

PSALMS FOR EVERY DAY
When I Am Happy (Praise)

Lesson #5

INTRODUCTION: We are told that most American, in spite of our great wealth, struggle with having a reason to be “happy”. As Christians we have every reason to be filled with joy! We have a loving and powerful God, who not only rescued us from the punishment we deserve because of sin, but who showers us with that love each day of our lives. Paul expresses that joy in his letter to the Philippians (4:4,5), “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.” We can rejoice daily because “The Lord is near” –near to forgive us daily of our sins in the cross of Christ, near to us to provide for our daily bodily needs, near to us as to help in time of trouble, and near to us for he is coming soon to take us from this world of sorrows to himself. For all these reasons we have reason to be filled with joy that overflows in thanksgiving and praise! The Psalms include a large number that are devoted to praise of our gracious God including those that were sung at the Jewish feasts including the celebration of the Passover. Let’s look at some.

I. Read Psalm 126

A. Questions

1. What is the occasion of the writer’s joy? (Perhaps, the return of Judah from captivity in Babylon? 70 years)
2. What is his response?
3. How does he personalize the cause of this joy? Verse 3
4. What prayer is set forth in verse 4?
5. What assurance is found in verses 5 & 6 See also, Galatians 6:7,8

B. How can we apply this to our lives?

II. Read Psalm 33

A. Questions

1. What does the holy writer call for in verses 1-3?
2. What objective basis for joy does he identify in verse 4 & 5?
3. What objective basis for joy does he identify in verses 6-9?
When have we last thanked God for his Creation?
How does the Theory of Evolution lead many to lose that sense of God’s wonderful creation?
4. What joy is ours through the Lord’s reliability? Verses 10,11
5. What joy comes from being a part of a godly nation?
What contrast is set forth? Verses 12-19
6. What is the relationship between hope and joy? See Romans 5:1-5

B. Consider - What more specific sources of joy are ours?

III. Read Psalm 103 (The emphasis of this Psalm is on the Mercy of God)

A. Questions

1. What are his benefits? See verses 3-5
2. What comfort is there in knowing “that he does not treat us as our sins deserve”? Verse 10
3. How is God’s love pictured in verses 11-13?
4. How does verses 14-16 communicate that God understands our limits and struggles?
5. How is man’s limits contrasted with the infinite love of God? Verses 17 and following?

B. Consider – What makes this Psalm at the heart of our Christian Joy?

IV. Consider These Psalms of Praise – Psalms 95-101

- A. Psalm 95 – A call to worship
- B. Psalms 96-98 – Joy to the World!
- C. Psalm 99 – He Rules in Israel
- D. Psalm 100 – He Rules His People
- E. Psalm 101 – The Good Ruler

V. Other Psalms of Praise

- A. Psalms 113-118 The Hallel of the Great Feasts of the Jewish Peoples
(Hallel is a Hebrew form of the word, “praise”- the Hallel were sung.)
 - 1. Psalms 113-114 – Sung at the beginning of Passover.
 - 2. Psalms 115-118 – Sung at the close of Passover.

- B. Psalm 136 The Great Hallel
 - 1. Sung at the close of the Passover meal.
 - 2. What is the recurring refrain in each verse?
 - 3. What is the Salvation history that is recounted?
 - 4. Why is this so fitting?

- C. Others Psalms 144-150
How do these set forth man’s humility and God’s magnificent works?

VI. Consider how these Psalms can brighten our occasional “dark days” and give us a sense of wonder and joy on the “good days”.