

Text : **Psalm 145**

Title : **“I will meditate on the glorious splendour of Your majesty”**

INTRODUCTION

1. Meditation is most helpful
 - a) In troubled times
 - b) It can take away depressive and dark thoughts

2. But Meditation is not limited to hard times of life

3. Meditation is a Way of Life
 - a) In happy times
 - b) In times of plenty

THE PRACTICE OF EXTOLLING GOD

1. The practice of Praising God (Psalm 145:1a)
 - a) Blessing God's name (Psalm 145:1b)
 - b) Praising His name every day (Psalm 145:2a)
 - c) Praising His name forever (Psalm 145:2b)

2. Reasons for this Practice of Praise
 - a) The greatness of God (Psalm 145:3a)
 - b) His unsearchable greatness (Psalm 145:3b)

THE PRACTICE OF MEDITATION AS A WAY OF LIFE

1. General practice

a) Generations

*“One generation shall praise Your works to another
And shall declare Your mighty acts” Psalm 145:4*

b) Men speaking

“Men shall speak of the might of Your awesome acts” Psalm 145:6a

c) Men singing

*“They shall utter the memory of Your great goodness,
And shall sing of Your righteousness” Psalm 145:7*

2. Personal practice

a) Meditation

*“I will meditate on the glorious splendour
Of Your majesty and on Your wondrous works” Psalm 145:5*

b) Declaration

“And I will declare Your greatness” Psalm 145:6b

A SPECIAL FOCUS OF MEDITATION

1. God’s glorious Kingdom

“They shall speak of the glory of Your kingdom” Psalm 145:11a

2. God’s power

“And talk of Your power” Psalm 145:11b

3. Majesty of God's kingdom

*"To make known to the sons of men His mighty acts,
And the glorious majesty of His kingdom" Psalm 145:12*

4. Everlasting nature of God's kingdom

*"Your kingdom is an everlasting kingdom,
And Your dominion endures throughout all generations" Psalm 145:13*

THE RESULTS OF A WELL-PRACTISED MEDITATION

1. A correct and refined appreciation of who God is

- a) Gracious (Psalm 145:8a)
- b) Full of compassion (Psalm 145:8b)
- c) Slow to anger (Psalm 145:8c)
- d) Great in mercy (Psalm 145:8d)
- e) Good to all (Psalm 145:9a)
- f) Tender mercies over all His works (Psalm 145:9b)

2. A correct and mature appreciation of how God works

a) Upholding

*"The LORD upholds all who fall
And raises up all who are bowed down" Psalm 145:14*

b) Giving

*"The eyes of all look expectantly to You,
And You give them their food in due season" Psalm 145:15*

c) Satisfying

*"You open Your hand
And satisfy the desire of every living thing" Psalm 145:16*

3. A correct and strong sense of faith concerning future events

a) God's righteousness

*"The LORD is righteous in all His ways,
Gracious in all His works" Psalm 145:17*

a) God's nearness

*"The LORD is near to all who call upon Him
To all who call upon Him in truth" Psalm 145:18*

b) Fulfilment of desire

*"He will fulfil the desire of those who fear Him;
He also will hear their cry and save them" Psalm 145:19*

c) Preservation of believers

"The LORD preserves all who love Him" Psalm 145:20a

d) Destruction of the wicked

"But all the wicked He will destroy" Psalm 145:20b

CONCLUSION

1. Personal Praise

"My mouth shall speak the praise of the LORD" Psalm 145:21a

2. Congregational blessing

"And all flesh shall bless His holy name forever and ever" Psalm 145:21b