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## Psalm 146

(2019)

Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



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Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

## Psalm 146.

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### Topics.

- I will praise the LORD and sing praises to my God as long as I live.
- Put not your trust in man, who returns to the earth.
- Blessed are those whose help and hope is God who made all things.
- God sets prisoners free; opens blind eyes and loves justice.
- The LORD will reign forever, o Zion, to all generations.

**FOR INFORMATION:** concerning people, places and the meaning of words see the title: "Map Locations and People of the Bible," and the title: "Bible Dictionary" on Website Menu.

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### INTRODUCTION

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Psalms are songs and prayers offered to God by the nation Israel, they cover the range of human emotion, expressing praise, faith, victory, sorrow, despair, depression, frustration and the troubled heart of a mourner. They contrast the righteous with the wicked, and include the wisdom and the treasure of God's word. Psalms were written at the beginning of the 15th century BC and probably collected in their final form in the 3rd century.

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### BOOK FIVE (PSALM 107-150)

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### PSALM 146:1-2

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#### I will Praise the LORD and Sing Praises to My God.

- **Psalm 146:1-2:** Praise the LORD! Praise the LORD, O my soul! <sup>2</sup>I will praise the LORD as long as I live; I will sing praises to my God while I have my being.

Following are two types of praise:

1. Praise prompted from a sense of duty and tradition led by a trained choir and professional musicians standing in front of the congregation which is formal in its nature of praise and once the worshippers have left the building the praise is ended.
2. Praise that flows continually up from the heart and mind in thanksgiving and heartfelt gratitude toward God. This type of praise is also often led by a trained choir and professional musicians standing in front of the congregation, but it has one major difference in that the praise flows up from the heart and when the worshippers leave the building the thanksgiving and praise continues on in the heart and mind throughout the worshippers daily life.

The praise the Psalmist is calling those dwelling on the earth to praise God with is the praise that flows upward from an honest heart of gratitude and thankfulness toward the Creator of all the earth. It is only praise that originates in the heart that rises up before God's throne like sweet smelling incense.

**Sing praises with understanding:** means when we praise God we should pray with the understanding and clearly know why we are praising God. Without an understanding of God and why we are praising Him our

worship is lacking. Unless we have the Kingdom of God established in our minds and the spirit of praise toward the Lord reigns in our hearts by faith our praise is left shallow and empty.

**Praise and the Lord Jesus Christ:** without understanding the message of the bloodstained cross of Calvary; Jesus death and resurrection; the Gospel and God's grace praise toward our heavenly Father and His Son the Lord Jesus Christ will be nothing but the empty praise of duty and tradition motivated not from a heartfelt spirit of love toward God and our Saviour and redeemer the Lord Jesus Christ, but motivated by a choir professionally trained for such a purpose.

**Praise and the silent chatter of the mind:** praise toward God is not dependent upon musicians or a choir, praise toward the Lord is something that is continual since it is in the heart and the mind and therefore it matters not where we are we can always be praising God in the chatter of our minds.

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## PSALM 146:3-4

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### **Put not your Trust in Man, who Returns to the Earth.**

- **Psalm 146:3-4:** Put not your trust in princes, in a son of man, in whom there is no salvation. <sup>4</sup>When his breath departs he returns to the earth; on that very day his plans perish.

There are thousands of books on the market today that teach various spiritual paths many of them offer some good principles for the emotions, the mind and meditation some will even benefit a person's well-being, their mental state and their life as a whole while dwelling on planet earth, but the reason the Bible tells us not to trust in man is because no matter what he does or how gifted he maybe he cannot give eternal life when his breath departs he returns to the earth and all his plans perish. God through His chosen prophets and apostles offers the only message on earth that leads to eternal life.

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## PSALM 146:5-6

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### **Blessed are those whose Help and Hope is God.**

- **Psalm 146:5-6:** Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, <sup>6</sup>who made heaven and earth, the sea, and all that is in them, who keeps faith forever.

Hope is to expect and anticipate with confidence it is, trusting and relying on something (usually with pleasure). In the Christians case it is, trusting in the Lord Jesus Christ for righteousness that leads to eternal life, trusting in the Gospel and trusting in Christs return in glory. When salvation to eternal life is spoken of as the hope of the faithful in Christ, it is not called hope because it might or might not happen, but because it is unseen and yet future.

