

WEEK ONE

PRAYERS
OF
ADORATION

PSALM 145

A psalm of praise. Of David.

¹ I will exalt you, my God the King;
I will praise your name for ever and ever.
² Every day I will praise you
and extol your name for ever and ever.

³ Great is the LORD and most worthy of
praise;
his greatness no one can fathom.

⁴ One generation commends your works to
another;
they tell of your mighty acts.

⁵ They speak of the glorious splendor of your
majesty—
and I will meditate on your wonderful works.

⁶ They tell of the power of your awesome
works—
and I will proclaim your great deeds.

⁷ They celebrate your abundant goodness
and joyfully sing of your righteousness.

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

⁹ The LORD is good to all;
he has compassion on all he has made.

¹⁰ All your works praise you, LORD;
your faithful people extol you.

¹¹ They tell of the glory of your kingdom
and speak of your might,

¹² so that all people may know of your mighty
acts

and the glorious splendor of your kingdom.

¹³ Your kingdom is an everlasting kingdom,
and your dominion endures through all gen-
erations.

The LORD is trustworthy in all he promises
and faithful in all he does.

¹⁴ The LORD upholds all who fall
and lifts up all who are bowed down.

¹⁵ The eyes of all look to you,
and you give them their food at the proper
time.

¹⁶ You open your hand
and satisfy the desires of every living thing.

¹⁷ The LORD is righteous in all his ways
and faithful in all he does.

¹⁸ The LORD is near to all who call on him,
to all who call on him in truth.

¹⁹ He fulfills the desires of those who fear
him;
he hears their cry and saves them.

²⁰ The LORD watches over all who love him,
but all the wicked he will destroy.

²¹ My mouth will speak in praise of the LORD.
Let every creature praise his holy name
for ever and ever.

PSALM 145

DAY 1

In the Light of His Glory and Grace

For the woman who wants to know God but doubts that it's possible.

GLYNNIS WHITWER AND KAYLA FERRIS



TODAY'S READING: Psalm 145

MAJOR MOMENT: David praised God's greatness.

KEY VERSE: Psalm 145:6

*They tell of the power of your awesome works—
and I will proclaim your great deeds.*

There is an old hymn, written in the early 20th century by Helen Lemmel, that reminds us to turn our eyes upon Jesus and “look full in His wonderful face.” It goes on to say that by doing this, we’ll see the “things of earth will grow strangely dim in the light of His glory and grace.”

Indeed, there is something that happens when we see and know and declare who God is. We gain a proper perspective on everything else.

As we begin our prayer journey through the book of Psalms, it's right, but maybe not entirely natural, that we start with prayers of adoration or praise.

When we start to pray, it's so easy to move quickly to thanksgiving or requests — depending on the day and what we've been through. And sometimes a quick “emergency prayer” is all we can manage. But the psalmists invite us to back up a bit and pause ... take a breath ... and focus on the One we love and serve.

Adoring God is different than being thankful for Him. Adoration is praise that originates from our hearts and that we pour out on God. It's a declaration and elevation of His character and acts. Thanksgiving is our response to the love, blessing and compassion that flows from God onto us.

When we pause to praise God in prayer, it repositions our hearts. And as we refocus on who God is, we are reminded that no matter what we face today, God is bigger than our circumstances. Praise magnifies God to the position He deserves in our lives, and our problems diminish in light of His majesty.

30 DAYS OF PRAYER | 21

Adoration is *praise* that originates
from our hearts and that we *pour out*
on God.

So today we'll look at Psalm 145, the only biblical psalm actually subtitled "A Song of Praise." In fact, Psalms 145-150 have been called the "grand doxology of the entire collection" of psalms, as these six psalms focus on praise.^[1]

Verse 3 clearly and simply declares why praise is important: "*Great is the LORD and most worthy of praise; his greatness no one can fathom.*"

Prayers of adoration are easier to pray when we know more about God's greatness. Psalm 145 demonstrates how King David, "*a man after [God's] own heart*" (1 Samuel 13:14), knew God intimately. David understood God's character and had personally witnessed many of God's acts of faithfulness and love. David's words of adoration are a declaration of these truths. His knowledge of God led to worshipful prayer, and this worship gave him perspective.

Even if we haven't experienced God in all the ways described in this psalm, we can learn about God through David's praise. This is merely the beginning of how the psalms are so helpful as we learn how to pray.

In verses 4-7, we see that God's people passed down testimonies of His actions through the generations. These faithful actions are reasons to praise God.

How does David describe God's actions in verses 4-7?

These verses speak of a God who acts, and what He *does* always perfectly reflects who He *is*. He is not an absent God. He is not disconnected from His people. He is observant and engaged.

In what ways has God acted on your behalf or your family's behalf?

As we work through this study, we will see the power of praying God's words back to Him, as King David demonstrates in verse 8. This verse includes one of the most-quoted sayings in the Old Testament, first spoken by God to Moses on Mount Sinai as God was preparing the second set of tablets containing the Ten Commandments. (Exodus 34:6) These special words weren't just ascribed to God by humans; God declared this about *Himself*.

