

## Psalm 145

[Greek number 144]

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Psalms 138-145 are specifically attributed to David. The text of Psalm 145 has King David praising “my God and King”, the King of kings, the God by whom sovereigns reign.

The poetic structure of this psalm: this is an alphabetic acrostic psalm (cf Pss 9-10; 25; 34; 111; 112; 119). The first word in each verse in Hebrew begins with a successive letter of the Hebrew alphabet. The fourteenth letter, *nun*, is missing in some versions (e.g. NZPB p.369). That line was most likely in the original: “The Lord is faithful in all his words and gracious in all his deeds.” (NRSV)

This is the only psalm with the title: “song of praise”.

Jesus would have known this psalm by heart. Jews recite this psalm three times daily in the *Ashrei*. Verse 16 occurs in the *Birkath Hammāzôn* (“The Blessing of the Food”) the meal prayer Jesus prayed regularly, including at his Last Supper.

An attitude for gratitude is central in positive psychology. Ignatius of Loyola highlights the centrality of praise. He says, “God created human beings to praise, reverence, and serve God, and by doing this, to save their souls”. NZ Anglicans echo this as week by week as we pray, “It is right indeed, it is our joy and our salvation... at all times and in all places to give you thanks and praise.” If we struggle to thank and praise, we can pray this psalm conscious of being surrounded by all who have prayed this throughout the millennia (vv. 3-7 our praise is part of a chain of praise stretching out across generations), and of Jesus praying within us.