

CALL OUT

A STUDY OF THE PSALMS

DON'T STOP RUNNING

I remember in little league baseball being taught the idea of running through first-base. “You don’t run to it, you run through it,” the coach said over and over to a bunch of kids that weren’t listening. Inevitably, the hitter would sprint to first only to slow down and stop on the bag. The kids that “got it” started yelling at the slow kids (double meaning intended), “Don’t stop running!”

We’ve arrived at our final Psalm of this study. Psalm 1 provided a gateway to our playbook. Once we passed through the entrance, we explored several ways the Lord has revealed himself to us. We continued by exploring the various ways we can respond to the Lord through life. Last Week, Psalm 96 praised the Lord’s arrival, enthronement, and Messianic rule.

As we study our final psalm, Psalm 145, it may feel like we’re approaching home plate. We’re not. Instead, we’re approaching first base. And, as we close out our study, “Don’t stop running.”

Its important message led to the Jewish practice of reciting it twice in the morning and once in the evening service. This psalm praises God—but more than that, it reminds the reader that we get to spend eternity with a God worthy of praise.

God is big enough to meet us in every circumstance.

PSALM 145:13–21

¹³ Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations. [The Lord is faithful in all his words and kind in all his works.] ¹⁴ The Lord upholds all who are falling and raises up all who are bowed down. ¹⁵ The eyes of all look to you, and you give them their food in due season. ¹⁶ You open your hand; you satisfy the desire of every living thing. ¹⁷ The Lord is righteous in all his ways and kind in all his works. ¹⁸ The Lord is near to all who call on him, to all who call on him in truth. ¹⁹ He fulfills the desire of those who fear him; he also hears their cry and saves them. ²⁰ The Lord preserves all who love him, but all the wicked he will destroy. ²¹ My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.

ADDITIONAL RESOURCES

"Gathered at the highest throne, Welcomed by a melody, Anthem I have always known, A song that's always been in me."

I don't think I've ever heard a song that captures the eager expectation and also the weight of eternity like *Echo Holy* by Red Rocks Worship. I referenced this song last semester in our study of Revelation. However, it's an anthem worth repeating. Listen, sing, and worship the God that we will praise forevermore. He is worthy!



DISCUSSION

What has stood out to you most throughout this study?

ICEBREAKER

1. ID one distinguishing trait of God's kingdom vs. any kingdom? (13a)

2. ID some ways the King (God) cares for his kingdom. (13b-16)

3. How does David respond to the truths of this psalm and God himself? (21)

OBSERVATION

4. How might our prayers change due to truth...
...re: God?

...re: our own thoughts & feelings?

INTERPRETATION

5. What did you like about authoring your own psalm?

6. What advantages and disadvantages do you see in writing to worship God?

APPLICATION

Leave nothing on the field. If you have a question, something to clarify or confess, now is the time. Talk to your Coach today.

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STUDY NOTES GOD'S GREATNESS SHINES THROUGH HIS KINGDOM

Like many (but not all) of our previous studies, King David wrote today's psalm. Israel's king called out to *his* King, Almighty God, "**Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations.**"

David's declaration reminds us of what some Bible teachers call the "Already/not yet." As we continue reading and praising God, the truths presented are *already* true. However, we have *not yet* experienced them in full. As David continues, he praises the *King* whose kingdom is everlasting and whose dominion endures. The benefits of this kingdom aren't exclusive to a future we've *not yet* experienced. God's kingdom and dominion are *already* felt— **The Lord is faithful in all his words and kind in all his works.**

What works do we see *already* that point us to God's *not yet* kingdom? **The Lord upholds all who are falling and raises up all who are bowed down. The eyes of all look to you, and you give them their food in due season. You open your hand; you satisfy the desire of every living thing.** Notice the posture of those who recognize the King for who he is—bowed down, eyes looking up. To experience kingdom benefit, we must surrender to the King. We humble ourselves and fix our eyes. Just like every new driver must learn, your gaze determines direction. You can look one way and drive another... but not for long. The same is true spiritually.

Look at the result of a relationship with the King. David said to God, "**you satisfy.**" We're never truly satisfied. You can eat the greatest meal of your life and in a few hours, you'll need to eat again. Not so with God. **He fulfills the desire of those who fear him; he also hears their cry and saves them.** When you're satisfied in the Lord, you stay satisfied.

CALL OUT TO GOD BECAUSE OF HIS GREATNESS

We started in Week 1 talking about the fork in the road. Which path will you take? Here again, we see that principle take shape—and we see which path David has chosen. **The Lord preserves all who love him, but all the wicked he will destroy. My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.**

It's hard for us to imagine "forever and ever." Think about what we call "forever." This class is taking forrrreeevvverrrr. It's forever until my birthday, until I get my license, until I graduate, until I can move out. In reality, all those things happen in a (relative) blink of an eye. Sure, it will take a while for you to get there for some of the examples. However, I did most of that stuff 20 years ago. Then, as we think about eternity—it's unfathomable. Yet, how much time and energy do we invest in this world and the things of this world? Again, we ain't home, we're barely approaching first base.

As we've seen throughout this semester, when you stack God and his kingdom to the things of this world, there is no comparison. God is big enough to meet us in every circumstance. We can praise him on the mountain or in the valley. We may not always understand the difficulties and trials we face, but at the end of it all, when we stand before him, we will confidently say, "**The Lord is righteous in all his ways and kind in all his works.**"

YOUR TURN

Throughout this semester, we've worshiped God through the experience of others. We've studied psalms of people in a variety of situations. We've challenged you to worship in a variety of ways. As we close out this study, we want to ask you to worship God in one final way. We want you to write your own psalm to God. If we believe he is worthy of worship, then put your pen where your mouth is.

I know what you're thinking, "I can't do this!" You can. You've excitedly told somebody about something recently—an awesome movie, a new smartphone, cool clothes. You've longed for and attained something at some

point. Surrendering to God is like that. When we realize how awesome and mighty God is, how incredible salvation through Christ is, then we surrender to him, our hearts overflow. We'll guide you through the process as you author your very own psalm.

My Psalm

Pray before, during, and after as you author your own psalm.

1. *Describe* your circumstances and your perspective to God.
2. *Reflect* on how he has shown his faithfulness (or other attributes) in similar circumstances.
3. *Express* what you would honestly like for God to do in this situation and with these people.
4. *Release* control of the situation to the Lord's wisdom, timing, and power.
5. *Praise* the Lord for who he is and what he means to you regardless of how he chooses to handle this particular situation.