

## Every Day I Will Bless You

### Psalm 145:1-5, 17-21

<sup>1</sup> I will extol you, my God and King, and bless your name forever and ever.

<sup>2</sup> Every day I will bless you, and praise your name forever and ever.

<sup>3</sup> Great is the LORD, and greatly to be praised; his greatness is unsearchable.

<sup>4</sup> One generation shall laud your works to another, and shall declare your mighty acts.

<sup>5</sup> On the glorious splendor of your majesty, and on your wondrous works, I will meditate.

<sup>17</sup> The LORD is just in all his ways, and kind in all his doings.

<sup>18</sup> The LORD is near to all who call on him, to all who call on him in truth.

<sup>19</sup> He fulfills the desire of all who fear him; he also hears their cry, and saves them.

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

<sup>21</sup> My mouth will speak the praise of the LORD, and all flesh will bless his holy name forever and ever.

Every day I will bless you! Every day I will bless you! Bless God every day in spite of what is going on in our lives - the stresses of illness, our own, our spouse, our children, our grandchildren. Bless God every day in spite of our worries about ourselves and our children, our communities, and our nation. Bless God every day in spite of wildfires, tornados, hurricanes, snow, ice, rain and draught. Bless God every day in spite of our finances – whether we have enough to pay current bills, or whether we have enough to live comfortably in retirement – have we saved enough; will taxes on our retirement accounts make it difficult to survive! Bless God every day in spite of wars, violence, persecution, human trafficking, domestic violence – in our homes and the homes of our neighbors! Bless God every day in spite of our education systems – will our children and adults be able to compete in this global economy and sustain our American way of life! Bless God every day in spite of so many people with disabilities living off \$771 per month! Bless God every day in spite of people living off \$2.00 to

\$5.00 per day in other countries or living on garbage dumps! Bless God every day in spite of the opioid crisis – so many addicted to pain killers! Bless God every day in spite of our children and adults being bullied and often turning to violence themselves! Bless God every day in spite of the crisis of mental illness! Bless God every day in spite of those who think things rather than relationships will give them satisfaction! You are not alone. David had many challenges in his life, and probably penned this psalm at one of the low points in his life.

This psalm that we just read is titled “Praise of David” of “songs of praise.” This psalm praises God's bounty and justice. It presents a vision of divine rule over a kingdom in which the faithful are rewarded with plenty and peace, where welfare is abundant, where all "who are falling" and who are "bowed down" are raised up, and where justice is effective. **Laurel C. Schneider**

Psalm 145 is an acrostic, meaning that the lines begin with successive letters of the Hebrew alphabet—a veritable A-Z of glory and praise. Acrostic psalms aim for comprehensiveness, and this psalm thoroughly canvasses all the reasons for giving praise to God. God is described as the one whose reign is universal in both space and time. God's reign is defined by both power and goodness; God does "mighty acts," both in creating the world and in delivering God's people from harm, and God also provides food and protection to those in need.

God is awesome in power, but also "gracious and merciful, slow to anger and abounding in steadfast love" (v. 8). God is splendid and glorious, but also kind, watching over those who love God. All of these attributes of God make God worthy to be praised; but, God is praiseworthy simply for being God, just as a beautiful flower is praiseworthy simply for being itself. "God's greatness is unsearchable" (v. 3), declares the psalmist, suggesting that there is a praiseworthiness in God that cannot be reduced to God's acts on our behalf, but resides simply in God's being God.

With all these reasons to praise God, the psalmist simply cannot resist bursting into speech: "I will extol you.... I will bless you.... I will declare your greatness" (vv. 1, 2,

6). This impulse to praise God is so strong that the psalmist imagines it spilling out to all others, being passed from generation to generation. Not only humans, but indeed "all [God's] works" (v. 10) will give praise to God. The universality of praise corresponds to the universality of God's beneficent and glorious reign. There will be an unbroken chain of praise continuing forever, throughout all time and space.

