

FROM LAMENTATIONS TO PRAISE! AN OVERVIEW OF THE BOOK OF PSALMS

Summer Psalms: Hearts Poured Up

PASTOR ALAN KISAKA | Aug 26–27, 2017

Introduction:

The original title of the book of Psalms in the Hebrew was “Praises”. (Book of Praises)

The word “Psalm” is from the Greek translation of the Hebrew word “Mizmor” which means a song accompanied by stringed instruments.

1. An Obedience of Praise

On a macro level the book of Psalms moves from lament to praise.

This is also true on the micro level in the individual chapters.

-Psalm 5:1-3

-Psalm 6:2-7

-Psalm 150

- a. Worship can be a time to bring our burden and sorrows to God in song and prayer.
- b. Our suffering and hardships are brought into right perspective when we view them in the light of the truth of who God is and what He has done for us.
- c. The psalms teach us not to stay in lament, but to eventually move on to praise and thanksgiving.

-Psalm 13:3-6

Praise is the dominant theme of the Psalms. It is the high point of worship.

Praise as an exclamation!

-Psalm 112

-Psalm 150

Praise as a command

Praise is also **confessing** what God has **accomplished** in our lives.

-Nehemiah 9:5-7

-Psalm 103:1-14

2) An Obedience of Love

- I love your law

-Psalm 119:97, 113, 163, 165

- I delight in your law/statutes/commandments

-Psalm 119:16, 35, 47, 92

-John 14:15

-John 15:10

How is this obedience generated and maintained?

Psalm 119:2, 6, 9-11

Seek Him with all of your heart (vs. 2)

Fix your eyes on His Commandments (vs. 6)

Guard your way according to His Commands (vs.9)

Store His word in your heart (vs. 11)

Loving God implies knowing Him. Knowing Him implies knowing His Word. Knowing His Word implies doing what it says. Doing what it says implies an obedience out of love for Him.

How do you rate your love for God?

1 2 3 4 5

Tepid

Vibrant & Strong

How do you rate your worship of Him?

1 2 3 4 5

Tepid

Vibrant & Strong

Ask God to renew your love for Him in devotion to His word and His praise.

Revelations 2:4

Assignment: Review *Psalms 5, 6, 13, 103, 119, 145-150*