The hope itself is guaranteed because it is based on God's promise and he cannot lie (Rom. 8:24).

- In hope of eternal life, which God, who never lies, promised before the ages began (Titus 1:2).

The Christian hopes to be resurrected from the grave to be raised up to eternal life and everlasting glory to be made perfectly free from sin; to be everlastingly happy, but it is faith that gives these things a mental reality in the mind and it is under this influence of faith that those in Christ allow these unseen and yet future events to control their mind as if they were a reality now.

**Faith and hope:** the difference between faith and hope is that by faith alone we are sure of eternal salvation it is certain and guaranteed by faith whereas by hope we look forward with confidence that we will be raised to eternal life. All Christian hope stands on faith since it is faith that secures and guarantees the promise of God. In this way faith and hope go together they are partners that complement each other since the same things that are the focus of our hope are the same things that our faith is trusting in. Faith secures while hope looks forward to what is secured by faith. A person who is full of faith is a person who has examined the evidence and is fully convinced that what they have examined proves itself to be true. The pillars of faith are conviction, assurance and confidence without these three there is no faith.

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## PSALM 146:7-8

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### **God sets Prisoners Free; Opens Blind Eyes and loves Justice.**

- **Psalm 146:7-8:** the LORD executes justice for the oppressed, gives food to the hungry. The LORD sets the prisoners free; <sup>8</sup>the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

This is of course true of God, but it also beautifully echoes the Lord Jesus Christ. The following New Testament verses of Luke show that these verses were ultimately and perfectly fulfilled through the Lord Jesus Christ. When Jesus was teaching on a Sabbath Day in a synagogue in Nazareth, he stood up to read and the scroll of the prophet Isaiah was given to him and he unrolled the scroll and found the place where it was written:

- The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, <sup>19</sup>to proclaim the year of the Lord's favor." <sup>20</sup>And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him. <sup>21</sup>And he began to say to them, "Today this Scripture has been fulfilled in your hearing." (Luke 4:17-21).

This is another beautiful example of how the Lord Jesus Christ is interwoven throughout the Old Testament Scriptures. Some think the Christian faith began when Mary gave birth to the promised Messiah to come the Lord Jesus Christ, but this is not so. The roots of Christianity go back to the beginning of time when God in His eternal mind planned and purposes that His Son would be the Saviour of all mankind.

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## PSALM 146:9-10

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### **The LORD will Reign Forever, O Zion, to all Generations.**

- **Psalm 146:9-10:** The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin. <sup>10</sup>The LORD will reign forever, your God, O Zion, to all generations. Praise the LORD!

The word Zion comes from the Hebrew word (*Tsiyown*) and refers to the mountain the city of Jerusalem is built upon. It carries the idea of a permanent capital mountain of Jerusalem in the sense of being readily seen and easily visible and noticed as an important sign (i.e., a significant and historic sign and guiding pillar). It is called God's Holy Mountain because Jerusalem God's Holy City sits on it. Though Mount Zion is not distinguished for its elevation or grandeur and though it had nothing in itself to claim attention or to excite wonder, it was the most exalted and honoured above all mountains because it was selected as the place where God was to be worshipped and the place where God's city and God's temple is built and God's worship was established. Even though Mount Sinai had all the awesome glory of the Almighty God descend upon it and

the law came from there, Mount Zion excels in excellence over it. This is because from Mount Zion came the Messiah the Christ attended by a multitude of angels celebrating his birth and on Mount Zion the Messiah the Christ came into his own temple as Malachi in the following verse prophesied concerning him.

- Behold, I send my messenger and he will prepare the way before me. And the Lord whom you seek will suddenly come to his temple; and the messenger of the covenant in whom you delight, behold, he is coming, says the LORD of hosts. (Mal. 3:1).

Added to all this royal glory, multitudes of angels ministered to the Lord in his temptation, at his resurrection and accompanied him in his ascension all from Mount Zion.

- Mount Sinai is the mountain of the Old Covenant of Law in contrast Mount Zion is the mountain of the New Covenant of Grace.
- Mount Sinai's glory of the law pales when stood before Mount Zion's grace and Christ's death and resurrection upon it.

