

worship, repent,
fast, and pray

a study of
PSALMS

connecting
the heart
of the reader
to the heart
of God

Psalms 1

¹ Blessed is the one

who does not walk in step with the
or stand in the way that sinners take
or sit in the company of mockers

² but whose delight is in the law of
and who meditates on his law day

³ That person is like a tree planted by
which yields its fruit in season
and whose leaf does not wither

you, O Lord, are
worthy of honor and
praise forever and ever!

Psalms of
PRAISE



“Everybody worships. The only choice we get is what to worship. And the compelling reason for maybe choosing some sort of god...to worship...is that pretty much anything else you worship will eat you alive. If you worship money and things, if they are where you tap real meaning in life, then you will never have enough, never feel you have enough.”

- Tim Keller



“...Jesus says, “Unless you’re worshipping me, unless I’m the center of your life, unless you’re trying to get your spiritual thirst quenched through me and not through these other things, unless you see that the solution must come inside rather than just pass by outside, then whatever you worship will abandon you in the end.”

- Tim Keller

- 1. Who do we praise?*
- 2. Why do we praise Him?*
- 3. What does praise look like?*

1. Who do we praise?

2. Why do we praise Him?

3. What does praise look like?

Psalm 103:1-5 ^{NIV}

Praise the LORD, my soul;
 all my inmost being, praise his holy name.
² Praise the LORD, my soul,
 and forget not all his benefits –
³ who forgives all your sins,
 and heals all your diseases,
⁴ who redeems your life from the pit
 and crowns you with love and compassion,
⁵ who satisfies your desires with good things
 so that your youth is renewed like the eagle's.

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Psalm 103:6-18 NIV

⁶ The LORD works righteousness
and justice for all the oppressed.

⁷ He made known his ways to Moses;
his deeds to the people of Israel:

⁸ The LORD is compassionate and gracious,
slow to anger, abounding in love.

⁹ He will not always accuse,
nor will he harbor his anger forever;

¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;

¹² **as far as the east is from the west,
so far has he removed our
transgressions from us.**

¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him;

¹⁴ for he knows how we are formed,
he remembers that we are dust.

¹⁵ The life of mortals is like grass,
they flourish like a flower of the field;

¹⁶ the wind blows over it and it is gone,
and its place remembers it no more.

¹⁷ But from everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's children –

¹⁸ with those who keep his covenant
and remember to obey his precepts.

Psalm 103:11-13 ^{NIV}

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WHO IS THE LORD?

- Forgiving
- Healer
- Rescuer
- Compassionate
- Gracious
- Patient
- Abundantly loving
- Abundantly forgiving
- Caring
- Nurturing
- Righteous & Just
- Covenant Maker
- Kind
- Understanding
- Ruler

WHAT HAS THE LORD DONE?

- Forgives all my sin
- Heals all my diseases
- Redeems my life from the pit
- Crowns me with love and compassion
- Satisfies my desires with good things
- Renews my youth like the eagles
- Works righteousness and justice for the oppressed
- Made his ways and deeds known
- Not always accuse
- Not always harbor anger
- Does not treat us according to our sins or repay according to our iniquity
- Removed our transgressions far from us
- Has Fatherly compassion on those who fear him
- Knows us, remember our frailty
- Established his cosmic rule and reign
- Rules over all

WHO AM I?

- Forgetful
- Sinful
- Diseased
- In need of rescue
- Lowly, unworthy
- Unsatisfied
- Weary
- Oppressed
- Transgressor
- Fragile
- God's Child

WHAT DO I DO?

- Remember
- Praise

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Psalm 103:19-22 ^{NIV}

The LORD has established his throne in heaven,
and his kingdom rules over all.

²⁰ Praise the LORD, you his angels,
you mighty ones who do his bidding,
who obey his word.

²¹ Praise the LORD, all his heavenly hosts,
you his servants who do his will.

²² Praise the LORD, all his works
everywhere in his dominion.

Praise the LORD, my soul.

Matthew 6:33 ^{NIV}

But seek first his kingdom and his righteousness, and all these things will be given to you as well.



“...Jesus says, “Unless you’re worshipping me, unless I’m the center of your life, unless you’re trying to get your spiritual thirst quenched through me and not through these other things, unless you see that the solution must come inside rather than just pass by outside, then whatever you worship will abandon you in the end.”

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A life loved by
the Lord reorients
its life around the
Lord.

Revelation 5:11-12 ^{NIV}

The I looked and heard the voice of many angels, numbering thousands upon thousands, and ten thousand times ten thousand. They encircled the throne and the living creatures and the elders.

¹² In a loud voice they were saying:

“Worthy is the Lamb, who was slain,
to receive power and wealth and wisdom and strength
and honor and glory and praise!”