When we pray this psalm, we enter into this chain of praise that the psalmist envisions extending to all living beings of every time and place. We enter the movement of praise that is the final word of the Psalms. By doing this, we are encouraged to claim the movement of praise of God as the first and last word of our own lives. There are certainly times in our lives when praising God is far from what we feel inclined to do. There may be times of hardship when the words of lament seem closer to the truth of our experience. However, the words of Psalm 145 are given to us to pray so as to reshape us toward a different orientation, one in which praise is fundamental, no matter what may be going on in our lives. In fact, it may be by speaking these words of praise that we discover that they are true.

These words change our awareness, so that we begin to notice the power and the goodness of God in our lives—the ways in which God has provided for us, has been close to us, has fulfilled our desires and our needs. We begin to discover the truth that in our own lives too, praise necessarily has the first and last word. Not only because of all that God has done for us, but also simply because God is God, there are no truer words we can speak than the words of praise.

As we orient our lives toward praise of God, making praise our first and last word, we affirm the statement made by this psalm. We declare that we believe God is indeed the only ruler of the universe, the only one capable of protecting and providing for us, and thus the only one ultimately worthy of praise. By committing ourselves to the praise of God, we reject the claims of ultimacy offered by the powers of this world. In embracing the praise of God as our truest word and work, we not only reject a false

destiny, but orient ourselves toward our own true destiny, since at the end of all things, our sole occupation will be the praise of God in eternity. **Ruthanna Hooke**

I was taught as a teenager the Psalms are personal, so I have taken the liberty of giving you my personal version of this Psalm:

Psalm 145 The Message (MSG)

### **David's Praise**

I lift you high in praise, my God, O my King!  
and I'll bless your name into eternity.

<sup>2</sup>I'll bless you every day,  
and keep it up from now and throughout eternity.

<sup>3</sup>GOD, YOU ARE magnificent; You can never be praised enough.  
There are no boundaries to your greatness.

<sup>4</sup>Generation after generation stands in awe of your work;  
each one tells stories of your mighty acts.

<sup>5</sup>Your beauty and splendor have everyone talking;  
I compose songs on your wonders.

<sup>6</sup>Your marvelous doings are headline news;  
I could write a book full of the details of your greatness.

<sup>7</sup>The fame of your goodness spreads across the country;  
your righteousness is on everyone's lips.

<sup>8</sup>GOD, YOU ARE all mercy and grace—  
not quick to anger, but rich in love.

<sup>9</sup>GOD, YOU ARE good to one and all;  
everything You do is suffused with grace.

<sup>10-11</sup>Creation and creatures applaud you, GOD;  
your holy people bless you.

They talk about the glories of your rule,  
they exclaim over your splendor,

<sup>12</sup>Letting the world know of your power for good,  
the lavish splendor of your reign.

<sup>13</sup>Your reign is an eternal reign;  
you never get voted out of office.

GOD, You always do what You say,

and You are gracious in everything You do.

<sup>14</sup>GOD, You give a hand to those of us down on our luck, and  
give a fresh start to those of us ready to quit.

<sup>15</sup>All eyes are on You, oh God, expectant;  
you give us our meals on time.

<sup>16</sup>Generous to a fault, Oh God,  
You lavish Your favor on all creatures.

<sup>17</sup>Everything You, Oh GOD, do is right—  
the trademark on all Your works is love.

<sup>18</sup>GOD, YOU ARE there, listening for all who pray,  
for all who pray and mean it.

<sup>19</sup>God, You do what's best for those who fear You—  
hear us call out, and save us.

<sup>20</sup>GOD, You stick by all who love You,  
but it's all over for those who don't.

<sup>21</sup>My mouth is filled with Your praise, Oh God.  
Let everything living bless You,  
bless Your holy name from now and through eternity!

Writing in the late Roman imperial period of fifth century CE, Augustine said if "you are going to praise God for eternity, you may as well begin now."

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