


Part 1  
**Psalms**  
**A Primer on Praise**

# TALKINGPOINTS WALKINGPOINTS

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A publication of , the adult discipleship ministry of Triangle Community Church.

**Talk** together about the glory of God's kingdom. –Psalm 145:11  
Love the Lord your God and **walk** in all his ways. –Joshua 22:5

## Questions for Reflection and Discussion

- What from Sunday's message interested you? ...made sense to you? ...confused you?  
...intrigued you? ...upset you? ...encouraged you? ...and **why**?
- Read Psalm 63:1-4.  
In v. 1, what does David's **soul** do? What does his **body** do?  
  
In v. 3, David says he'd sooner die than be without God's loyal love. So, what **action** does he take?  
  
Martyrs literally do choose death for God. Could you imagine dying for your faith? Why or why not?  
  
In v. 4, David describes his **bodily** response to God. How do you typically respond to God?
- Read Psalm 63:5-8.  
In v. 5, what does David's **soul** do? What does his **body** (specifically his tongue) do?  
  
In v. 6-7, insomnia became an opportunity for fellowship with God. How do you handle sleeplessness?  
  
Notice in v. 8 what **God** does and what **David** does. How are these two actions related?
- Read Psalm 63:9-11.  
**Finally** we learn **why** David is in "a dry and weary land where there is no water"—he's been chased there by enemies. What does it suggest to you that **only now, in the final 25% of the psalm**, David **finally** gets around to focusing his attention on his enemies?  
  
How can you apply this principle to your difficulties?
- Now, reread Psalm 63 and see if you can support the following suggested subtitles:  
v. 1-4 could be entitled: "God: My **Desire**"  
v. 5-8 could be entitled: "God: My **Delight**"  
v. 9-11 could be entitled: "God: My **Deliverer**"

## Sermon Summary (Key Text: Psalm 63)

The book of Psalms was Israel's prayer and praise book. If we want to learn how to pray and to praise, there's no better teacher! Psalm 63 provides us with a theology of praise. In it we find **five aspects of praise**.

**I. Examine** David, the author of this psalm, doesn't just say, "God, You're great." He examines why God is great (v. 3). All true praise starts by being specific. You begin by examining those things which make God great and glorious, because praise is linked to love and appreciation. When you fall in love with someone, you dwell on the specifics of why you love them. We praise God for his costly, sacrificial love—when we didn't care about him at all! He has a tough, persevering love. We analyze God's love, breaking it down into specifics.

**II. Express** It's not enough just to recognize God's greatness, we have to express it back to him (v. 4-5). David's not just thinking about God's glory—he's expressing it poetically and musically! The Bible talks a lot about praising God in the congregation accompanied by musical instruments (Psalm 33:2–3). And we try to express our praise through music as skillfully as we possibly can. All enjoyment spontaneously overflows into praise. Whatever we really enjoy we want to share with others. We naturally want others to praise it too! We delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment. God, in commanding us to glorify him, is also inviting us to enjoy him. We experience joy when we sing great hymns of praise. Psalm 33 says to praise God as skillfully as we can.

**III. Appraise** "Appraise" means to add up something's value, compare it to other things, and then draw a conclusion. David, at risk of death in the wilderness, appraised God's lovingkindness and determined that it's more valuable than life (v. 3; Paul said the same thing in Acts 20:24). (By the way, it's no accident that "appraise" is formed from the word "praise".) David deemed it perfectly okay to lose his life as long as he retained God's lovingkindness! Our praise should lead us to some life-changing conclusions. We don't just praise God for being a God of love, we choose not to fear, to fret, to live in the past. Do you see how absolutely life-changing God-honoring praise can be?

**IV. Experience** Next, David lapses into sensory language—not just knowing about God's power, glory and love—he's tasting it (v. 2, 5)! It's not just intellectual to him—he's experienced it for himself. You can rationally believe that honey is sweet, but only by actually tasting it on your tongue can you really understand its sweetness. Your life will not change unless and until you actually experience God's holy love and beauty. Prayer wants God for what he gives; praise wants God for who he is in himself. It's about adoring, not just asking. This kind of praise rearranges our loves. The love of God replaces lesser loves.

**V. Rest** When you really understand God, you see that he's beautiful, not just useful. That was David's experience (v. 1-3). God's "lovingkindness" is his undeserved, covenantal, loyal, faithful love. It's pure grace! David was run into the wilderness because of his own sinful choices—yet he knows that God is still committed to him (v. 11). David couldn't fathom how God could still love him, but can: centuries later, one of David's descendants was driven into the wilderness where he was crucified for our sin. On the cross, Jesus was forsaken for us. Jesus took the abandonment we all deserve for our sin. When you experience a love like this, God becomes beautiful to you and changes your heart.

Such is the power of praise. It begins with **examining** God's glorious attributes—enumerating them one by one. Then we spontaneously **express** praise of God, **appraising** how we should live because of God's goodness and beauty. We **experience** God, rather than simply knowing about him, and that leads to **resting** in God.

## Digging Deeper in Your Daily Quiet Time

**Every day this week, read Psalm 115. Before you read, quiet your heart and pray,  
“Oh, Lord, Open my eyes, that I may behold wonderful things from Your law” (Psalm 119:18).**

**Monday** – Make a numbered list of all the specific ways it shows God’s greatness (i.e. His goodness, power, love, holiness, wisdom, kindness, etc.).

**Tuesday** – Spend time expressing back to God what you listed on Monday. Sometime today, share God’s greatness with someone (eg. with family at dinner).

**Wednesday** – Pick one item from your list. Quietly reflect on it (journal about it?). How does God’s greatness change the way you think about your difficulties?

**Thursday** – How have you experienced that aspect of God’s greatness recently? Stop, and enjoy God. Taste and see that He is good. Keep looking for more!

**Friday** – After the Psalm, read Romans 8:31-39. Reflect on God’s committed, faithful love to us. Praise God and love Him just for who He is.

**Suggestion:** Consider adding one Psalm to your normal Bible reading each day!

## YOU are a Caregiver

You may be...

- worried
- exhausted
- at times, even...angry.

Your loved-ones, whether old or young, require your energy and sometimes drain your reserves.

How can you navigate this season with joy and resilience?

This seminar will nourish, encourage and equip you for the loving service you are providing.

**We’re here to help!**



**The Biblical Counseling Ministry of  
Triangle Community Church**

*invites you join us for*

**“Help for the Caregiver”**

**This Saturday  
9am til noon**

Ticket: \$10 ◇ Free Childcare

Keyword: **Caregiver**

For more info: **TCC.org**



**Today's secular culture is hostile toward godly family life.**

**You know that your family needs to worship together—  
but you don't know where to start.**

**(Or worse: you've started, quit, and now feel like a failure!)**

**There is hope! Just click here and  
follow these simple instructions:**

