

## **JOURNEY THROUGH THE BIBLE**

**Rhema Christian center**

**Triumphant Tuesday- Bible Study September 17, 2024**

**Wisdom Wednesday- Bible Study September 18, 2024**

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**Psalm 146- Study Notes**

This psalm is without a title, and it is impossible to ascertain by whom, or on what occasion, it was composed. In this portion of the Psalms Ps. 146- 150 all begin and end in the same manner, with a ***Hallelujah***; they all belong to one group and seem to pertain to the same occasion.

This psalm is a general psalm of praise which might be used at any time, containing thoughts such as are appropriate to the character of God, and His dealings with people. The idea is that of the blessedness of trusting in God; the security of those who do it; and the superiority of this confidence and peace that we have in God is better than any man can provide. (even those in high places).

the evidence that it will be safe to trust God is furnished by His merciful interventions on behalf of the oppressed, the hungry, the prisoner, the blind, the bowed down, the righteous, the stranger, the father less, and the widow. This psalm, then, has these parts:

- 1. An expression of a purpose to praise God; or God as an object of praise, vss.1-2.**
- 2. Reliance is not to be put in man, even in princes, since all are mortal, vss. 3-4.**
- 3. God is the only Being on whom we can rely, vss. 5-9.**
- 4. God will reign forever, and He is the God of Zion. His people, therefore, should and must praise Him. Vs. 10.**

### **Psalm 146 (New King James Version)**

**A psalm of Praise.**

- 1) PRAISE the LORD! Praise the LORD, O my soul!**
- 2) While I live, I will praise the LORD; I will sing praise to my God while I have my being.**
- 3) Do not put your trust in princes, nor in a son of man, in whom there is no help.**
- 4) His spirit departs, he returns to his earth; In that very day his plans perish.**
- 5) Happy is he who has the God of Jacob for his help, whose hope is in the LORD his God,**

- 6) Who made heaven and earth, The sea, and all that is in them, Who keeps truth forever,  
7) Who executes justice for the oppressed, Who gives food to the hungry. The LORD gives freedom to the prisoners.  
8) The LORD opens the eyes of the blind; The LORD raises those who are bowed down; The LORD loves the righteous.  
9) The LORD watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down.  
10) The LORD shall reign forever- Your God, O Zion, to all generations.

### An Expression of a Purpose to Praise God; or God as an Object of Praise Vss. 1-2.

**Vs. 1) Praise the LORD! (*Heb. Hallelujah*) Praise the LORD, O my soul!**

AMPC version penned this vs. this way: Praise “**Ye**” the LORD.... “**Ye**” meaning all people.

The poet of this psalm is exhorting all people including himself to praise God. Who, by the gracious and faithful exercise of His power in all goodness to the needy, is alone worthy of complete praise, worship and trust.

**Praise the LORD, O my soul;** He stirs up himself and all his affections to praise his God. He engages his tongue, mouth, lips, heart, will, emotions, and feelings to pour out his praises and blessings unto God all mighty.

Father God wants us to worship Him in spirit and in truth and He wants us to engage all the powers and faculties that He has blessed us with because He is worthy of all our praise.

**Isa. 38:19) The living, the living- they shall thank and praise You, as I do this day; the father shall make known to the children Your faithfulness and Your truth. (AMPC).**

**Heb. 13:15) through Him, therefore, let us constantly and at all times offer up to God a sacrifice of praise, which is the fruit of our lips that thankfully acknowledge and confess and glorify His name. (AMPC).**

**Ps.66:1-2) Make A joyful noise unto God, all the earth; (2) Sing forth the honor and glory of His name; make His praise glorious. (AMPC).**

**Vs.2) While I live, I will praise the LORD; I will sing praises to my God while I have my being.**

We see in psalm 104:33 the psalmist uses the same language as in this verse.

**Ps.104:33) I will sing to the LORD as long as I live; I will sing praise to my God while I have my being. (AMPC).**

The idea is, not merely that he would praise Him during this life- short and fleeting as it is, but that if he had an existence in the future world, he will continue to praise Him there also.

**Ps. 22:29) All the mighty ones upon earth shall eat (in thanksgiving) and worship; all they that go down to the dust shall bow before Him, even he who cannot keep himself alive. (AMPC)**

The psalmist sees that there is enough in the character of God to demand eternal praise, and he does not anticipate that a time will ever come when he will feel that the causes for praise have come to an end, or when his heart will be indisposed to celebrate that praise and the goodness of God.

### **Reliance is not to be put in man, even in princes, since all are mortal vss. 3-4.**

**Vss.3) Do not put your trust in princes, nor in a son of man, in whom there is no help.**

The tendency of man, including the believer, to “**trust in princes**” is always present. Princes may be people of stature and influence, but they are also only human beings. There will be ‘no praise the LORD’ if people are being relied upon, which is sin and foolishness. The psalmist warns against trusting in people. **Isa 2:22) Stop regarding man, whose breath (of life) is in his nostrils (for so little time); For why should he be esteemed? (AMP)**

**Jer 17:5) The LORD says, I will put a curse on people who trust in mere human beings, who depend on mere flesh and blood for their strength, whose hearts have turned away from the LORD. (NET)**

No matter how distinguished a person is and how much influence he or she has, they are and remain “mortal beings” “**in whom there is no help**” (salvation).

