

PRAISE THE LORD MY SOUL!



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LifeinJesus.net

'Praise the Lord My Soul!'

by

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Preface

When times are difficult
it can be hard to motivate yourself to praise God.
Take inspiration from the psalms
and make a decision that you are going to praise Him
no matter what you feel like
and no matter what is going on,
and see what a difference it makes.
As you bless the Lord, He will bless you.

PRAISE THE LORD MY SOUL!

Let me make you think – how often do you praise God outside of church? I'm not asking you that to condemn you, but just to make you think honestly. Sometimes we don't praise God because we just don't think of it or maybe we don't feel like it. The title of this booklet is taken from the first words of Psalm 103. The psalmist commands himself to praise the Lord. It's got nothing to do with how he feels or what's going on – he tells himself to just do it. We need to do the same and praise God regardless of our circumstances or how we feel. Psalm 35:9 says – '*My soul shall be joyful in the LORD. It shall rejoice in his salvation.*'

Hebrews 13:15 tells us to – '*offer up a sacrifice of praise to God continually.*' It might be a sacrifice of our time or our effort or it might be a sacrifice of our own thoughts and feelings – an acknowledgement that God's way is perfect, not ours and that He knows the answers better than we do. Decide to make that sacrifice and praise Him no matter what, and you will find blessing which far outweighs the sacrifice. We can set time aside to praise Him, but we can also praise Him through the day as we go about our lives. Nothing and no-one can stop us from praising God. So let's command ourselves to praise the Lord and obey.

Why Should We Praise God?

Praising the Lord is something we should simply do because He is God and worthy of it all. Psalm 29:2 says – '*Ascribe to the LORD the glory due to his name.*' And Psalm 92:1-2 tells us that – '*It is a good thing to give thanks to the LORD, to sing praises to your name, Most High, ² to proclaim your loving kindness in the morning, and your faithfulness every night.*' So let's do it. As Psalm 147:1 says, let's – '*Praise the LORD, for it is good to sing praises to our God; for it is pleasant and fitting to praise him.*' (147:1)

What Difference Will It Make?

There are so many blessings which are available to us when we are born-again and truly praise the Lord. However, they will not come to people who simply sing or say the words as a duty or in a rote fashion. God knows our hearts and so He knows who is sincerely praising Him and who is simply going through the motions.

However, be aware that if you are praising God in order for these blessings to come into your life, then you are not praising God – you have another agenda. But when you truly praise Him with your focus totally on Him and not on yourself or what you want from Him, then these blessings are indeed yours. Psalm 5:11-12 says – *‘But let all those who take refuge in you rejoice. Let them always shout for joy, because you defend them. Let them also who love your name be joyful in you. ¹² For you will bless the righteous. LORD, you will surround him with favour as with a shield.’* Let’s look at some of these wonderful blessings.

The presence of God

The Bible tells us that God lives in the praise of His people. Psalm 22:3 says – *‘you are holy, you who inhabit the praises of Israel.’* As born-again Christians, God lives within each one of us and will never leave us. But when we truly praise Him, He also lives in our praises and we can feel His presence in a tangible way.

The answer to despair

Praise takes our focus off our problems and onto God. It can then lift us up out of despair. Isaiah 61:3 says God has provided – *‘the garment of praise for the spirit of heaviness,’* Put the garment of praise on. It will dispel despair and depression if you will allow it to.

When we praise Him He lifts us up

What a wonderful blessing – when we lift God up in praise, He lifts us up. Psalm 89:15-16 says – *‘Blessed are the people who learn to acclaim you. They walk in the light of your presence, LORD. ¹⁶ In your name they rejoice all day. In your righteousness, they are exalted.’*

Praise silences the devil

Psalm 8:2 says – ‘From the lips of babes and infants you have established strength, because of your adversaries, that you might silence the enemy and the avenger.’ Jesus quoted this in Matthew 21:16 but He said ‘Praise’ instead of ‘Strength’. So praise is strength – strong enough to silence the devil and all his lies.

Praise will stop fear

When you start to feel fearful, make a decision to praise God there and then, like the psalmist in Psalm 56:3-4 – ‘When I am afraid, I will put my trust in you. ⁴In God, I praise his word. In God, I put my trust. I will not be afraid. What can flesh do to me?’

So How Do You Praise Him?

