

# **The Lord – our Help and Hope**

## *Psalm 146*

*The first of five 'Hallelujah' psalms*

### **1. PRAISE GOD (vs 1-2)**

- **everyone – I will!**
- **with determination, depth, duration**

### **2. BE WARNED (vs 3-4)**

**don't pin your hopes on people  
however powerful, influential**

- **they don't have all the answers v3  
only limited powers  
only God can save us 142.5**
- **their answers die with them v4  
plans need implementers  
big names aren't all they seem to be**

### **3. FIND HOPE (vs 5-9) - in God**

**he helps us - so we have hope v5**

- **his impeccable credentials v6**
  - **solid achievements**
  - **reliable character Ps 145.13;**  
**2 Cor 1.20**
- **his gracious actions vs7-9**
  - Ps 145.14-20; Is 61.1-3**
  - **justice for the oppressed v7**
  - **food for the hungry v7**  
**John 6.11,35**
  - **freedom for prisoners v7**  
**Acts 5,12; John 8.34,38; Heb 2.15**
  - **sight for the blind v8**  
**Mark 8.25; Luke 24.31**
  - **uplift for the downcast v8**  
**Psalms 3.3; Luke 13.10-13**
  - **love for the righteous v8**  
**3 John 4**
  - **protection for foreigners v9**
  - **support for the unsupported v9**
  - **frustration for the wicked v9**
- **his eternal reign - hallelujah v10**