**Ps 118:8-9) It is better to take shelter In the LORD than to trust people.**

**(9) It is better to take shelter in the LORD than to trust in princes. (NET)**

**Vs. 4) His spirit departs, he returns to his earth; on that very day his plans perish.**

Man, even if he were benevolent, is perishable. Once he dies, “**his spirit departs**”. He is buried, “**he returns to the earth**”. He was made of the dust and returns to it. All his plans in which he trusted perish with him. Nothing comes of it. It is foolishness to trust in something as uncertain as a human being. To trust any man is to trust in uncertainty.

**Ecc 3:20) All go to the same place; all come from dust, and to dust all return. (NIV).**

**Ps 90:3) You turn men back to dust, saying, ‘Return to dust, O sons of men.’ (NIV).**

**Gen 3:19) By the sweat of your brow you will eat food until you return to the ground; for out of it you were taken; for you are dust, and to dust you will return. (NET).**

### **God is the only Being on whom we can rely. Vss. 5-9.**

**Vs. 5) Happy is he who has the God of Jacob for his help, whose hope is in the LORD his God.**

Unlike man, who is dust, God is almighty. Trusting in man is foolishness; but trusting in God is wisdom. One **“who has the God of Jacob for his help”** is “blessed”.

This “blessed” also applies to us as God children. The God and Father of our Lord Jesus Christ, who is now also our God and Father, has made from the dead substance as we were, dead in our trespasses and sins, enemies and haters of God, into His own children. He has made us worshipers of Him as our God and Father. Praised be His holy Name forever and ever.

**Ps 144:15) How blessed and favored are the people in such circumstances; How blessed (fortunate, prosperous, and favored) are the people whose God is the LORD!**

**“Whose hope is in the LORD his God”** Help and hope belong together. They are both present in someone who has a personal relationship with God. This is the case with the psalmist. He speaks of “his God”, Who is “the LORD”, that is the God Who is faithful to His promises. He is fully worthy of his and our trust.

**Ps 54:4) Behold, God is my helper; The LORD is with those who uphold my life.** That is, God alone can aid me in all circumstances, and to Him I confidently look.

**Vs 6) Who made heaven and earth, The sea, and all that is in them, Who keeps truth forever.**

He is the almighty Creator. Therefore, everything depends on Him. He has brought everything into being, but He also has not withdrawn from the work of His hands. This is evident from the fact that He **“Keeps faith forever”**. Whatever He has made, He also maintains in His faithfulness.

**Ps. 119:116-117) Uphold me according to Your promise, that I may live; and let me not be put to shame in my hope! (117) Hold me up, that I may be safe and have regard for Your statutes continually!**

Yahweh is the true God, the Creator of all things, and therefore He can protect and provide for them. He is faithful and can always be relied on.

**Vs 7) Who executes justice for the oppressed, who gives food to the hungry. The LORD gives freedom to the prisoners.**

**Who executes justice for the oppressed;** All judgement is committed to Christ as mediator, He, executes righteous judgement on the behalf of His oppressed ones and those that being oppressed with sin and are lying under the power of it. He breaks into pieces their oppressors.

**Ps. 103:6-7) The LORD executes righteousness and justice (not for me only, but) for all who are oppressed. 7) He made known His ways (of righteousness and justice) to Moses, His acts to the children of Israel. (AMPC).**

**Who gives food to the hungry;** In the natural sense He gave manna and quail to the hungry Israelites in the wilderness, fed five thousand with five loaves and two small fishes, and four thousand with seven loaves and a few fishes.

In the Spiritual sense, for those who hunger and thirst after righteousness, He gave Himself, the bread of life, and His grace, the water of life; He gave them to eat of the hidden manna, and of the tree of life. He gave them His word, His Gospel which is milk for babies and meat for strong men.

Jesus said in **Mat.4:4) It is written, Man shall not live by bread alone, but by every word that proceeds from the mouth of God.**

**Ps. 107:8-9) Oh that men would praise and thank the Lord for His goodness and loving-kindness and His wonderful works to the children of men! (9) For He satisfies the longing soul and fills the hungry soul with good things.**

**He gives freedom and prisoners;** He opens the prison doors, and says to the prisoners, go forth; He delivers them from the power of sin, the slavery of Satan, and the bondage of the law, and brings them into a statue of liberty.

Isaiah said in **Isa. 61:1) THE SPIRIT of the Lord is upon me, because the Lord has anointed and qualified me to preach the gospel of good tidings to the meek, the poor, and afflicted; He has sent Me to build up and heal the brokenhearted, to proclaim liberty to the (physical and spiritual) captives and the opening of the prison and of the eyes to those who are bound. (AMPC).**

**Vs.8) The LORD opens the eyes of the blind; The LORD raises those who are bowed down; The LORD loves the righteous.**

**The LORD opens the eyes of the blind;** this could mean bodily or mental blindness. **Ps.119:18) The psalmist asked Father God to Open his eyes, that he may behold wondrous things out of His law. (AMPC).**

**Mat.9:28-30) .... The blind men came to Him. Jesus said to them," do you believe that I am able to do this? They said to Him, "Yes, Lord". (29) Then He touched their eyes saying, "Let it be done for you according to your faith". (30) And their eyes were opened.... (NET).**

Isaiah said in **Isa. 35:5) The blind eyes will be open, deaf ears will hear. (NET).**

**The LORD raises those who are bowed down;** This means those who are crushed and bowed down under the weight of cares, trouble and calamity, are raised up by Father God, or are sustained and comforted by Him.

