



## CELL GUIDE

**TOPIC** Song For All Seasons

**SPEAKER**

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**THEME** Lessons From Selected Psalms

**DATE**

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# MESSAGE SUMMARY

## INTRODUCTION

In the opening sermon of this series, DSP Seng Lee drew lessons from the book of Psalms (Ps 150) to encourage us to praise and worship God in every season of our lives. God is worthy of our praise and we are created to praise Him. Hallelujah!

## SONG FOR ALL SEASON

There are a total of five books with 150 songs in the book of Psalms. Although many of the songs are about struggles and suffering faced by the authors, each book ends with the same line to praise the Lord. In the concluding psalm, Psalm 150, every verse commands us to praise the Lord. The book of Psalms is a constant reminder that we should praise the Lord in all seasons of our life.

### 1) WHERE to Praise the Lord

We can praise the Lord in any sanctuary where He is present (Ps 150:1). For the Jews, the Temple of God (Ex 15:17) was the physical holy place where they praised and worshipped the Lord. Similarly, Christians today gather in churches to praise the Lord. We should also praise the Lord in the mighty expanse of all of His creation as they reflect the glory of God (Ps 19:1). Lastly, we can praise the Lord wherever we are. Each believer is a temple of God as the Spirit of God dwells in us (1 Cor 3:16).

Thus, we should praise the Lord *everywhere*.

### 2) WHAT to Praise the Lord about

The Jews often praised God for His deliverance and how God saved them from their suffering through His mighty deeds and miracles. They also praised God because of His excellent greatness (Ex 33:18) - the Glory of God is His very being i.e His nature, His goodness, His compassion etc.

For us, we praise God for our salvation through Christ's life, death and resurrection. We also remember and praise God for the release of the Holy Spirit thousands of years ago to empower the Church to be the witness of God and to do the mighty deeds of God. The same Spirit dwells in us today (Rom 8:11) and we are called to do the mighty deeds of God through the Holy Spirit. God's

miracles are still happening every day. We praise God for the Holy Spirit who helps us to live a victorious life and exhibit God's mighty deeds; it is impossible to live out our Christian lives without the Holy Spirit.

Thus, we should praise the Lord for *everything* – His very being and all His works (Ps 150:2).

### 3) HOW to Praise the Lord

Psalms 150:3-5 describes three different pairings of sounds to show the range and contrast of how we can praise the Lord. Whether it is by a loud call to attention by a ram horn trumpet or the gentle sound of a harp and lyre, we can praise the Lord. Timbrel and dancing celebrate joyful occasions while music from stringed instruments and pipes help in contemplation. A loud cymbal takes centre stage while resounding cymbals continue in the background.

Thus, we can praise the Lord with *every expression* possible.

### 4) WHO to Worship

Psalms 150:5 states that everything that has breath should praise the Lord. This includes humans and all other living things created by God. The highest use of our breath is sincere praise to our Creator and the best use of our lives is to praise the Lord all the days of our lives. This is what we were created for and our lives should be an ongoing expression of praising of the Lord. We are also commanded by God to help others to know and praise Him.

Thus, *everyone* should praise the Lord.

## CONCLUSION

Everyone should praise the Lord wherever they are, with every expression possible for God's very being and all His works. The book of Psalms repeatedly reminds us to praise the Lord so let us praise the Lord now and continually, in good times and in bad times. When we praise the Lord instead of focusing on our own problems, we learn to see things as He does. As we surrender completely to the Holy Spirit, God fights for us, and our lives will be transformed.

# QUESTIONS

1. What is one thing that you would like to praise the Lord for today?

2. A. Why is it important for all of us to praise the Lord at all times and in all seasons?  
B. Reflect on a time when you found it challenging to praise the Lord. How did the Holy Spirit help you to overcome it?

3. How can we inculcate a culture of praising the Lord at all times in our lives? What are some things we can do to start building this habit from today onwards?