

## Heart to Heart with the Living God

### Psalm 145

*"I will exalt you, my God the King; I will praise your name for ever and ever."* Psalm 145:1 (NIV)

**Day 1: Read Psalm 145.**

- David, the writer of this psalm, is the King of Israel, but to whom does he address his praise?

What does this say about David's relationship to God in his role as king? (Ps. 2:4-8; 132:11-18)

- The "I" in this Psalm is David. Who is the "they" (vv. 4-7, 11)? (vv. 4, 10b)

Who else is called upon to praise God? (vv. 10a, 21)

**Day 2: Read Psalm 145.**

- Fill out the chart listing each separate characteristic of God that is worthy of praise.

The Lord is:

v. 3		v. 8b	
vv. 7a, 9a		vv. 11a, 12b	
vv. 7b, 17		vv. 11b, 12b	
v. 8a		vv. 11b, 12a	
vv. 8a, 9b		v. 13c	
v. 8b		vv. 13d, 17b	

- Think back over the last year and list two or three things for which you can specifically praise God. What aspects of his character do they point to?
- Think of someone from another "generation" (v. 4) to whom you could tell these praises. Pray for an opportunity to tell them. Why is this kind of "telling" so important? (Ps. 78:1-7)

**Day 3: Read Psalm 145.**

- How does David describe God's works? (vv. 4-6)
  - What are some of the "wonderful works" that David might be referring to? (Ps. 95:3-5; 105:7-11, 37-45; 139:13-14)

b. As Christians, we praise God for how he has done “mighty acts” in Christ. What are they?  
(Col. 2:9-14)

7. How has Jesus already begun to fulfill verse 20b? (Col. 2:15; 2 Tim. 1:10)

How will verse 20b finally be fulfilled? (1 Cor. 15:24-27; Rev. 20:7-10, 14)

8. When David describes God as righteous (vv. 7, 17) he is referring to the way that God always does what is right. In verses 14-20a, list all the ways that God shows that he is the righteous King.

Why are these the right things for a good king to do?

9. How does Jesus behave in the same way? (Mt. 9:35-36; 19:13-15; Lk. 6:17-22)

**Day 4: Read Psalm 145.**

10. Find the many action words in verses 1-7 that describe the act of praise.

Apart from “meditate,” what do they all have in common? (v. 21a)

11. How would you define the difference between the following types of praise?  
(Feel free to refer to a dictionary.)

exalt (v. 1)

extol (vv. 2, 10)

proclaim (v. 6)

12. Sometimes it’s hard to genuinely praise God. Why do you think public (corporate) praise is important, especially when you are going through tough times?

**Day 5: Read Psalm 145.**

13. In our study this year we have seen the Psalmist constantly crying out to God in desperation, asking for help and rescue. What is the promise in verse 18?

How has God been faithful and kept this promise to you this year?

“Speak of it” in your group and prepare to “proclaim it” publicly at the sharing time next week.