**Ps.145:14) The LORD upholds all who fall and raises up all who are bowed down. NKJV).**

**Ps. 9:18) For the needy are not permanently ignored, the hopes of the oppressed are not forever dashed. (NET).**

**Jer. 33:6) I will heal them and reveal to them the abundance of peace and truth.**

**The LORD loves the righteous;** It is a characteristic of God, and a foundation for praise, that He loves those who obey law and who do that which is right.

All who have gone to the LORD in their need have been made “**righteous**” by Him. He does this based on the blood of the New Covenant, through which “the ministry of righteousness”, or the imputation of righteousness, can take place.

**2 Cor. 3:9) For the service that condemns (the ministration of doom) had glory, how infinitely more abounding in splendor and glory must be the service that makes righteous (the ministry that produces and fosters righteous living and right standing with God. (AMPC).**

**Vs.9) The LORD watches over the strangers; He relieves the fatherless and the widow; But the way of the wicked He turns upside down.**

**The LORD watches over the strangers;** He regards them with interest, and He defends and guides them. The stranger away from home and friends with no one to show an interest in him or to show sympathy for him may feel lost, afraid and forsaken with no one to depend on or trust, may find in God one who will love, comfort and protect him.

Father God told the Israelites in **Ex.22:21) You shall not wrong a stranger or oppress him; for you were strangers in the land of Egypt.**

**Ex. 23:9) You shall not oppress a temporary resident, for you know the heart of a stranger and sojourner, seeing you were strangers and sojourners in Egypt.**

**Lev. 19:33-34) If a stranger dwells temporarily with you in your land, you shall not suppress and mistreat him. (34) But the stranger who dwells with you shall be to you as one born among you; and you shall love him as yourself, for you were strangers in the land of Egypt. I am the Lord your God.**

**He relieves the fatherless and widow;** He is a friend of those who have no earthly protection. We read in **Ps. 68:5) God is a Father of the fatherless and a judge and protector of the widows is God in His holy habitation.**

**Ex. 22:22-24) You shall not afflict any widow or fatherless child. (23) If you afflict them in any way and they cry out to Me, I will surely hear their cry; (24) And My wrath shall burn; I will kill you with the sword, and your wives shall be widows and your children fatherless.**

**But the way of the wicked He turns upside down;** Wicked people do not and cannot turn to God on their own, but if or when they hear the good news of God, some will turn from their wicked ways, but others will choose to stay and follow in the wrong path. When they stay on the wrong path, without realizing it, they, instead of reaching their desired wicked goals, end up in the grave.

We read in **Ps. 1:5-6) The ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. (6) For the LORD knows the way of the righteous, but the way of the ungodly shall perish. (AMP).**

**Vs. 10) The LORD shall reign forever-Your God, O Zion, to all generations. Praise the LORD!**

The psalmist chooses to end this psalm on a positive note instead of the thwarted and crooked way of the wicked. He said, **The LORD will reign forever.** Moses said as a prophet at the Red Sea on the redemption of God's people these same words that is penned in **EXO. 15:18) The LORD shall reign forever and forever.**

The LORD determines the whole course of history, not only the way of the wicked. He is the God and King of Zion and He is head over all things to the church. He was, is, and will be **"to all generations"**. Zion endures forever and all who are associated with Her Because the church of Christ is now the true Zion.

**Heb. 12:22-24) You have come to Mount Zion, even to the city of the Living God, the heavenly Jerusalem, and to countless multitudes of angels in festal gathering, (23) And to the Church (assembly) of the firstborn who are registered (as citizens) in heaven, and to the God Who is Judge of all, and to the spirits of the righteous ( the redeemed in heaven) who have been made perfect (24) And to Jesus, the Mediator(go-between, Agent) of a new covenant, and to the sprinkled blood which speaks of mercy, a better and nobler and more gracious message than the blood of Abel (which cried out for vengeance) (AMPC).**

This psalm ends as it begins **"Praise the LORD" "Hallelujah"**. There is a difference, however, because in verse 1) the psalmist exhorts himself to **"Praise the LORD"**. But in this verse, he calls on everyone to **"Praise the LORD!"**

Let sinners run to Him, and believers rejoice in Him. And as the LORD shall reign forever, let us stir-up each other to praise His holy name.

He Who is Zion's God is Zion King, head over all things to the church and His Name is Jesus Christ.

References: Bibles; AMPC Bible, NET Bible, NKJ Bible, NIV Bible.

Commentaries: Bible Hub online, Barnes Notes on the Bible, King comments Bible Study Notes, The Treasure of David Bible Commentary.

