

Psalm 145 || Chill Ep. 4 Know the “I Am”

Welcome/Introduction

Psalm 145 helps us rethink rest & stress by turning our attention away from _____ and toward the _____.

C = Come to Him (Psalm 34)

H = Hide in Him (Psalm 27)

I = I Am (Psalm 145)

Instead of repeating our worries...

Psalm 145 teaches us to repeat the _____ about the LORD.

"Praise is remembering who the LORD is in the middle of real life."

Praise (Psalm 145)

Psalm 145 is the only psalm whose title actually contains the Hebrew word for _____.

Hebrew:

Tehillah = _____

The psalm is written as an _____ using the Hebrew alphabet.

Why might God use repetition and structure to teach His people?

Psalm 145 stands at the beginning of the final movement of the Psalms, leading us toward continual _____.

Beginning with God

David begins personally...

"I will extol..."

"I will bless..."

"My God and King..."

David knew God personally...

yet God's greatness is still _____.

We do not begin with a technique.

We begin with _____.

The Great “I Am”

When you see LORD in all capital letters, it represents...

God told Moses: _____

The LORD is...

What We Rehearse

David continually returns his attention to...
"I will _____."
Meditation isn't emptying our minds, it's
One generation shall...

The Character & Kingdom of God

Psalm 145:8 reaches back to...
Hebrew: hesed = _____
Stress often begins with "What if..."
Faith begins with "What is _____?"
God's kingdom is...
Hebrew: olam
Rest begins as we live under the reign of the _____.

The God Who Upholds

"The LORD upholds all who are...
God's heart is especially toward those who are...
Theological Center of the chapter is...Why?
What does God satisfy?

Truth-Emet

"The LORD is _____ to all who call on Him..."

Hebrew: emet
Means:

What is unique about the letters in (אמת, eh-MET) "emet?"
We don't come to God on _____ terms, but on _____ terms. Jesus said...

"The Father is seeking..."

Closing Reflection & Invitation

David begins with..."I will..." He ends with..."Let _____ flesh bless His holy name."
Hebrew: barak
Psalm 145 reminds us to keep returning to...