You can praise Him with words alone or sing His praises. Praise really needs to be out loud – there is huge power in the spoken or sung word. But that doesn’t mean that you can’t praise Him in your thoughts when it’s not possible to voice it. But get into the habit of praising God out loud whenever you can. Praise Him for who He is and for what He’s done – for all that Jesus has done and won for you, for all His blessings, for all His promises in His Word, for His love, His faithfulness and His goodness, for His presence inside you, for His gifts and so much more.

The rest of this booklet contains 120 passages from Psalms which you can use to praise Him. All the verses I have chosen relate to us as born-again Christians living after Jesus died and rose again. Every promise of God was fulfilled in Jesus and so can be ours today – it’s all about Him, not us. Think about that as you praise Him. Use the passages as God leads you. You could take one a day and keep it in your heart, speaking it out through the day. You could take a page a day or two or three. You could set a good length of time aside and go through all of them. There are no rules. They are here to help you to praise the Lord and see His majesty and glory, His love, goodness and faithfulness more and more as you do.

The passages are in the order they appear in Psalms. Some focus on God and who He is, His power and His majesty. Others focus on what He has done for us and on His love. Some are a means of encouraging ourselves to praise Him. Let all these verses inspire you to your own words of praise. Allow the Holy Spirit to guide you as you praise the Lord and you will bring delight to the heart of God.

But you, LORD, are a shield around me,
my glory, and the one who lifts up my head. (3:3)

I will give thanks to the LORD according to his righteousness,
and will sing praise to the name of the LORD Most High. (7:17)

LORD, our Lord, how majestic is your name in all the earth!
You have set your glory above the heavens! (8:1)

I will give thanks to the LORD with my whole heart.

I will tell of all your marvellous works.

² I will be glad and rejoice in you.

I will sing praise to your name, O Most High. (9:1-2)

I trust in your loving kindness. My heart rejoices in your salvation.

⁶ I will sing to the LORD, because he has been good to me. (13:5-6)

My soul, you have said to the LORD, "You are my Lord.

Apart from you I have no good thing." (16:2)

I will bless the LORD, who has given me counsel.

Yes, my heart instructs me in the night seasons.

⁸ I have set the LORD always before me.

Because he is at my right hand, I shall not be moved.

⁹ Therefore my heart is glad, and my tongue rejoices. (16:7-9)

You will show me the path of life.

In your presence is fullness of joy.

In your right hand there are pleasures forever more. (16:11)

I love you, LORD, my strength.

² The LORD is my rock, my fortress, and my deliverer;

my God, my rock, in whom I take refuge;

my shield, and the horn of my salvation, my high tower.

³ I call on the LORD, who is worthy to be praised;

and I am saved from my enemies. (18:1-3)

You have also given me the shield of your salvation.
Your right hand sustains me.

Your gentleness has made me great.

³⁶ You have enlarged my steps under me,
My feet have not slipped. (18:35-36)

The LORD lives! Blessed be my rock.
Exalted be the God of my salvation, (18:46)

The heavens declare the glory of God.

The expanse shows his handiwork.

² Day after day they pour out speech,
and night after night they display knowledge.

³ There is no speech nor language
where their voice is not heard. (19:1-3)

Some trust in chariots, and some in horses,
but we trust in the name of the LORD our God.

⁸ They are bowed down and fallen,
but we rise up, and stand upright. (20:7-8)

Be exalted, LORD, in your strength,
so we will sing and praise your power. (21:13)

The earth is the LORD's, with its fullness;
the world, and those who dwell in it.

² For he has founded it on the seas,
and established it on the floods. (24:1-2)

Lift up your heads, you gates! Be lifted up, you everlasting doors,
and the King of glory will come in.

⁸ Who is the King of glory?

The LORD strong and mighty, The LORD mighty in battle.

⁹ Lift up your heads, you gates;
yes, lift them up, you everlasting doors,
and the King of glory will come in. (24:7-9)

To you, LORD, I lift up my soul.

² My God, I have trusted in you. (25:1-2)

All the paths of the LORD are loving kindness and truth
to such as keep his covenant and his testimonies. (25:10)

My eyes are ever on the LORD,
for he will pluck my feet out of the net. (25:15)

The LORD is my light and my salvation.
Whom shall I fear?

