

WORSHIP—OUR DESTINATION

NOW THAT THE SONGS OF Ascents have ended, we are in the sanctuary, kneeling before our Creator-God. Worship is our destination. In the remaining psalms, praise anchors our time with the Lord. Like a beating drum, Psalms 135–150 carry us through a series of life experiences with an intensifying rhythm of praise until worship explodes in a great finale. In every circumstance,

Praise **orients**—it's where we start.

Praise **sustains**—it's where we turn when in trouble.

Praise **lifts**—Praise changes our perspective. Praise becomes our language
for celebration and gratitude.

Those who compiled these final psalms inserted praise poems in between psalms set in various seasons of life. The result is that praise answers every challenge we face and infuses us with hope. Worship is the counterpoint—the theme—to which the Bible always returns.

PRAISE ORIENTS		
Praise Psalm	Psalm 135 "Praise the name of the Lord" (Ps. 135:1)	
Psalm 136	When things go well.	"Give thanks to the Lord, for he is good!" (Ps. 136:1)
Psalm 137	When we are heartbroken.	"By the rivers of Babylon we sat and wept" (Ps. 137:1)
PRAISE SUSTAINS		
Praise Psalm	Psalm 138 "I will praise you, Lord, with all my heart" (Ps. 138:1)	
Psalm 139	When we feel alone.	"You have searched me, Lord, and you know me" (Ps. 139:1)
Psalms 140-143	When we need help.	"Rescue me, Lord.... Protect me.... Hear me" (Ps. 140:1, 6)
Psalms 144	When God provides.	"What are human beings that you care for them?" (Ps. 144:1)
PRAISE LIFTS		
Praise Psalm	Psalm 145–150 Fireworks of Praise	
Psalm 145	When we are grateful.	"I will exalt you, my God the King; I will praise your name for ever and ever." (Ps. 145:1)
Psalms 146–150	When we celebrate.	"Praise the Lord, my soul" (Ps. 146:1)