Introduction:

Praise is a choice. The Psalmist is admonishing His soul to be occupied with the praise of the Lord every day and in every circumstance. This is surely a good way to live life.

I. PRAISE EXPRESSES OUR CONFIDENCE IN THE LORD.
   1. We can be confident because of His power.
   2. We can be confident because of His reliability.

The Lord is contrasted with the earthly rulers or human powers in which we are prone to trust. They are limited in power, and prove to be unreliable.

II. PRAISE ACKNOWLEDGES THE HELP OF THE LORD.
   1. He is the helper of the helpless.
   2. He is the helper of the hopeless.
   3. He is the helper of the homeless.

III. PRAISE HONORS THE RULE OF THE LORD.
   1. His rule is universal.
   2. His rule is eternal.