



Studies in Psalms by [John T Polk II](#)  
For [The Fellowship Room](#)

Psalm 146

5/7/13

**Psalm 146**

**What Has God Done For Me, Lately?**

These last 5 Psalms are called "Hallelujah Psalms" because they begin and end with that expression: "Praise – Jehovah," or "Hallelujah." The author, date, and setting of each Psalm are undetermined, but their acceptance is unquestioned. Verses 1-4 urge when God should be praised; Verses 5-10 explain why God should be praised.

**Verses 1-4:** Praise should be given to God "while I live." Duh! This is a statement of the obvious. The Word of God nowhere encourages anyone to not praise God until after death. Trust should not be transferred from God to "princes" (government leaders) or "a son of man" (humans in general), for deliverance. The middle verse of the entire Word of God says this: "It is better to trust in the LORD Than to put confidence in man" ([Psalm 118:8](#)). Humans die when the spirit goes back to God and the body is left on earth ([Ecclesiastes 12:7](#)), so that "in that very day his plans perish."

- Verses 5-10:** "Happy is he who has the God of Jacob for his help, because He:
1. Is The God over History (**verse 5**), Jacob's name was changed to "Israel" ([Genesis 32:24-30](#)), and God watched over those people ([Isaiah 48](#)) through the coming of Jesus Christ in the New Testament ([Galatians 3:5-29](#));
  2. Is The God over Creation (**verse 6**), which shows absolute, total wisdom in its very existence and orderliness ([Proverbs 8:12, 22-31](#)). All scientific factual discoveries, whether in Physics, Biology, or Chemistry are simply the uncovering of God's Wisdom behind this World's constitution;
  3. Is The God over Justice (**verse 7**), evening the suppression or oppression of the hungry and imprisoned ([Luke 4:16-41](#));
  4. Is The God over Perfecting the Needy (**verse 8**), with physical healing through Jesus Christ ([Matthew 15:30](#); [Luke 13:11-13](#)), then spiritually through His Word ([Acts 26:12-19](#)). God loves the righteous, those who do His will ([1 Peter 3:8-12](#));
  5. Is The God over Benevolence (**verse 9**), for He has always made rules for His people to help strangers, orphans, and widows ([Exodus 22:21](#); [Hebrews 13:2](#); [Psalm 68:4-5](#); [James 1:27](#));
  6. Is The God over Eternity (**verse 10**, a quotation of [Exodus 15:18](#)), Who is timeless ([Isaiah 57:15](#); [Acts 15:18](#)).

**"Praise the LORD."**

