

## A BIBLICAL STUDY ON PRAISE

### LESSON FOUR: PRAISEWORTHY

by Sandy Harber

**"I will call upon the Lord, who is worthy to be praised: so shall I be saved from mine enemies." Psalms 18:3**

Why do we praise God? Because He is worthy of our praise. Because He deserves to be honored for Who He is (Psalm 96:4). Because He has earned our approbation by His works (Psalm 96:5-6). Because it is our duty, our joy, and our privilege to extol the attributes and accomplishments of our Creator and Redeemer (Psalm 18:46; 22:25; 63:5; 139:14; I Peter 2:9). Because we were created for His glory and to glorify Him (Col. 1:16; Rom. 11:36).

Do you want to learn more about praising God? There is no better teacher than David, the poet/singer/musician shepherd turned soldier, who was anointed and crowned king over God's chosen people. David, the man after God's Own heart (I Sam. 13:14; Acts 13:22), brought the Ark of the Covenant into Jerusalem, prepared a tent for it (I Chron. 15:1), appointed singers and musicians to minister before it (I Chron. 15:16), and appointed certain Levites "to record, and to thank and praise the Lord God of Israel" (I Chron. 16:4). David authored at least 73 of the 150 psalms in Israel's book of "Praises" (the Hebrew title for Psalms).

David wrote Psalm 18 as a song of thanksgiving and praise for God's deliverance from his enemies, especially King Saul. It begins (vv 1-3) and ends (vv 46-50) with a doxology. A "doxology" is a prayer or song that praises God for His power and glory.

David opens the psalm by telling the Lord that he loves Him. The Hebrew word translated "love" indicates an intimate, compassionate kind of love. How often do you tell the Lord that you love Him? David uses personal pronouns in his description of God's praiseworthiness: "my strength," "my rock," "my fortress," "my deliverer," "my God," "my strength," "my buckler," "my salvation," and "my high tower." David is praising God for Who He is to him personally. This is his personal song of praise documenting Who God is to him and what God has done for him. Much of what he says is addressed to His Lord. You and I could never compose this psalm because it comes out of David's personal relationship and experiences with his God. But, we can write our own unique psalm. My relationship and experiences with God are mine alone. You have your own unique relationship with your Lord. Try putting into words Who He is to you and what He has done in your life. When you are all done you will have your own personal psalm of praise.

David praises God for Who He is to him during the times in his life when he was harassed by his enemies. God is his "rock," "fortress," and "high tower." All of these words describe places of safety, stability, and refuge. David can rest in God and renew his strength. David calls God his "buckler," which is a type of shield. It speaks of his protection. But, unlike the rock, fortress, and high tower where he can rest, David uses his buckler in battle. God is there in the midst of the fray protecting him, fighting alongside him. And, ultimately, God is his "deliverer." It is God Who brings him safely through the strife. God is his "horn" and "strength," which means that God is the Source of David's fighting abilities, his endurance and stamina.

David ends his song (vv 46-50) by rehearsing what God has done for him: avenging him, subduing the people, delivering him from his enemies, lifting him up above the rebellious, and delivering him from Satan (the "violent man"). David blesses, exalts, thanks, and sings praises to the God of his salvation Who showed mercy and gave a great deliverance to him, God's anointed king.

David's psalm teaches us that praise is personal. Which of God's attributes have blessed your life? What has He done for you that inspires you to pray, sing, or give thanks for His goodness?

*"Therefore will I give thanks unto thee, O Lord, among the heathen, and sing praises unto thy name." Psalm 18:49*