Psalm 145 • The Cycle of Praise

1. (v.1-7) Praise begins with a single, sincere heart which grows into ever-expanding circles gathering others along the way.

2. Biblical praise is the contrast of our inferior nature to God's exceedingly superior character.

3. Biblical praise doesn’t just expand from the individual to the group, but from one generation to the next.

4. (v.8-9) We are supposed to remain aware of God’s character at work across all boundaries of time from before we were born, in the course of this present life, and to the generations to follow.

5. (v.10-13) Praise is the exclusive expression of those belonging to Him.

6. One of the primary purposes of praise is to take our focus off the finiteness of THIS life.

7. (v.14-21) Praise is supposed to be the natural by-product of bringing people through life’s difficulties who...
   a. Call upon Him in truth. (v.18)
   b. Fear Him. (v.19)
   c. Love Him. (v.20)

8. The reason praise is so precious to God is because it comes from those who love, fear, and obey Him to begin with who are, in effect, returning affection for affection.