The LORD is the strength of my life.
Of whom shall I be afraid? (27:1)

I will sing, yes, I will sing praises to the LORD. (27:6)

Blessed be the LORD,
because he has heard the voice of my petitions.

⁷The LORD is my strength and my shield.

My heart has trusted in him, and I am helped.

Therefore my heart greatly rejoices.

With my song I will thank him.

⁸The LORD is their strength.

He is a stronghold of salvation to his anointed. (28:6-8)

I will extol you, LORD, for you have raised me up,
and have not made my foes to rejoice over me.

²LORD my God, I cried to you, and you have healed me.

³LORD, you have brought up my soul from Sheol.

You have kept me alive, that I should not go down to the pit.

⁴Sing praise to the LORD, you saints of his.

Give thanks to his holy name. (30:1-4)

You have turned my mourning into dancing for me.

You have removed my sackcloth, and clothed me with gladness,

¹²to the end that my heart may sing praise to you, and not be silent.

LORD my God, I will give thanks to you forever! (30:11-12)

For you are my rock and my fortress, (31:3)

I will be glad and rejoice in your loving kindness, (31:7)

Oh how great is your goodness,

which you have laid up for those who fear you,

which you have worked for those who take refuge in you,

before the sons of men!

²⁰In the shelter of your presence

you will hide them from the plotting of man.

You will keep them secretly in a dwelling
away from the strife of tongues.

²¹ Praise be to the LORD,
for he has shown me his marvellous loving kindness
in a strong city. (31:19-21)

Loving kindness shall surround him who trusts in the LORD.

¹¹ Be glad in the LORD, and rejoice, you righteous!
Shout for joy, all you who are upright in heart! (32:10-11)

Rejoice in the LORD, you righteous!

Praise is fitting for the upright.

² Give thanks to the LORD with the lyre.

Sing praises to him with the harp of ten strings.

³ Sing to him a new song. Play skilfully with a shout of joy!

⁴ For the LORD's word is right.

All his work is done in faithfulness.

⁵ He loves righteousness and justice.

The earth is full of the loving kindness of the LORD. (33:1-5)

The counsel of the LORD stands fast forever,
the thoughts of his heart to all generations. (33:11)

Our soul has waited for the LORD. He is our help and our shield.

²¹ For our heart rejoices in him,
because we have trusted in his holy name. (33:20-21)

I will bless the LORD at all times.

His praise will always be in my mouth.

² My soul shall boast in the LORD.

The humble shall hear of it and be glad.

³ Oh magnify the LORD with me.

Let's exalt his name together.

⁴ I sought the LORD, and he answered me,
and delivered me from all my fears.

⁵ They looked to him, and were radiant.

Their faces shall never be covered with shame. (34:1-5)

My soul shall be joyful in the LORD.

It shall rejoice in his salvation. (35:9)

Yes, Let them say continually, “May The Lord be magnified,
who has pleasure in the prosperity of his servant!”

²⁸ My tongue shall talk about your righteousness
and about your praise all day long. (35:27-28)

Your loving kindness, LORD, is in the heavens.

Your faithfulness reaches to the skies.

⁶ Your righteousness is like the mountains of God.

Your judgements are like a great deep.

LORD, you preserve man and animal.

⁷ How precious is your loving kindness, God!

The children of men take refuge

under the shadow of your wings. (36:5-7)

I waited patiently for the LORD.

He turned to me, and heard my cry.

² He brought me up also out of a horrible pit, out of the miry clay.

He set my feet on a rock, and gave me a firm place to stand.

³ He has put a new song in my mouth, even praise to our God.

Many shall see it, and fear, and shall trust in the LORD. (40:1-3)

Let all those who seek you rejoice and be glad in you.

Let such as love your salvation say continually,

“Let the LORD be exalted!” (40:16)

As for me, you uphold me in my integrity,

and set me in your presence forever.

¹³ Blessed be the LORD, the God of Israel,

from everlasting and to everlasting!

Amen and amen. (41:12-13)

Then I will go to the altar of God,

to God, my exceeding joy.

I will praise you on the harp, God, my God.

⁵ Why are you in despair, my soul?

Why are you disturbed within me? Hope in God!

