

PRAISE IN THE BOOK OF PSALMS / *Psalm 145*

Most of the psalms are prayers, and most of the prayers include praise to God. Praise expresses admiration, appreciation, and thanks. Praise in the book of Psalms is often directed to God, and just as often the praise is shared with others. Considering all that God has done and does for us, what could be more natural than outbursts of heartfelt praise?

As you read Psalms, note the praise given to God, not only for what he does—his creation, his blessings, his forgiveness—but also for who he is—loving, just, faithful, forgiving, patient. Note also those times when the praise of God is shared with others and they, too, are encouraged to praise him. In what ways have you recently praised God or told others all that he has done for you?

Selected psalms that emphasize this theme are Psalms 8; 19; 30; 65; 84; 96; 100; 136; 145; 150.