

Psalm 146: 1-10 (ESV): Put Not Your Trust in Princes

Main point: Trust in God, not in man.

Open with a short prayer, inviting God to teach us.

Background: A praise song.

Focus of the study:

¹ Praise the Lord!

Praise the Lord, O my soul!

² I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

³ Put not your trust in princes,

in a son of man, in whom there is no salvation.

⁴ When man's breath departs, he returns to the earth;

on that very day a man's plans perish.

⁵ Blessed is the one whose help is the God of Jacob,

whose hope is in the Lord God,

⁶ who made heaven and earth,

the sea, and all that is in them,

who keeps faith forever;

⁷ who executes justice for the oppressed,

who gives food to the hungry.

The Lord sets the prisoners free;

⁸ the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down;

the Lord loves the righteous.

⁹ The Lord watches over the sojourners;

The Lord upholds the widow and the fatherless,

but the way of the wicked he brings to ruin.

¹⁰ The Lord will reign forever,

your God, O Zion, to all generations.

Praise the Lord!

Questions:

1. *What is the instruction that the writer gives at the start of this psalm? How often is this instruction repeated?*
 - a. Praise the Lord! Repeats "praise" 4 times in the first 2 verses
2. *For how long is the writer going to praise the Lord?*
 - a. v. 2: "as long as I live", "while I have my being"
3. *So that's the writer's attitude as he starts this psalm: Praise God! That's the most important thing I can do in my entire life! What is the next instruction for the reader?*
 - a. v. 3: put not your trust in princes or men – *I wonder what that means? Who are "princes" and "sons of men"?*
 - i. People who appear to be powerful here on earth



4. *But what does the writer say is true about every single human being?*
 - a. v. 4: “when man’s breath departs, he returns to the earth” – in other words, when a person dies, that’s it. That person has no more power.
5. *Then the writer turns from human rulers (princes) to God: what does the writer say is true about God?*
 - a. v. 6: God made heaven and earth, the sea, and all that is in them
 - i. *What does this include?* Look around ... use descriptions...
 - b. God keeps faith forever
 - i. *How faithful is God? For how long will God be with you?*
 - c. v. 7: God executes justice for the oppressed
 - i. *Who is the only one who judges fairly every single time, who looks out for the downtrodden?*
 - d. God gives food to the hungry, sets prisoners free
 - i. *What does it mean to be hungry, or to be a prisoner? (Literal and figurative.) What do you think it would feel like to be chained up? And then how would it feel to be freed?*
 - e. v. 8: God opens the eyes of the blind, lifts up those who are bowed down
 - i. *How does God take care of people? How has God taken care of you in your life?*
 - f. v. 9: God watches over the sojourners
 - i. *What’s a sojourner?* Traveler, wanderer, someone not at home.
 1. *Have you ever felt like you’re not really “at home”?* Not settled?
 2. *Where and with Whom is our true, eternal home?* With God in heaven
 - g. v. 9: God upholds the widow and the fatherless
 - i. *What’s it like for widows and fatherless?* Sadness, powerlessness, feeling alone.
 - ii. *What does God do for those people?* Upholds them – in the palm of his hands – safe, secure, seen, taken care of
6. *Will any president, dictator, king or queen on this earth rule forever? What has eventually happened to every president, dictator, king or queen since time began?*
 - a. They all pass away – “When man’s breath departs, he returns to the earth; on that very day his plans perish.”
7. *So why do you think we should not put our trust in earthly rulers?*
 - a. People, even powerful people, cannot save in any permanent way
 - i. Back to the beginning of this psalm, v. 3: “in whom there is no salvation”
 - b. These “powerful people” only have temporary power; they have no power in or compared with God’s eternal kingdom
8. *Who will reign forever and ever?*
 - a. v. 10: “the LORD will reign forever, to all generations”
9. *So how trustworthy and safe is God for your life today AND for your eternal salvation?*
10. *What should be our response to this good news?*
 - a. Again back to verse 1: Praise the Lord! *What would you praise the Lord for today? (generate as many ideas as possible)*

- Ask for any other prayer requests for today.
- Close in prayer, naming people and needs listed.
- End with a song, e.g., first verse of Amazing Grace

Psalm 146

¹ Praise the Lord!

Praise the Lord, O my soul!

² I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

³ Put not your trust in princes,

in a son of man, in whom there is no salvation.

⁴ When man's breath departs, he returns to the earth;

on that very day a man's plans perish.

⁵ Blessed is the one whose help is the God of Jacob,
whose hope is in the Lord God,

⁶ who made heaven and earth,

the sea, and all that is in them,

who keeps faith forever;

⁷ who executes justice for the oppressed,

who gives food to the hungry.

The Lord sets the prisoners free;

⁸ the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down;

the Lord loves the righteous.

⁹ The Lord watches over the sojourners;

The Lord upholds the widow and the fatherless,

but the way of the wicked God brings to ruin.

¹⁰ The Lord will reign forever,

your God, O Zion, to all generations.

Praise the Lord!