call on Him in truth.*

*<sup>19</sup> He grants the desires of those who fear Him;  
He hears their cries for help and rescues them.*

*<sup>20</sup> The Lord protects all those who love Him,  
but He destroys the wicked.*

Do you call on Him (pray sincerely)? He will be close to you.  
Do you fear Him (depend on Him)? He will grant your desires.  
Do you love Him? He will protect you.

## **(21) Summation**

The psalmist finally sums up his thoughts, his vision, his purpose.

*<sup>21</sup> I will praise the Lord,  
and may everyone on earth bless His holy name  
forever and ever.*

How is your list now? Is it full? Let's put it to use.

Turn it into your praise and prayer list. I want you to use the very words and phrases you wrote down as expressions of your praise and prayer to God. Take a few minutes right now to get your praise on today!

Speak out those words. Speak them gently, or cry out with them to God.

Let the words on your list move you. Let them guide you. Let them direct you.

Make them the vehicles that take you into the presence of God in praise.

Get your praise on today!