Psalm 145 is ascribed to David and is the last composition in the Psalter that bears his name. In it he reveals the profound personal discoveries he made on the path about God's mercy and grace in the midst of his own trials and sin. The overpowering message is that our omniscient, omnipotent and omnipresent Creator God holds these frail, finite human creatures in the grip of His indefatigable grace at all times! It is a stunning revelation that is incomprehensible this side of heaven. No one can understand the depth, breadth, width, and height of God's love; we can merely wrap ourselves in it and embrace it while we have breath in our lungs.

The Christian life becomes real to us when all we say and sing about in praise of Him becomes personal in relation to our need. As we encounter the bumps of life, we discover He was there all the time, those everlasting arms supporting us and holding us steady. We will spend forever praising God, whose righteousness is unsearchable; yet only those of us who acknowledge that we fail and fall at times can even begin to appreciate His good news of salvation and sanctification.

From one generation to another, as God's acts are told, each transformed life serves as a living witness to His power. David touches a nerve deep in the human soul through this psalm. It stands as a testimony to the greatness, goodness, and glory that is due God's name both here in this life and for all eternity to come.

**Did you know ~**

David authored more psalms than any other Old Testament writer—75 of the 150 that were composed are attributed to him. Known for being “the sweet singer of Israel,” David’s songs were first sung for an audience of One—out in the sheepfold while tending his father’s flocks. There this talented musician and poet communed with God, honing his skill for playing on the harp which would later serve him well in the courts of King Saul. His reverence for God made him a man after God's own heart. The heading above Psalm 145 reads “a psalm of praise,” the only psalm with this unique designation. While all of David’s psalms were sung in praise to God, clearly this one stands apart as the clarion call to worship.
Psalm 145

In Praise of God’s Greatness and Love
A Psalm of David

1 I will extol You, my God, O King;
And I will bless Your name forever and ever.

2 Every day I will bless You, and I will praise Your name forever and ever.

3 Great is the Lord, and greatly to be praised;
And His greatness is unsearchable.

4 One generation shall praise Your works to another,
And shall declare Your mighty acts.

5 I will meditate on the glorious splendor of Your majesty,
And on Your wondrous works.

6 Men shall speak of the might of Your awesome acts,
And I will declare Your greatness.

7 They shall utter the memory of Your great goodness,
And shall sing of Your righteousness.

8 The Lord is gracious and full of compassion, slow to anger and great in mercy.

9 The Lord is good to all, and His tender mercies are over all His works.

10 All Your works shall praise You, O Lord,
And Your saints shall bless You.

11 They shall speak of the glory of Your kingdom, and talk of Your power,

12 To make known to the sons of men His mighty acts,
And the glorious majesty of His kingdom.

13 Your kingdom is an everlasting kingdom,
And Your dominion endures throughout all generations.

14 The Lord upholds all who fall, and raises up all who are bowed down.

15 The eyes of all look expectantly to You, and You give them their food in due season.

16 You open Your hand
And satisfy the desire of every living thing.

17 The Lord is righteous in all His ways,
Gracious in all His works.

18 The Lord is near to all who call upon Him, to all who call upon Him in truth.

19 He will fulfill the desire of those who fear Him;
He also will hear their cry and save them.

20 The Lord preserves all who love Him, but all the wicked He will destroy.

21 My mouth shall speak the praise of the Lord,
And all flesh shall bless His holy name Forever and ever.

Scripture from the New King James Version ©1982 by Thomas Nelson Inc. Used by permission. All rights reserved.
“Open my eyes, that I may see wondrous things from Your law.” – Psalm 119:18

The basic thing to remember about observing a psalm is that it is poetry—and poets think in images. Whatever type of psalm it may be (praise or lament, meditation or petition, just to name a few) the psalmist uses familiar images to turn his experience into a picture. He uses figurative language to reflect on God’s character and express the stirrings of his own soul.

Start by reading the entire psalm through a few times. You might try reading it aloud, or have someone else read it while you listen intently.

Some things to look for: Does the psalmist compare or contrast one thing to another? Does he repeat a specific word or phrase to emphasize a theme? The psalmist may use hyperbole (an exaggeration for the sake of effect, not meant to be taken literally). What experience does he describe? What emotions does he express? What characteristics of God does he mention? Does he make a vow or a declaration? Use the first column to describe what the psalmist says. Use the second column to jot down your own notes, thoughts, impressions or questions.