For I shall still praise him:

my Saviour, my helper, and my God. (43:4-5)

Your throne, God, is forever and ever. (45:6)

God is our refuge and strength,
a very present help in trouble. (46:1)

Oh clap your hands, all you nations.
Shout to God with the voice of triumph!
² For the LORD Most High is awesome.
He is a great King over all the earth. (47:1-2)

Sing praises to God! Sing praises!
Sing praises to our King! Sing praises!
⁷ For God is the King of all the earth.
Sing praises with understanding. (47:6-7)

Great is the LORD, and greatly to be praised,
in the city of our God, in his holy mountain. (48:1)

As is your name, God,
so is your praise to the ends of the earth.
Your right hand is full of righteousness.

¹¹ Let Mount Zion be glad!
Let the daughters of Judah rejoice
because of your judgements. (48:10-11)

For this God is our God forever and ever.
He will be our guide even to death. (48:14)

I am like a green olive tree in God's house.
I trust in God's loving kindness forever and ever.
⁹ I will give you thanks forever, because you have done it.
I will hope in your name, for it is good,
in the presence of your saints. (52:8-9)

I will give thanks to your name, LORD, for it is good.
⁷ For he has delivered me out of all trouble. (54:6-7)

When I am afraid, I will put my trust in you.
⁴ In God, I praise his word. In God, I put my trust.
I will not be afraid. (56:3-4)

I will give thank offerings to you.
¹³ For you have delivered my soul from death,
and prevented my feet from falling,
that I may walk before God in the light of the living. (56:12-13)

My heart is steadfast, God. My heart is steadfast.

I will sing, yes, I will sing praises.

⁸Wake up, my glory! Wake up, lute and harp!

I will wake up the dawn.

⁹I will give thanks to you, Lord, amongst the peoples.

I will sing praises to you amongst the nations.

¹⁰For your great loving kindness reaches to the heavens,
and your truth to the skies.

¹¹Be exalted, God, above the heavens.

Let your glory be over all the earth. (57:7-11)

But I will sing of your strength.

Yes, I will sing aloud of your loving kindness in the morning.

For you have been my high tower,
a refuge in the day of my distress.

¹⁷To you, my strength, I will sing praises.

For God is my high tower, the God of my mercy. (59:16-17)

My soul rests in God alone. My salvation is from him.

²he alone is my rock, my salvation, and my fortress.

I will never be greatly shaken. (62:1-2)

My soul, wait in silence for God alone,
for my expectation is from him.

⁶He alone is my rock and my salvation, my fortress.

I will not be shaken.

⁷My salvation and my honour is with God.

The rock of my strength, and my refuge, is in God. (62:5-7)

Because your loving kindness is better than life,
my lips shall praise you.

⁴So I will bless you while I live.

I will lift up my hands in your name.

⁵My soul shall be satisfied as with the richest food.

My mouth shall praise you with joyful lips,

⁶when I remember you on my bed,
and think about you in the night watches.

⁷For you have been my help.

I will rejoice in the shadow of your wings.

⁸ My soul stays close to you. Your right hand holds me up. (63:3-8)

Make a joyful shout to God, all the earth!

² Sing to the glory of his name! Offer glory and praise!

³ Tell God, "How awesome are your deeds!

Through the greatness of your power,
your enemies submit themselves to you.

⁴ All the earth will worship you, and will sing to you;
they will sing to your name." (66:1-4)

Make the sound of his praise heard,

⁹ who preserves our life amongst the living,
and doesn't allow our feet to be moved. (66:8-9)

Blessed be God, who has not turned away my prayer,
nor his loving kindness from me. (66:20)

Let the peoples praise you, God.

Let all the peoples praise you.

⁴ Oh let the nations be glad and sing for joy,
for you will judge the peoples with equity,
and govern the nations on earth.

⁵ Let the peoples praise you, God.

Let all the peoples praise you.

⁶ The earth has yielded its increase.

God, even our own God, will bless us.

⁷ God will bless us.

All the ends of the earth shall fear him. (67:3-7)

But let the righteous be glad. Let them rejoice before God.

Yes, let them rejoice with gladness.

⁴ Sing to God! Sing praises to his name!

Extol him who rides on the clouds: to the LORD, his name!

Rejoice before him! (68:3-4)

Blessed be the Lord, who daily bears our burdens,
even the God who is our salvation. (68:19)

Let heaven and earth praise him; the seas,
and everything that moves therein! (69:34)

Let all those who seek you rejoice and be glad in you.
Let those who love your salvation continually say,
“Let God be exalted!” (70:4)

For you are my hope, Lord GOD, my confidence from my youth.

