

PRAISE THE LORD

The Bible records many psalms that King David wrote to praise God. Even at times when he felt discouraged, he would remind himself of God's goodness and praise Him.

[Share an experience where you have been encouraged/strengthened after praising/ worshipping God.]

Today, we will look at one of the psalms he wrote.

Psalm 146

I will praise the LORD all my life;

²*I will sing praise to my God as long as I live.*

³*Do not put your trust in princes,
in human beings, who cannot save.*

⁴*When their spirit departs, they return to the ground;
on that very day their plans come to nothing.*

⁵*Blessed are those whose help is the God of Jacob,
whose hope is in the LORD their God.*

⁶*He is the Maker of heaven and earth,
the sea, and everything in them—
he remains faithful forever.*

⁷*He upholds the cause of the oppressed
and gives food to the hungry.
The LORD sets prisoners free,*

⁸*the LORD gives sight to the blind,
the LORD lifts up those who are bowed down,
the LORD loves the righteous.*

⁹*The LORD watches over the foreigner
and sustains the fatherless and the widow,
but he frustrates the ways of the wicked.*

Psalms 146 is one of the many psalms written by David. In this psalm, he praised God and compared between trusting God and trusting man. We should not to put our hope and trust in man, including even powerful people like princes and kings who cannot save us.

Instead, we should put our trust in God, our Lord, the One who created heaven and earth. In this psalm, David spoke of the wonderful things that the Lord has done. Let's look at some of the things God did which have been recorded in the bible:

He upholds the cause of the oppressed (those who have been hurt),

The Lord lifts up those who are bowed down (those who are in trouble).

God delivered the people of Israel from slavery under the Egyptians. (Exodus 6-14)

Jesus stopped the teachers of religious law and the Pharisees who brought to him a woman who had been caught in the act of adultery from stoning her to death and he forgave her of her sins. (John 8)

He gives food to the hungry

Jesus fed thousands of hungry people – 5,000 men (Mark 6:30-44) and 4,000 men (Mark 8:1-13). In both instances, the total number of people was much more than 5,000 or 4,000 as the women and children were not counted.

He healed the blind. (John 9:1-11)

The Lord watches over the foreigner and sustains the fatherless and the widow

He raised a widow's son from the dead in Nain because he had compassion on her. (Luke 7:11-17)

LESSON

God is so good, powerful and loving.

Happy are those who have the God of Jacob to help them and whose hope is in the Lord their God. God won't let us down. We can trust him. As he has looks after his people in the past, he continues to look after us. Jesus is the same yesterday, today and forever. (Hebrews 13:8)

Even we have problems or feel sad, let's praise God, like David.

Then we can remind ourselves that he is our powerful, almighty God who has helped us and will continue to help us because he is good. We can trust him to take care of us. When we see God as big and powerful, then we can believe that he can help us with our problems.



ACTIVITY SUGGESTIONS

SONGS

Jesus loves me

<https://youtu.be/KBALcN701NU>

Bless the Lord, O my soul

<https://www.youtube.com/watch?v=vSxocnIaN0A>

Refuge

<https://www.youtube.com/watch?v=l9BbT90NrXg>

HUDDLE TIME

Kids to break up in small groups to share and pray for one another. Let's take some time to thank God for loving us and tell Him that we love him too.