

Week 3: Psalm of Praise

Day 1

1. Ask God to help you understand his word.
2. Read Psalm 146:1-2.
How many times does the Psalmist write the word, "praise" in this passage? _____
Who is he praising? _____ How long does he say he will praise? _____
How often do you praise God? _____
What do you do or say when you praise God? _____
3. Write a prayer telling God that you want to praise him.
Dear God,

Day 2

1. Ask God to help you read and understand his words.
2. Psalm 146:3-4. The Psalmist uses the words "princes" and "sons of man" to describe all people. He says here that people cannot save because their "breath departs" and they "return to the earth." This is his way of saying that people will not live forever. Someday their lives on earth will end. This is why trusting in people to save us does not work. People disappoint us in the long run, even if they do good to us today.
3. Has anyone ever disappointed you? Write or draw a picture of a time you were disappointed.
4. How did it make you feel? _____

Day 3

1. Ask God to teach you who he is.
2. Read Psalm 146:5-9. Yesterday, the Psalmist said that people are not who we should put our hope in.

Instead of trusting in people, who does he hope in? _____

3. Complete the verses below. They are all the reasons why the Psalmist says that God is trustworthy and the one to hope in.

1) Who _____ and _____, the _____ and _____ that is in them.

2) Who _____ faith _____

3) Who _____ for the _____

4) Who _____ to the _____

5) The LORD _____ the prisoners _____

6) The LORD _____ the eyes of the _____

7) The LORD _____ those who are _____

8) The LORD _____ the _____

9) The LORD _____ the sojourners

10) He _____ the _____ and the _____

11) The _____ of the _____ he brings to _____

4. What is one thing about God from this list that makes you feel hopeful? _____
5. Tell God why you hope and trust in him instead of people.

Dear God,

Day 4

1. Ask God to show you that he is praiseworthy.
2. Read Psalm 146:10. Write this verse out below:

3. God is worthy of praise for all the days of our life, because he is forever faithful, and his plans to save will always happen. Our God never dies! Instead, he lives and reigns and rules forever! Jesus is in heaven right now ruling and standing until all God's plans are complete.

Draw a picture of yourself singing praises. What are some words to describe God that you can praise him with? Write them next to your picture.