⁶ I have relied on you from the womb.

You are he who took me out of my mother’s womb.

I will always praise you.

⁷ I am a marvel to many, but you are my strong refuge.

⁸ My mouth shall be filled with your praise,
with your honour all day long. (71:5-8)

God, your righteousness also reaches to the heavens.

You have done great things. God, who is like you? (71:19)

I will also praise you with the harp for your faithfulness, my God.

I sing praises to you with the lyre, Holy One of Israel.

²³ My lips shall shout for joy!

My soul, which you have redeemed, sings praises to you!

²⁴ My tongue will also talk about your righteousness all day long.
(71:22-24)

His name endures forever.

His name continues as long as the sun.

Men shall be blessed by him.

All nations will call him blessed.

¹⁸ Praise be to the LORD God, the God of Israel,
who alone does marvellous deeds.

¹⁹ Blessed be his glorious name forever!

Let the whole earth be filled with his glory!

Amen and amen. (72:17-19)

I am continually with you. You have held my right hand.

²⁴ You will guide me with your counsel,
and afterward receive me to glory. (73:23-24)

We give thanks to you, God.

We give thanks, for your Name is near. (75:1)

But I will declare this forever:

I will sing praises to the God of Jacob. (75:9)

So we, your people and sheep of your pasture,
will give you thanks forever.
We will praise you forever,
to all generations. (79:13)

For the LORD God is a sun and a shield.
The LORD will give grace and glory.
He withholds no good thing
from those who walk blamelessly. (84:11)

I will praise you, Lord my God, with my whole heart.
I will glorify your name forever more.
¹³ For your loving kindness is great towards me.
You have delivered my soul from the lowest Sheol. (86:12-13)

I will sing of the loving kindness of the LORD forever.
With my mouth, I will make known your faithfulness
to all generations. (89:1)

The heavens will praise your wonders, LORD,
your faithfulness also in the assembly of the holy ones.
⁶ For who in the skies can be compared to the LORD?
Who amongst the sons of the heavenly beings is like the LORD,
(89:5-6)

The heavens are yours.
The earth also is yours, the world and its fullness.
You have founded them.
¹² You have created the north and the south. (89:11-12)

You have a mighty arm.
Your hand is strong, and your right hand is exalted.
¹⁴ Righteousness and justice are the foundation of your throne.
Loving kindness and truth go before your face. (89:13-14)

I will say of the LORD,
"He is my refuge and my fortress;
my God, in whom I trust." (91:2)

For you, LORD, have made me glad through your work.
I will triumph in the works of your hands.
⁵ How great are your works, LORD! (92:4-5)

The LORD reigns! He is clothed with majesty!
The LORD is armed with strength.
The world also is established. It can't be moved.
²Your throne is established from long ago. (93:1-2)

Oh come, let's sing to the LORD.
Let's shout aloud to the rock of our salvation!
²Let's come before his presence with thanksgiving.
Let's extol him with songs!
³For the LORD is a great God, a great King above all gods.
⁴In his hand are the deep places of the earth.
The heights of the mountains are also his.
⁵The sea is his, and he made it. His hands formed the dry land.
⁶Oh come, let's worship and bow down.
Let's kneel before the LORD, our Maker, ⁷for he is our God.
We are the people of his pasture,
and the sheep in his care. (95:1-7)

Sing to the LORD a new song! Sing to the LORD, all the earth.
²Sing to the LORD! Bless his name!
Proclaim his salvation from day to day!
³Declare his glory amongst the nations,
his marvellous works amongst all the peoples.
⁴For the LORD is great, and greatly to be praised!
He is to be feared above all gods. (96:1-4)

The LORD reigns! Let the earth rejoice!
Let the multitude of islands be glad! (97:1)

For you, LORD, are most high above all the earth.
You are exalted far above all gods. (97:9)

Be glad in the LORD, you righteous people!
Give thanks to his holy Name. (97:12)

Sing to the LORD a new song, for he has done marvellous things!
His right hand and his holy arm have worked salvation for him.
²The LORD has made known his salvation.
He has openly shown his righteousness in the sight of the nations.
³He has remembered his loving kindness

and his faithfulness towards the house of Israel.

All the ends of the earth have seen the salvation of our God.

⁴ Make a joyful noise to the LORD, all the earth!

