

Psalm 145

(NASB)

The Lord Extolled for His Goodness.

A Psalm of Praise, of David.

I will extol You, my God, O King,
And I will bless Your name forever and ever.

2

Every day I will bless You,
And I will praise Your name forever and ever.

3

Great is the Lord, and highly to be praised,
And His greatness is unsearchable.

4

One generation shall praise Your works to another,
And shall declare Your mighty acts.

5

On the glorious [a]splendor of Your majesty
And on Your wonderful works, I will meditate.

6

Men shall speak of the [b]power of Your awesome acts,
And I will tell of Your greatness.

7

They shall [c]eagerly utter the memory of Your abundant goodness
And will shout joyfully of Your righteousness.

8

The Lord is gracious and merciful;
Slow to anger and great in lovingkindness.

9

The Lord is good to all,
And His mercies are over all His works.

10

All Your works shall give thanks to You, O Lord,
And Your godly ones shall bless You.

11

They shall speak of the glory of Your kingdom
And talk of Your power;

12

To make known to the sons of men [c]Your mighty acts
And the glory of the majesty of [e]Your kingdom.

13

Your kingdom is [f]an everlasting kingdom,
And Your dominion *endures* throughout all generations.

14

The Lord sustains all who fall
And raises up all who are bowed down.

15

The eyes of all [g]look to You,
And You give them their food in due time.

16

You open Your hand
And satisfy the desire of every living thing.

17

The Lord is righteous in all His ways
And kind in all His deeds.

18

The Lord is near to all who call upon Him,
To all who call upon Him in truth.

19

He will fulfill the desire of those who fear Him;
He will also hear their cry and will save them.

20

The Lord keeps all who love Him,
But all the wicked He will destroy.

21

My mouth will speak the praise of the Lord,
And all flesh will bless His holy name forever and ever.



What a powerful way to start off the year by praising God! Take a moment to read through the whole Psalm and then dare to go deeper with the questions below.

Repeating words/phrases:

Your

The LORD is

All

I will

List all of “Your” or “His” phrases. What do you learn from this list?

Given this list, who is this about?

The Psalmist lists some actions he is going to take. They begin with “I will”. List them.

1.

2.

3.

4.

5.

List the actions that both “men” and the next generation will do.

1.

2.

3.

4.

5.

6.

7.

Three times in this passage, verses 8-9, and 17-18, the Psalmist write, "The Lord is..." List the characteristics. (There are 4 in verse 8 alone.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

What does the Lord do for all who fall down, in verse 14?

What does the Lord do for those who love Him, verse 20? What does this verse say He will do to the wicked?

Verse 21 concludes by reiterating a commitment to praise the Lord. Who else will praise the Lord? How does Philippians 2.9-11 relate?

Which one of the following causes you to praise the Lord?

- His name
- His greatness
- His works
- His mighty acts
- His majesty
- His goodness
- His righteousness
- His mercy
- His kingdom
- His power
- His dominion
- His hand
- His ways
- His deeds

Take some time now, to praise Him!