

The Lord an Abundant Helper: This and all remaining Psalms end and begin with a “hallelujah” or “praise the Lord.” Ps. 146 “God reigns”, Ps. 147 “Let all creation praise God”, Ps. 148 “Let the angels praise God”, Ps. 149 “Let the saints praise God”, Ps. 150 “Hallelujah, praise God with trumpet and harp, and let everything that has breath praise God.”

Vs. 1-2 “A Communal call” and has an imperative (vs. 1) and declarative (vs. 2) statement. He speaks to his own soul to praise the Lord. The phrase “praise the Lord” is “hallelujah”. The declarative expresses this fact “I will praise the Lord while I live and sing praises while I have my being.”
NOTE: The redeemed sing and praise. Don’t waste your life now on useless and time-wasting activities. While you live, sing and praise Him, cf. John Piper’s book “*Don’t Waste Your Life*.” There are so many reasons to sing, cf. Ps. 5:11 “But let all who take refuge in You be glad, Let them ever sing for joy.” Ps. 7:17 “I will give thanks to the Lord according to His righteousness and will sing praise to the name of the Lord Most High.” Acts 16:25, “But about midnight Paul and Silas were praying and singing hymns of praise to God, and the prisoners were listening to them.” We sing and praise Him in all things and all times.

(Vs. 3) The commitment to praise the Lord requires a dissociation from dependency on other people. The negative exhortation here is a positive way of renouncing humanism and of affirming a God-centered way of life. **(A)** Don’t trust in men. They can’t save you. They will fail you. Reasonable and moral governments are helpful, but they aren’t eternal.
(B) God provides our only means of salvation. Standing before the Red Sea, Moses said in Exodus 14:13 “Do not fear! Stand by and see the salvation of the Lord which He will accomplish for you today; for the Egyptians whom you have seen today, you will never see them again forever.” Acts 4:12 “And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved.” We value Romans 10:10 “For with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.” **NOTE:** the expression of salvation in praise.

(Vs. 4) Man’s plans and ideas perish. Man is not immortal. His ideas perish when he dies. Genesis 3:19, “By the sweat of your face You will eat bread, Till you return to the ground, Because from it you were taken; For you are dust, And to dust you shall return.”
(1) Ecclesiastes 2:16-21; Luke 12:16-20. Your plans, possessions, and goals will all perish on that day. Don’t waste your life now by greed or pride, but praise Him while you have breath.

(Vs. 5-6) Blessed is the man whose help is the Lord, cf. Psalm 1:1-3. Romans 8:31 “What then shall we say to these things? If God is for us, who is against us?” Romans 8:35 “Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” Romans 8:37-39 “But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”
(1) Why is He our help? He made heaven and earth and the sea and all that is in them (vs. 6). Genesis 1:1 “In the beginning God created the heavens and the earth.” The psalmists note that not only did He create them, He keeps them forever. Ecclesiastes 1:7 “All the rivers flow into the sea, yet the sea is not full. To the place where the rivers flow, there they flow again.”

(Vs. 7) The psalmist celebrates the many acts of God: “gives, executes justice, sets free, gives sight, lifts up, loves, watches, sustains.”
(1) He sees to it that the righteous are vindicated, that their cause eventually triumphs. The waves may seem to be against them, but the tide is sure to win.
(2) He gives food to the hungry, both in a spiritual and physical sense. He brings us into His banqueting house, and what a table He spreads!
(3) He sets us free from the chains of sin, from the grip of the world, from the bondage of the devil, and from selfish living.

(Vs. 8) The eyes of the blind are opened. Some have been physically healed; many times this refers to the spiritual awakening from God. Paul describes his conversion in Acts 26:17,18 “Rescuing you from the Jewish people and from the Gentiles, to whom I am sending you, to open their eyes so that they may turn from darkness to light and from the dominion of Satan to God.” Ephesians 2:1, 4-5 “And you were dead in your trespasses and sins... But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved).” He raises up those who are beneath the burdens of worry, affliction, trouble, and sorrow. He loves the righteous. It is a characteristic of God, and a foundation for praise, that He loves those who obey the law, who do that which is right.

(Vs. 9) The Lord is involved in human activity and care; he cares for the strangers, sojourners, and exiles. Strangers and pilgrims find true care, comfort, joy, and hope in God. **(1)** He upholds the fatherless and the widow, and all others who have no human helper. **(2)** He thwarts the best-laid plans of ungodly men and makes the way of the wicked end in ruin. Proverbs 21:1 “The king’s heart is like channels of water in the hand of the Lord; He turns it wherever He wishes.”

(Vs. 10) The Lord will reign forever, and ends with a hallelujah. In great contrast to vs. 4, man’s temporal status, God is eternal. No matter how dark or evil or vile the world will be, the Lord will reign. No matter what comes, the Lord is still building His church. No matter how few come or how few endure, the Lord is building His church. He will reign. It’s a matter of great and unspeakable comfort. He is eternal. And because of His great mercy, we will reign with Him.