Write Psalm 145:8 below and circle the descriptors of God that most stand out to you as worthy of adoration. Of these characteristics, which ones do you most need to experience today? Why?

By declaring God's grace and mercy, David reminds us that when we turn our eyes to God's greatness, the weight of the world slides off us (Psalm 145:8-9).

NOTE FROM JOEL

When we participate in praying Scripture back to God, we are actually entering into an ancient practice that was common among the people of God. The remembrance of scriptures in order to repeat them plays an important part in helping us see how the Bible is cohesive and unified. Here's a little "pro tip" as you read your Bible: Sometimes there will be footnotes or a middle column that has a bunch of other verses listed. These are called "cross-references," and they show us where certain words or thoughts appear elsewhere throughout the Bible.

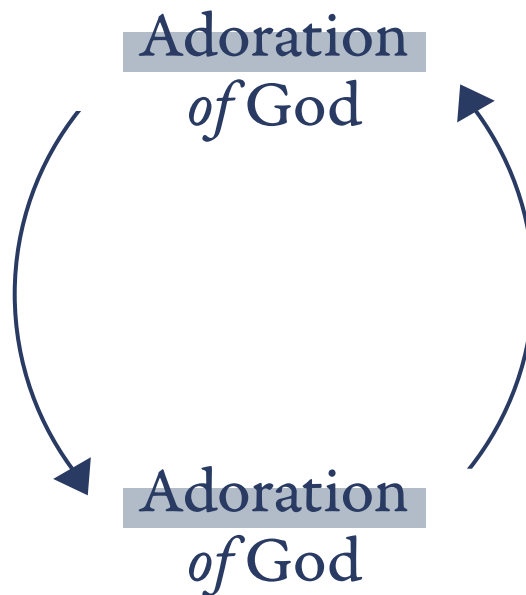
Starting with Psalm 145:14, we find a series of beautiful descriptions of a caring heavenly Father attuned to the needs of His children. As we look more closely at who God helps, we see His compassion toward those who are hurting, fallen, needy and afraid.

If that's you today, take comfort in knowing your Father sees you and knows what you need. And as we have learned today, He is a God who acts on His children's behalf.

Describe God's character in your own words from what you read in verses 14-20.

Indeed, there is something that happens when we see and know and declare who God is. We gain a proper perspective on everything else.

As David's life and Psalm 145 illustrate, the more we know God, the more we'll praise God. And the more we declare our adoration of Him, the more perspective we gain as we realize this world is only temporary, but we will praise the Lord for all eternity. Psalm 145 both opens and closes with *"for ever and ever"* praise (Psalm 145:1; Psalm 145:21), creating a kind of infinite prayer loop that ends where it starts and so never really ends: Adoration of God leads to more adoration, which leads to more adoration, which leads to more ...



NOTE FROM JOEL
MORE MOMENTS ABOUT PSALM 145

Psalm 145:21 says, “Let every creature *praise his holy name for ever and ever*” (emphasis mine). When it comes to prayer, one of the best ways to begin is by declaring God’s holy name! Jesus taught this when He taught His disciples the Lord’s Prayer. In Matthew 6:9, He said, “*This, then, is how you should pray: “Our Father in heaven, hallowed be your name.”*” The ESV Bible says another way to translate “*hallowed be your name*” is “*let your name be kept holy.*”

Especially in the Ancient Near Eastern context of Scripture, a name was more than a reference word. A name held meaning. It revealed something of the character of the one it referred to. In Psalm 145, David often used God’s covenantal name, *Yahweh* (translated “*LORD*”), but throughout the Bible, God is described in many other ways too. He is *Jehovah Raah*, the Lord My Shepherd, in Psalm 23:1. He is *Jehovah Rapha*, the Lord Who Heals, in Exodus 15:26. He is *Jehovah Jireh*, the Lord Who Will Provide, in Genesis 22:14. He is *El Roi*, the God of Seeing, in Genesis 16:13. And these are only a few examples.

By referring to the holy names and characteristics of God, we remember and declare who God is. We align our hearts to see His greatness and strength.

We pray to our loving Father, who is high and enthroned in heaven and whose holy name is to be remembered and praised forever and ever. Amen!

PRAYER PRACTICE

Reread Psalm 145. Pay special attention to what you are drawn to most. Use the space below to write the psalm in your own words as a prayer of adoration to the Lord. You needn't write verse by verse, but use God's Word to direct your prayer in structure and theme.



P S A L M 8

For the director of music. According to gittith. A psalm of David.

- ¹ LORD, our Lord,
how majestic is your name in all the earth!
You have set your glory
in the heavens.
- ² Through the praise of children and infants
you have established a stronghold against your enemies,
to silence the foe and the avenger.
- ³ When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
- ⁴ what is mankind that you are mindful of them,
human beings that you care for them?
- ⁵ You have made them a little lower than the angels
and crowned them with glory and honor.
- ⁶ You made them rulers over the works of your hands;
you put everything under their feet:
- ⁷ all flocks and herds,
and the animals of the wild,
- ⁸ the birds in the sky,
and the fish in the sea,
all that swim the paths of the seas.
- ⁹ LORD, our Lord,
how majestic is your name in all the earth!



P S A L M 8