

Sunday, July 5, 2026

Proper 9A, 6th S.A.P.

Psalm 145:1-14

Grace to you and peace from God our Father and the Lord Jesus Christ, amen.

My friends,

“What are you going to do with your life?”

This is a question we often ask children.

But life keeps asking us the same question in every season.

When you graduate.

When you lose a job.

When your children leave home.

When retirement comes.

When sickness comes.

When grief comes.

When plans fall apart.

When trouble rears its ugly head.

What are you going to do now?

Psalm 145 gives us the answer.

*“I will extol you, my God and King,
and bless your name forever and ever.*

*Every day I will bless you
and praise your name forever and ever.”* (Psalm 145:1–2)

I. I Will Bless the Lord Because He Reigns (v.1-3)

My friends,

Each new day is a new day

to praise our wondrous God.

Every day,

I will bless the Lord because He reigns.

He is the great King.

This praise is what we see Jesus do in our Gospel Lesson.

“At that time Jesus declared,

‘I thank you, Father,

Lord of heaven and earth... ’” (Matthew 11:25)

“At that time” is a time of rejection.

The cities of Korazin, Bethsaida,
and Capernaum all rejected Him.
They heard His Word.
But they did not repent.

From a worldly point of view, that's failure.
Yet...

*“At that time Jesus declared,
‘I thank you, Father,
Lord of heaven and earth... ’”*
Jesus praises His Father.
Why?

Jesus praises His Father because God is still King.

His Father is in control.
His Father is Lord of heaven and earth.
His gracious will will be done.
It cannot be thwarted.

Jesus says,
*“All things have been handed over
to me by my Father,
and no one knows the Son
except the Father,
and no one knows the Father
except the Son and anyone
to whom the Son chooses to reveal Him.”* (Matthew 11:27, ESV)

Psalms 145 says,

“I will extol you, my God and King” (v.1)
*“Great is the Lord, and greatly to be praised,
and His greatness is unsearchable.”* (Psalm 145:3)
*“[The saints] shall speak
of the glory of your kingdom
and tell of your power,
to make known to the children of man
your mighty deeds,
and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom,
and your dominion endures
throughout all generations.”* (Psalm 145:11–13)

The world says, “Things are falling apart”
 Jesus says, “My Father reigns.”

The Christian life
 is a life of praising
 and blessing God every day.
 His greatness, power and might
 are so immense
 that they are immeasurable
 and unfathomable.
 His dominion is everlasting.
 Through every tribulation and trial,
 His gracious will endures
 and ultimately prevails.

Bless the Lord,
 for “*Great is the Lord,
 and greatly to be praised,
 and His greatness is unsearchable.*” (Psalm 145:3).

Yet,
 what does God do
 with all that greatness?
 What does He do
 with His mighty power?
 How does He rule
 and reign as King for me?

II. I Will Bless the LORD Because He Is Merciful (v. 8-9, 13-14)

My friends,
 I will bless the Lord,
 because He is merciful.

“*The Lord is gracious and merciful,
 slow to anger
 and abounding in steadfast love.
 The Lord is good to all,
 and His mercy is over all
 that He has made.*” (Psalm 145:8–9, ESV)
 “*The Lord is faithful
 in all His words and kind in all His works.*” (Psalm 145:13b)

Do you see the progression in the Psalm?

God is King.

God is majestic.

Mighty.

Glorious.

Then suddenly...

“The Lord is gracious and merciful.”

That is the surprise.

Human rulers use power for themselves.

God uses His power for others.

His mighty deeds are marked by *kindness*.

God the King uses His power
to forgive, uphold,
and lift up the fallen.

The Lord’s glorious splendour,

majesty,

greatness

and mighty works?

They are not abstract concepts.

They are not unrelatable,

untouchable,

or far away.

His unsearchable splendour

is displayed

in the mercy He gives

to you.

His great power put boots on the ground.

*“For God so loved the world
that He gave His only begotten Son,
that whoever believes in Him
should not perish
but have everlasting life.”* (John 3:16)

God the Father is patient with you and slow to anger.

Who do you know that is slow to anger?

A father who remains steadily patient at all times?

Sometimes earthly fathers lose their patience.

They have a responsibility

to keep their children alive,

on the straight and narrow,

and prepare them to face the world as adults.

Sometimes they lose patience because they are scared.

Afraid they won't manage it.

But God the Father does not get scared.

God never loses patience

because He never loses control.

He works His gracious will in unsearchable power.

*"The Lord is faithful in all His words
and kind in all His works.*

*The Lord upholds all who are falling
and raises up*

all who are bowed down." (Psalm 145:13b–14)

Every day, no matter what,

you can praise God

and bless His name.