Burst out and sing for joy, yes, sing praises!

⁵ Sing praises to the LORD with the harp,
with the harp and the voice of melody.

⁶ With trumpets and sound of the ram's horn,
make a joyful noise before the King, the LORD. (98:1-6)

Shout for joy to the LORD, all you lands!

² Serve the LORD with gladness.

Come before his presence with singing.

³ Know that the LORD, he is God.

It is he who has made us, and we are his.

We are his people, and the sheep of his pasture.

⁴ Enter into his gates with thanksgiving,
and into his courts with praise.

Give thanks to him, and bless his name.

⁵ For the LORD is good. His loving kindness endures forever,
his faithfulness to all generations. (100:1-5)

Of old, you laid the foundation of the earth.

The heavens are the work of your hands.

²⁶ They will perish, but you will endure.

Yes, all of them will wear out like a garment.

You will change them like a cloak, and they will be changed.

²⁷ But you are the same. Your years will have no end. (102:25-27)

Praise the LORD, my soul!

All that is within me, praise his holy name!

² Praise the LORD, my soul, and don't forget all his benefits,

³ who forgives all your sins,

who heals all your diseases,

⁴ who redeems your life from destruction,

who crowns you with loving kindness and tender mercies,

⁵ who satisfies your desire with good things,

so that your youth is renewed like the eagle's. (103:1-5)

He has not dealt with us according to our sins,
nor repaid us for our iniquities.

¹¹ For as the heavens are high above the earth,
so great is his loving kindness towards those who fear him.

¹² As far as the east is from the west,
so far has he removed our transgressions from us.

¹³ Like a father has compassion on his children,
so the LORD has compassion on those who fear him. (103:10-13)

LORD, how many are your works!

In wisdom, you have made them all.

The earth is full of your riches. (104:24)

I will sing to the LORD as long as I live.

I will sing praise to my God while I have any being. (104:33)

Give thanks to the LORD! Call on his name!

Make his doings known amongst the peoples.

² Sing to him, sing praises to him!

Tell of all his marvellous works.

³ Glory in his holy name.

Let the heart of those who seek the LORD rejoice. (105:1-3)

Praise the LORD! Give thanks to the LORD, for he is good,
for his loving kindness endures forever. (106:1)

Blessed be the LORD, the God of Israel,
from everlasting even to everlasting!

Let all the people say, "Amen."

Praise the LORD! (106:48)

My heart is steadfast, God.

I will sing and I will make music with my soul.

² Wake up, harp and lyre! I will wake up the dawn.

³ I will give thanks to you, LORD, amongst the nations.

I will sing praises to you amongst the peoples.

⁴ For your loving kindness is great above the heavens.

Your faithfulness reaches to the skies.

⁵ Be exalted, God, above the heavens!

Let your glory be over all the earth. (108:1-5)

I will give great thanks to the LORD with my mouth.
Yes, I will praise him amongst the multitude. (109:30)

Praise the LORD!

I will give thanks to the LORD with my whole heart,
in the council of the upright, and in the congregation.

² The LORD's works are great,
pondered by all those who delight in them.

³ His work is honour and majesty.
His righteousness endures forever.

⁴ He has caused his wonderful works to be remembered.
The LORD is gracious and merciful.

⁵ He has given food to those who fear him.
He always remembers his covenant.

⁶ He has shown his people the power of his works,
in giving them the heritage of the nations.

⁷ The works of his hands are truth and justice.
All his precepts are sure.

⁸ They are established forever and ever.
They are done in truth and uprightness.

⁹ He has sent redemption to his people.
He has ordained his covenant forever.

His name is holy and awesome!

¹⁰ The fear of the LORD is the beginning of wisdom.
All those who do his work have a good understanding.
His praise endures forever! (111:1-10)

Praise the LORD!

Praise, you servants of the LORD,
praise the LORD's name.

² Blessed be the LORD's name,
from this time forward and forever more.

³ From the rising of the sun to its going down,
The LORD's name is to be praised.

⁴ The LORD is high above all nations,
his glory above the heavens. (113:1-4)

The LORD is gracious and righteous.
Yes, our God is merciful.

⁶The LORD preserves the simple.
I was brought low, and he saved me.

⁷Return to your rest, my soul,
for the LORD has dealt bountifully with you.

