Psalm 146

1 Praise the Lord!
Praise the Lord, O my soul!
2 I will praise the Lord as long as I live;
I will sing praises to my God while I have my being.

3 Put not your trust in princes,
in a son of man, in whom there is no salvation.
4 When his breath departs, he returns to the earth;
on that very day his plans perish.

5 Blessed is he whose help is the God of Jacob,
whose hope is in the Lord his God,
6 who made heaven and earth,
the sea, and all that is in them,
who keeps faith forever;
7 who executes justice for the oppressed,
who gives food to the hungry.

The Lord sets the prisoners free;
8 the Lord opens the eyes of the blind.
The Lord lifts up those who are bowed down;
the Lord loves the righteous.
9 The Lord watches over the sojourners;
he upholds the widow and the fatherless,
but the way of the wicked he brings to ruin.

10 The Lord will reign forever,
your God, O Zion, to all generations.
Praise the Lord!

How can I begin to let Psalm 146 shape my prayer life?

1. Read Psalm 146 as your own prayer each day this week.
2. Pray one short prayer each day in response to Psalm 146. Here are some practical ways to enter into this Psalm for the week

PRAISE AND JOY IN PRAYER

What are some attributes of God named in this Psalm that bring you joy?
Praise God for these attributes in a short prayer!

How has God been faithful to you in Jesus? Thank God for this in a short prayer!

This Psalm calls us to "put not your trust in princes" (verse 3) but to instead trust in God's help and his hope. What is one thing in your life that you find difficult to entrust to God? Pray that the Holy Spirit will help you trust him in this.

Contrary to the popular saying, verses 7-9 teach us that God helps those who CANNOT help themselves. How does the good news of Jesus provide help for you in ways that you could not possibly provide for yourself? Thank him for this in a short prayer.

Spend a little time thinking about the greatness of God's power as the one "who made heaven and earth (verse 6) and the one "who will reign forever" (verse 10). In a short prayer, praise him for that power and entrust yourself to our mighty God.

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