Neither Mount Sinai nor Mount Zion can glory and boast in themselves for the following reasons. Mount Sinai is not famous or respected as a holy mountain and a mountain of God because of any majesty of itself, but because it was upon this mountain God descended and gave the Ten Commandments. It is this awesome and holy event that exalts Mount Sinai and not the mountain itself. Likewise Mount Zion has no fame or glory of itself, its glory comes from being the honoured mountain God chose to build His Holy city upon and is the mountain that the Messiah the Christ the Saviour of the world died and rose again from. The real strength is not in Mount Zion itself, but in the LORD, who is the head of the thousands of chariots and the heavenly host surrounding it and as such is the protector of his chosen dwelling-place. Zion is sometimes used as an ancient name for Jerusalem itself and because it is often used in poetic and prophetic passages it can refer to:

- The hill the city of Jerusalem is built on.
- The city of Jerusalem.
- The temple and by extension Judah and the people of God.

**The LORD watches over the widow and the fatherless:** (v9) means that God cares for the helpless and the poor, one of the greatest ways to bring delight to the heart of God is to help those who are helpless, to show comfort to those who are mourning, to encourage those who are struggling, to show hospitality to the lonely, to act as a father to the fatherless and to make the stranger (sojourner) amongst our midst feel welcomed. When we do-good and show kindness to others we are storing up treasure in heaven before God and all the angels of heaven rejoice

**The way of the wicked the LORD brings to ruin:** (v9) in absolute contrast to those who do good to others, those who deliberately do harm and hurt of any kind to others will reap the wrath of God and ultimately be judged and condemned to the darkness of the grave. The words, "The LORD upholds the helpless, brings the wicked to ruin and will reign from Zion forever (v9-10) will be perfectly and ultimately fulfilled when the Lord Jesus Christ returns in glory as, King of kings and Lord of lords (Rev. 19:11-16) to rule and reign from God's Holy City Jerusalem (on Mount Zion God's Holy Mountain) to destroy the antichrist and his kingdom and establish God's Kingdom on earth during his glorious millennial reign. The dead in Christ (Old and New Testament) and the faithful, who are alive, will be gathered together in the first resurrection (Rev. 20:4-6) to rule and reign as kings and priests with the Lord over those nations who are left outside the Holy City of God. Christ the King united with his people will not only bring peace to the Middle East, but establish God's Kingdom of steadfast love, faithfulness, righteousness, joy and peace throughout the world and the glory of God will cover the earth. Jesus will do justice

to the poor and oppressed, he will be a faithful and compassionate King forever. He will not allow anyone to strike terror in the earth or use lies and deception to enlarge their own wealth and power. The land will abundantly produce and even the deserts will flourish. The animals will not feed on each other and even the lamb will be able to lie down with the wolf and everyone will eat of their own hands because all that they plant will produce. All nations the LORD has made will come and worship before the Lord Jesus Christ. They will glorify God's Name, proclaiming the LORD is great and does wondrous things and that He alone is God.

The book of Revelation states:

- Jesus Christ, the faithful witness who loved us, and washed us from our sins in his own blood has made us kings and priests unto God and his Father is coming in glory and every eye shall see him, and they also who pierced him and all kindreds of the earth (Revelation 1:5-7).

In Revelation chapter five we are told that:

- Christ was slain, and by his blood he redeemed a people for God from every tribe and language and people and nation and made them a kingdom and priests to God and they shall reign on the earth (Revelation 5:9-10).

The great prophet Isaiah wrote:

- They shall not hurt or destroy in all my holy mountain; for the earth shall be full of the knowledge of the LORD as the waters cover the sea. (Isaiah 11:9).

At the end of this glorious Kingdom age God descends to earth on a Great White Throne the sea, death and hades (the grave) give up the dead. They stand before God and are judged according to what is written in certain heavenly books according to what they have done. Death and those counted unworthy are cast into the Lake of Fire a symbol of eternal destruction (i.e., total extinction) (also called the, Second Death) (Rev. 20:11-15). Christ hands the Kingdom over to his heavenly Father and God is ALL in ALL and ETERNITY begins in all its fullness and majestic royal glory.

For further information see titles:

- Kingdom of God (ON WEBSITE MENU).
- The Second Resurrection or Great White Throne Judgment.

In, Resurrection (ON WEBSITE MENU).

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*As the founder of Bible House of Grace, I would like to thank the many Christian scholars, commentators and theologians who have gone before me, and the many today, who have freely made available their works to enhance the knowledge of the Bible to all people worldwide. It is only with the help of these faithful writers that much of Bible House of Grace exists as it does today.*

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