Psalm 146 Praise Guide

A 28-day practice for Finding Hope for Everyday Life

Use this simple rhythm each morning during the series. Read Psalm 146 aloud. Tell the truth about what you face, then choose to view it through God's character. Praise is not denial; it is truth-tinted vision.

The daily rhythm

- PRAISE - “Praise the Lord, my soul.” Name who God is or what He has done.
- PRAY - Ask God to help you begin the day remembering who He is.
- TRUST - Notice where your hope has drifted toward a person, system, possession, outcome, or your own strength.
- PRAY - Release that weight to God and ask for one faithful response today.

Week 1 | Why We Praise

Read: Psalm 146:1-2

Day 1 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Day 2 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Day 3 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Day 4 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Day 5 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Day 6 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

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Day 7 - Today I praise God because He... | What pain or pressure am I refusing to let have the final word?

Week 2 | Don't Trust the Wrong Things

Read: Psalm 146:3-5

Day 1 - Where have I expected a person or system to save, secure, or validate me? | What would transferring that trust to God loo

Day 2 - Where have I expected a person or system to save, secure, or validate me? | What would transferring that trust to God loo

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Week 3 | God Deserves Your Trust

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Read: Psalm 146:5-9

Day 1 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 2 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 3 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 4 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 5 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 6 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Day 7 - Which part of God's character do I need to remember today? | How can I reflect His justice, compassion, or faithfulness?

Week 4 | A Life That Praises

Read: Psalm 146:10

Day 1 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

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Day 2 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

Day 3 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

Day 4 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

Day 5 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

Day 6 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?

Day 7 - Because God reigns forever, today I will... | What worry, comparison, resentment, or complaint will I release?