



PSALM 145

PRAISING GOD EVEN WHEN HE SEEMS SILENT

by Jan Brunette

It is easy to offer praise to God when our life journeys are smooth and our hearts filled with joy and laughter. Embracing the blessings comes easily, and we literally want to jump up and down with excitement. But our desire to do so wanes and becomes stretched when rocky paths cut deeply into our souls, piercing our hearts with sorrow. We ask, "What is there to praise God for? Is it even proper to do so?" It is then that trust comes hard. Our patience appears non-existent. And so do God's answers.

The following study will reveal the incredible power in praising and glorifying God even when He seems silent, even when it doesn't make sense in our earthly minds. The journey through praise is difficult but can open our eyes to the love, grace and mercy given to us through Jesus Christ. Nothing else can compare. We *run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith* (Hebrews 12:1-2). The journey will be well worth the rewards.

In the Beginning

The best way to begin is by praising Him. Read **Psalm 145:1-3** and meditate on the verses you have read.

There are many facets of praise, just like glimmering diamonds in the sun. First, as we get a glimpse of God's attributes and strengths, we are led to offer Him our praise. As you review the following verses, find the nouns, for which we give God praise, and the adjectives that describe them. (The first and last are done for you, using the words of the New International Version.)

	Adjective	Noun
Verse 4	mighty	acts
Verse 5	_____	_____
Verse 6	_____	_____
Verse 7	abundant	goodness

Honoring Him for Who He Is

List all God's qualities named in **verses 8 and 9**.

According to **verses 10-12**, how can we respond to the knowledge of His wonderful attributes and strengths? Why? praise, extol (praise lavishly) ... _____

Our Present and Future Hope

Verse 13a describes His kingdom as an *everlasting kingdom* that *endures through all generations*. What does that mean to you? _____

A trustworthy, faithful, and all-providing God is described in **verses 13b through 17**. List the words that describe Him.

When the Going Gets Tough

Yet it is often so difficult to trust and to rely on this amazing God when rough paths lie before us. We often hear, “When the going gets tough, the tough get going.” I, however, prefer to say, “When the going gets tough, the trusting ones turn to God, through the power and working of the Holy Spirit.” Name a time in your life when the latter statement has been true. How did God see you, His redeemed child, through those circumstances? Explain why it is so difficult to rest a silent path or a rocky mountain climb completely in His hands.

God is never far away from His chosen and called children. Read **verses 18–20** and list the promises to His children, remembering that you are one of them.

Trust means praising God in the valleys, the gales, the hurricanes, and the landslides of our lives, even when our minds can't wrap around that possibility. Why is **verse 21** such a wonderful verse to memorize, encouraging us to keep praise in our hearts and minds?

We know it is usually easy to praise God when life is running on a smooth track. But when things appear to be coming apart at the seams, it can take great courage to praise God. The Bible calls this the *fruit of our lips* or a *sacrifice of praise* (**Hebrews 13:15**). Yet praise opens our hearts to the realization of His power, wisdom, and strength in the midst of the confusion. It turns our focus off self and our circumstances to the Creator, Sustainer, and Author of our salvation. Fixing our eyes on Jesus, we begin to get a glimpse of the cost of salvation and the joy it brought Him through His own suffering. But most important, the Holy Spirit uses it to create in us the likeness of Christ through His resurrection victory, leading us to praise Him often for He is truly worthy of praise (**2 Corinthians 3:18**).

Closing

Psalm 145:1-3: *I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name forever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom.*

Closing Prayer

Dear Father in heaven, may Your presence fill us. Help us understand that the light of Your Son, Jesus Christ, shines brightly as Your Spirit works in and through us — both in the good times and the bad. Give us a heart to trust and to praise You as we rest in Your loving arms one day at a time. In Jesus' name we ask this. Amen.

Hymn Suggestions

“Praise and Thanksgiving” (*LSB* #789; *LW* #403); “Praise to the Lord, the Almighty” (*LSB* #790; *LW* #444; *TLH* #39); “Praise to You and Adoration” (*LSB* #692; *TLH* #401); “Praise and Thanks and Adoration” (*LW* #387)

Jan Brunette is a Christian author, speaker, and freelance writer and has been an active member in the LWML for over forty years.

EVEN IN THE GOOD AND BAD TIMES

Praise fills the heart of God with joy and glorifies Him for who He is — in spite of the circumstances. Below are some verses to think about, memorize, and focus on as we give God the glory in the midst of them all — good and bad.

- When life is great – **Psalm 145:1–3**
- Because He is worthy of praise – **Revelation 5:12**
- When we seem to be losing it all – **Habakkuk 3:17–19**
- When life seems torn to shreds – **John 16:33**
- Even when we don't feel like it – **Matthew 11:28–30**
- As a sign of trust that goes beyond understanding – **Proverbs 3:5–6**