Write the definition of words listed in each section. Use a regular dictionary or an Old Testament Word Study dictionary if you have one.

**Psalm 145:1-7**

<table>
<thead>
<tr>
<th>What the psalmist says:</th>
<th>My notes and personal observations:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

extol (v.1) _________________________

What does David declare about the Lord? _________________________

In his “I will” statements, what does David declare he will do? _________________________


Psalm 145:8-16
What the psalmist says:  
My notes and personal observations:

What specific characteristics of God does David mention?

Psalm 145:17-21
What the psalmist says:  
My notes and personal observations:

What does David declare about the Lord?

____________________________  __________________________________________________

________________________________________________
CONSIDER

According to Psalm 145 . . .

Why should we praise the Lord? __________________________________________________________

When should we praise the Lord? __________________________________________________________

In what ways (methods of expression) should we praise the Lord? ______________________________

INTERPRET and APPLY

"The unfolding of Your words gives light; it gives understanding to the simple."

– Psalm 119:130

Look for a spiritual lesson. The imaginative language of the Psalms helps us to understand that God’s Word provides guidance for our feelings as well as our faith. As you look for spiritual lessons, keep in mind that this collection of prayers and songs teaches us how to worship God—not just with our lips but with our lives. While the Psalms address all aspects of life and human experience, ultimately they point us back to our Creator.

Ask: What is the theme of this psalm? How does the psalmist express himself to God? What does this psalm reveal about God's character or His relationship with His people? Is there a command to obey? Is there a promise to claim? Is there a condition to that promise? Is there a warning to heed? Is there an example to follow or avoid? State the lesson in one simple sentence.

"I pondered the direction of my life and I turned to follow Your statutes. I will hurry, without lingering, to obey Your commands."

– Psalm 119:59-60 NLT

We don’t read the Bible just to gather information—we want to spiritually grow. Our heart needs to be open to change. The only way to move truth off the pages of your Bible and into your life is to put it into action.

To apply a spiritual lesson, we must examine ourselves and take deliberate steps to obey what we have learned. Ask yourself: What can I learn from the psalmist’s experience? How does this help to line up my feelings with my faith? Does it provide comfort? Does it provide correction? Think of how the lesson relates to you and what specific course of action you will take. Write your application in the form of a question to make it personal.

Psalm 145:1-7

Lesson: __________________________________________________________

Application: __________________________________________________________

?
Psalm 145:8-16
Lesson: __________________________________________________________

Application: ______________________________________________________

Psalm 145:17-21
Lesson: ____________________________________________________________

Application: ______________________________________________________

Summary
Write a simple sentence that summarizes what the psalm is about. ______________

Give your own title to the psalm to help you remember what it says.

Up close and personal

The Lord is righteous in all His ways, gracious in all His works.
The Lord is near to all who call upon Him, to all who call upon Him in truth.

Psalm 145:17-18

Memorize God’s Word
Choose the translation you prefer to memorize the verse in and re-write it here.

Meditate on God’s Word
As you memorize this verse, let it work into your heart and mind. Scripture meditation is like a
good cup of tea: the longer it steeps, the richer the flavor. So give yourself permission to slowly
savor God’s Word! Use the questions below (like a tea bag) to keep dipping into this verse.

Challenge alert: You won’t always see an obvious answer directly from the verse. Just think and pray
about it and share what the Lord brings to your heart and mind.
Look up. What does this verse teach you about God? (For example, look for signs of His character, His attributes, His works, His promises.)

____________________________________________________________________________
____________________________________________________________________________

Look around. What does this verse teach you about the world and people in general?

____________________________________________________________________________
____________________________________________________________________________

Look within. What does this verse teach you about yourself?

____________________________________________________________________________
____________________________________________________________________________

Look ahead. Does this verse give you reason to hope? Briefly share your thoughts.

____________________________________________________________________________
____________________________________________________________________________

Look alive! Given the opportunity, how would you express the truth found in this verse to someone who needs to hear it?

____________________________________________________________________________
____________________________________________________________________________

Make God’s Word Your Prayer

As you memorize and meditate on this verse, pray it back to the Lord. Let the Holy Spirit examine your heart, increase your understanding, and help you to pray. Ask Him for faith and strength to act on the truth of God’s Word.

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

A Lamp to my Feet and a Light to my Path

What has been the most important lesson, for you personally, as you studied this psalm? How will you begin today to put what you are learning into practice?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________