

Psalm 146:1-10 **Trust in Yahweh & Be Blessed – The Wicked will be Punished**  
**Praise Yaah**

*The Happiness of Those Whose Help Is the LORD*

<sup>1</sup> Praise Yaah (the LORD)! Praise Yahweh (the LORD), O my soul!

<sup>2</sup> While I live I will praise Yahweh (the LORD); I will sing praises to Elohay (my God) while I have my being.

<sup>3</sup> Do not put your trust in princes, *Nor* in a son of man, in whom *there is* no help.

<sup>4</sup> His spirit departs, he returns to his earth; In that very day his plans perish.

<sup>5</sup> Happy *is he* who *has she-'Eel* (the God of) Jacob for his help, Whose hope *is* in Yahweh Elohayw (the LORD his God),

<sup>6</sup> Who made heaven and earth, The sea, and all that *is* in them; Who keeps truth forever,

<sup>7</sup> Who executes justice for the oppressed, Who gives food to the hungry. Yahweh (the LORD) gives freedom to the prisoners.

<sup>8</sup> Yahweh (the LORD) opens *the eyes of* the blind; Yahweh (the LORD) raises those who are bowed down; Yahweh (the LORD) loves the righteous.

<sup>9</sup> Yahweh (the LORD) watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down.

<sup>10</sup> Yahweh (the LORD) shall reign forever – Eloheyka (Your God), O Zion, to all generations.

Praise Yaah (the LORD)!

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Facts Revealed:

✧ Praise Yaah (the LORD)! Praise Yahweh (the LORD), O my soul!

While I live I will praise Yahweh (the LORD); I will sing praises to Elohay (my God) while I have my being. [Psalm 146:1-2]

✧ The heart of the psalmist is like the heart of David, promising life time praise to Yahweh.

✧ Do not put your trust in princes, *Nor* in a son of man, in whom *there is* no help.

His spirit departs, he returns to his earth; In that very day his plans perish. [Psalm 146:3-4]

✧ Confirming the folly of depending on human help which at best is unreliable and temporary because of death.

✧ Happy *is he* who *has she-'Eel* (the God of) Jacob for his help, Whose hope *is* in Yahweh Elohayw (the LORD his God),

Who made heaven and earth, The sea, and all that *is* in them; Who keeps truth forever,

Who executes justice for the oppressed, Who gives food to the hungry. Yahweh (the

LORD) gives freedom to the prisoners.

Yahweh (the LORD) opens *the eyes of* the blind; Yahweh (the LORD) raises those who are bowed down; Yahweh (the LORD) loves the righteous. [\[Psalm 146:5-8\]](#)

✧ Yahweh is more worthy of trust and hope because of who He is and what He does.

✧ He is also not limited by death.

☆ Yahweh (the LORD) watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down.

Yahweh (the LORD) shall reign forever – Eloheyka (Your God), O Zion, to all generations.

Praise Yaah (the LORD)! [\[Psalm 146:9-10\]](#)

✧ Yahweh cares for the needy.

✧ Yahweh will punish the wicked.

✧ O Zion, the kingdom of Yahweh Eloheyka is eternal extending to all generations.

✧ **Praise Yaah!**