Adult Sunday School Lesson | Northern Lights Baptist Church
January 17, 2010 | Pastor Gregg Clark

=Story Behind the Psalm=

The Hallelujah Psalms

NOTE: *These lessons are designed simply as a guideline. As a Sunday School teacher part of your job is to study the lesson and develop it for the pupils in your class according to their age and spiritual development.*

Scripture: Psalms 104, 105, 106, 111, 112, 113, 135, 146, 147, 148, 149, 150

AUTHORS: These Psalms were written by various authors, predominately David.

The Story Behind the Psalms

These form a new group of Psalms called the "Hallelujah Psalms." Hallelujah means "Praise ye Jah," or "Praise ye Jehovah." An interesting thing about the word "hallelujah" is that it is the same in every language. It is the one word in all languages that becomes the common denominator. We cannot all speak the same language about most subjects, but when it comes to praising the Lord, we all speak the same language.

These Psalms are divided into three groups—group one ends with hallelujah. In this group are Psalms 104 and 105. Group two begins with hallelujah. This includes Psalms 111 and 112. Group three both begins and ends with hallelujah. Included are Psalms 106, 113,135, and 146 through 150.

It is interesting that with the passing of the years David's praise becomes greater. The term, "Praise ye the Lord," is included more and more in the Psalms written near the end of David's life. He once said, "I will praise Him more and more," and so he did. As these Psalms are read, the reader should picture an aged David lifting his hands and voice Heavenward thanking God for His grace, for His mercy, for His lovingkindness and for His faithfulness.

The Way They Were Used by God's People

The Jews would use these as doxology Psalms when they wanted to praise the Lord. They were used at any time. They were much like our songs, "Praise Him, Praise Him, Jesus Our Blessed Redeemer," "All Hail the Power of Jesus' Name," etc. In other words, they were general songs of praise used at any occasion the heart leaped with joy.

LESSON:

1. **Praising the Lord is thanking Him for what He has done.**
    a. We should praise the Lord when He answers prayer
    b. We should praise the Lord when we receive an unexpected blessing
    c. We should praise the Lord our life is going good

   d. We should praise the Lord for every good gift (James 1:17) such as health, modern medicine, house, car, and other such blessings.

2. **We should praise the Lord more than we ask for His help**
   a. In Daniel 2:17-23 we find Daniel prayed for one verse then praised God for 3 verses.
   b. In all David Psalms we find him praising God more than beckoning His help.
3. **We should praise the Lord in times of trial**
   a. Psalm 42:11 – David was discouraged and depressed with all the trials (Psalm 42:7) yet he decided to praise God
   b. There is always a reason to Praise the Lord. We should always be looking for that good.
4. **We should praise the Lord for the trial.** Everything God allows in our life can be used to better us (Romans 8:28) or the circumstance. Though we may not understand presently what is happening we are to give thanks (I Thessalonians 5:18).
5. **We should Praise the Lord in public (Psalm 35:18).** This is not a show of charismatic hand waving , dancing and shouting but rather making public what God has done for you. These personal testimonies are powerful to the Christian in defeating the devil (Revelation 12:11) and giving courage to others.
6. **We should praise the Lord more as we get older in the faith (Psalm 71:14).** We can do this because we have seen God come through for us so often, answered many prayers, and we have seen the end result of serving God in longevity.

Memory Verse: *Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.* **Psalm 147:1**