But for many of us,

praising God in the midst of pain,

loss,

or discouragement can be difficult.

The Lord knows our struggles,

and He welcomes our honesty with Him.

He understands our weakness.

He invites us to bring our hurts and questions to Him in prayer,

trusting that His mercy holds us

even when our praise feels hard.

Even in times of trouble, you can bless His name.

Because He uses His might

to be merciful and patient to you.

Because He gave you Jesus.

The Lord is merciful and patient
 with you
 through the death and resurrection of Jesus.
 On the cross,
 Jesus' arms were stretched wide.
 They were stretched wide
 to embrace you in God's kindness.
 His tender mercies.
 His unfailing love.
 His gracious forgiveness.
*"Come to me,
 all who labour and are heavy laden,
 and I will give you rest."* (Matthew 11:28)

No matter what,
 every day you can praise the Lord.
 Because, for you:
*"The steadfast love of the Lord never ceases;
 His mercies never come to an end;
 they are new every morning;
 great is [His] faithfulness.
 'The Lord is my portion,'
 says my soul,
 'therefore I will hope in Him.'"* (Lamentations 3:22–24)

If this is who our King is...
 what are His people going to spend their lives doing?

III. I Will Bless the LORD by Making His Mercy Known (v.4,10-13)

My friends,
 We bless the Lord every day.
 We bless His name
 because He is our merciful King.
 The merciful King who gives us Jesus.
 Therefore,
 we praise Him.

But what does that look like in your life?
 How do we praise and bless His name every day?

We just had Canada Day.

The Americans just had the Fourth of July.

We celebrate our countries and tell their great stories.

But our nations have some not-so-great stories.

Thankfully,

we have a better Kingdom to celebrate.

We praise our God

and bless His name

by telling the story of His kingdom.

*“One generation shall commend your works to another,
and shall declare your mighty acts.” (Psalm 145:4)*

“...All your saints shall bless you!

They shall speak of the glory of your kingdom

and tell of your power,

to make known

to the children of man

your mighty deeds

and the glorious splendour

of your kingdom.” (Psalm 145:10–12, ESV)

We praise the name of the Lord

by telling His great acts:

His love in Jesus.

That means parents,

grandparents,

friends,

pastors,

and all Christians

share with each other

and their neighbours

what Jesus has done.

We bless His name,

“calling upon it in every trouble,

pray, praise,

and give thanks.” (SC)

We bless His name,
 “when the Word of God is taught
 in its truth and purity,
 and we,
 as the children of God,
 also lead holy lives according to it.” (SC)

We bless His name
 when we
*“Let the word of Christ dwell in you richly,
 teaching and admonishing
 one another in all wisdom,
 singing psalms
 and hymns
 and spiritual songs,
 with thankfulness in your hearts to God.
 And whatever you do,
 in word or deed,
 do everything
 in the name of the Lord Jesus,
 giving thanks
 to God the Father
 through Him.”* (Colossians 3:16–17)

We bless His name
 when we *“speak of the glory of [His] kingdom
 and tell of [His] power,
 to make known
 to the children of man
 [His] mighty deeds,
 and the glorious splendor
 of [His] kingdom.”* (Psalm 145:11–12)

Whether or not anyone else believes or repents,
 we continue to bless His name
 —just as Jesus did.
 The results are in God’s hands.
 Jesus said,
*“All things have been handed over
 to me by my Father,
 and no one knows the Son
 except the Father,
 and no one knows the Father
 except the Son
 and anyone
 to whom the Son chooses
 to reveal Him.”* (Matthew 11:27).
 We speak God’s praises.
 But God is the author of faith and repentance.

No matter what,
 day by day,
 we *“speak of the glory of [His] kingdom
 and tell of [His] power,
 to make known
 to the children of man [His] mighty deeds,
 and the glorious splendor
 of [His] kingdom.”*

*

So, my friends,
 What are you going to do
 with your life?

Some days will be joyful.
 Other days
 will break your heart.
 Some days,
 the world will call your life a success.
 Other days,
 it will call it a failure.

But we will be like Jesus.

His praise rose
even when whole cities rejected Him.
We too will bless the Father.

For His kingdom will not fail.

His mercy never ends.
His Son still says,
“Come to Me, and I will give your rest...”
Therefore,
every day,
we will bless His name forever and ever.

The Lord reigns.

His reign is merciful.
Therefore,
we will proclaim Him.

What will you do with your life?

Let us bless the Lord!
Thanks be to God!

And the peace of God, which passes all understanding, keep your hearts in Christ Jesus, amen.