

Praise the Lord, Our Helper

Psalm 146

1. Hallelujah (vs.1, 10)

All of the last five psalms begin and end with the word hallelujah. At one point, these psalms were all used as part of daily Jewish synagogue worship service.

2. I Will Sing Praises to the Lord (vs.1-2)

Though it is not required, the language of the psalmist invites the use of musical instruments. Trust in God that is guided and anchored in His Word ought to have the effect of singing praises to the Lord (Ps. 61:8; 68:4; 108:1ff; cf. Eph. 5:15-21; Col. 3:15-17).

3. The Foolishness of Hoping in Others (vs.3-4)

It is easy for people to hope in any number of things other than God. The world is full of troubles and man is easily led astray by the worries of the world (cf. Matt. 13:22). Though hoping in the activities and abilities of men comes naturally, we are to hope in God and not in man (Ps. 56:11; Prov. 3:5-7; cf. Isa. 36:5-9).

4. The Certainty of God in Whom I Trust (v.5)

Help is not found in a nameless, faceless, and ambiguous god, but in the one and only true God (cf. John 3:36). The natural inclination of men is to look to a god of their own imagination or to things which God has created (Ex. 32:1; Rom. 1:25).

5. The Works of God Give Reason for Praise (vs.6-9)

By His works of creation and sustaining, God has shown that He is trustworthy and able to help in time of need. God is able to physically sustain a nation by miraculous means (Ex. 16:4-7; John 6:1ff) in order to illustrate that He is able to provide all that we need and more (John 6:26ff). God's concern and provision for the simple things (Matt 6:25ff) and those individuals who men would ignore or take advantage of shows God's desire and ability to help and sustain (Deut. 16:19; cf. 1 Chron. 18:14).

6. The Consistency of God Gives Reason for Praise (v.10)

Unlike men, God's plans will never fail. He can be trusted because He will forever reign and do whatever is good (cf. Eph 1:5).