⁸For you have delivered my soul from death,
my eyes from tears, and my feet from falling.

⁹I will walk before the LORD in the land of the living. (116:5-9)

Praise the LORD, all you nations! Extol him, all you peoples!

²For his loving kindness is great towards us.

The LORD's faithfulness endures forever.

Praise the LORD! (117:1-2)

Give thanks to the LORD, for he is good,
for his loving kindness endures forever. (118:1)

The voice of rejoicing and salvation is in the tents of the righteous.

"The right hand of the LORD does valiantly.

¹⁶The right hand of the LORD is exalted!

The right hand of the LORD does valiantly!"

¹⁷I will not die, but live, and declare the LORD's works. (118:15-17)

I will give thanks to you, for you have answered me,
and have become my salvation. (118:21)

I rejoice at your word, as one who finds great plunder. (119:162)

Look! Praise the LORD, all you servants of the LORD,
who stand by night in the LORD's house!

²Lift up your hands in the sanctuary. Praise the LORD! (134:1-2)

Praise the LORD, for the LORD is good.

Sing praises to his name, for that is pleasant. (135:3)

Your name, LORD, endures forever;
your renown, LORD, throughout all generations. (135:13)

Give thanks to the LORD, for he is good,
for his loving kindness endures forever.

²Give thanks to the God of gods,
for his loving kindness endures forever.

³ Give thanks to the Lord of lords,
for his loving kindness endures forever;
⁴ to him who alone does great wonders,
for his loving kindness endures forever; (136:1-4)

I will give you thanks with my whole heart.
Before the gods, I will sing praises to you.
² I will bow down towards your holy temple,
and give thanks to your Name
for your loving kindness and for your truth;
for you have exalted your Name
and your Word above all. (138:1-2)

I will give thanks to you, for I am fearfully and wonderfully made.
Your works are wonderful. My soul knows that very well. (139:14)

Blessed be the LORD, my rock,
who trains my hands to war, and my fingers to battle—
² my loving kindness, my fortress, my high tower, my deliverer,
my shield, and he in whom I take refuge, (144:1-2)

I will exalt you, my God, the King.
I will praise your name forever and ever.
² Every day I will praise you.
I will extol your name forever and ever.
³ Great is the LORD, and greatly to be praised! (145:1-3)

All your works will give thanks to you, LORD.
Your saints will extol you.
¹¹ They will speak of the glory of your kingdom,
and talk about your power,
¹² to make known to the sons of men his mighty acts,
the glory of the majesty of his kingdom. (145:10-12)

The LORD is righteous in all his ways, and gracious in all his works.
¹⁸ The LORD is near to all those who call on him,
to all who call on him in truth.
¹⁹ He will fulfil the desire of those who fear him.
He also will hear their cry, and will save them.
²⁰ The LORD preserves all those who love him, (145:17-20)

Praise the LORD! Praise the LORD, my soul.

² While I live, I will praise the LORD.

I will sing praises to my God as long as I exist. (146:1-2)

Sing to the LORD with thanksgiving.

Sing praises on the harp to our God, (147:7)

Praise the LORD!

Praise the LORD from the heavens! Praise him in the heights!

² Praise him, all his angels! Praise him, all his army!

³ Praise him, sun and moon! Praise him, all you shining stars!

⁴ Praise him, you heavens of heavens,
you waters that are above the heavens.

⁵ Let them praise the LORD's name,
for he commanded, and they were created.

⁶ He has also established them forever and ever.

He has made a decree which will not pass away. (148:1-6)

Let them praise the LORD's name, for his name alone is exalted.

His glory is above the earth and the heavens. (148:13)

Praise the LORD! Sing to the LORD a new song. (149:1)

Praise the LORD! Praise God in his sanctuary!

Praise him in his heavens for his acts of power!

² Praise him for his mighty acts!

Praise him according to his excellent greatness!

³ Praise him with the sounding of the trumpet!

Praise him with harp and lyre!

⁴ Praise him with tambourine and dancing!

Praise him with stringed instruments and flute!

⁵ Praise him with loud cymbals!

Praise him with resounding cymbals!

⁶ Let everything that has breath praise the LORD!

Praise the LORD! (150:1-6)

PRAISE THE LORD MY SOUL

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*Praise the Lord, my soul!
All that is within me,
Praise his holy name!*

(Psalm 103:1)



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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