



Psalm 146

PRAISE THE GOD OF THE GOSPEL

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**Where do you turn for help
and hope?**

Praise the Lord!

Hallelu-Yah

Hallelu = Praise the

Yah = LORD

A Praise Sandwich!

V1: Praise the Lord

V10: Praise the Lord

A Praise Sandwich!

V1: Praise the Lord

**V5: Blessed are those
whose help is the God
of Jacob, whose hope is
in the LORD their God.**

V10: Praise the Lord

The exhortation to praise

- 1) Praising God is both public and personal (**v1**)

The exhortation to praise

- 1) Praising God is both public and personal (**v1**)
- 2) Praising God in all of life (**v2**)

1) The Warning – Don't trust people

V3-4: 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.

1) The Warning – Don't trust people

Isaiah 31v1: Woe to those who go down to Egypt for help,

who rely on horses,
who trust in the multitude of their chariots
and in the great strength of their
horsemen,

but do not look to the Holy One of Israel,
or seek help from the LORD.

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in human beings, who cannot save.

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on that very day their plans come to
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1) The Warning – Don't trust people

John 2v23-35: Now while he was in Jerusalem at the Passover Festival, many people saw the signs he was performing and believed in his name. ²⁴ But Jesus would not entrust himself to them, for he knew all people. ²⁵ He did not need any testimony about mankind, for he knew what was in each person.

2) The Blessing – Do trust God

V5: Blessed are those whose help is the
God of Jacob,
whose hope is in the LORD their God.

2) The Blessing – Do trust God

**V6: He is the Maker of heaven and earth,
the sea, and everything in them –
he remains faithful for ever.**

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the sea, and everything in them –
he remains faithful for ever.**

2) The Blessing – Do trust God

V7-8: 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...

2) The Blessing – Do trust God

V9: The LORD watches over the foreigner
and sustains the fatherless and the
widow...

2) The Blessing – Do trust God

Luke 4v18-21: ‘The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free,
¹⁹ to proclaim the year of the Lord’s favour.’

2) The Blessing – Do trust God

Luke 4v18-21: Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. ²¹ He began by saying to them, 'Today this scripture is fulfilled in your hearing.'

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2) The Blessing – Do trust God

V5: Blessed are those whose help is the God of Jacob,
whose hope is in the LORD their God.

V10: The LORD reigns for ever,
your God, O Zion, for all generations.
Praise the LORD.

