

Psalm 145

1 I will extol you, my God and King, and bless your name forever and ever. 2 Every day I will bless you and praise your name forever and ever. 3 Great is the Lord, and greatly to be praised, and his greatness is unsearchable. 4 One generation shall commend your works to another, and shall declare your mighty acts. 5 On the glorious splendor of your majesty, and on your wondrous works, I will meditate. 6 They shall speak of the might of your awesome deeds, and I will declare your greatness.

The Point

Worship is how we fight back—by giving our hearts fully to God, who is greater than anything we face.

- Worship
 - Personal
 - Surrender
 - Generational
 - Thankful

GOD'S GREATNESS INTHE FACE OF FEAR

God's Greatness in the Face of Fear

- Worship is personal, not passive it's our daily declaration. (Psalm 145:2)
- Worship reminds us God is bigger than our battles.
 (Psalm 145:3)
- God knows us intimately even the hairs on our head.
 - 7 Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows. (Luke 12:7 ESV)

God's Greatness in the Face of Fear

God sees our heart, not just our actions.

7 But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart." (1 Samuel 16:7 ESV)

God's Greatness in the Face of Fear

• Jesus gave everything to rescue us - we are his treasure.

44 "The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field."

(Matthew 13:44 ESV)

Worship is Our Weapon

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- Jesus came to destroy the works of the devil.
- 8 Whoever makes a practice of sinning is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. (1 John 3:8 ESV)
- God satisfies the desire of every living thing.
 - 16 You open your hand; you satisfy the desire of every living thing. (Psalm 145:16 ESV)

Worship is Our Weapon

- Worship reorients our ache toward God, not the world (Psalm 145:5)
- God is not small or weak He is a warrior.

The Lord is a man of war; the Lord is his name. (Exodus 15:3 ESV)

Worship is Our Weapon

The Lord is with us like a dread champion.

11 But the Lord is with me as a dread warrior; therefore my persecutors will stumble; they will not overcome me. They will be greatly shamed, for they will not succeed.

Their eternal dishonor will never be forgotten.

(Jeremiah 20:11 ESV)

CONNECTING with GOD

Connecting with God

 God knows our trauma, triggers, and shame - and still wants us.

15 And he said to them, "You are those who justify yourselves before men, but God knows your hearts. For what is exalted among men is an abomination in the sight of God." (Luke 16:15 ESV)

• Worship is our response to being known & wanted by God (Psalm 145:1).

Connecting with God

- Worship is transformational, not just informational (Psalm 145:4).
- Worship helps us surrender control and trust God's strength.
- 13 The Lord goes out like a mighty man, like a man of war he stirs up his zeal; he cries out, he shouts aloud, he shows himself mighty against his foes. (Isaiah 42:13 ESV)
- Worship reveals God's majesty His royal power & beauty (Psalm 145:5).

Practical Application

- Use worship to calm anxiety remember God's strength.
- Create a "Worship Corner" with Scripture & hymn lyrics.
- Invite others to sing with you share the joy.
- When discouraged, declare: "Great is the Lord!".
- Ask caregivers to play worship music during quiet times.

Discussion Questions

- What worship song brings you peace or strength?
- How does Psalm 145 speak to your heart today?
- Have you ever felt God's presence while singing?
- What does "How Great Thou Art" mean to you personally?
- How can we encourage one another to keep worshiping even on hard days?

