Introduction:

The Sabbath should be a day of remembrance and thanksgiving. It should be day in which the soul of man is turned toward the source of all good in praise. The Psalmist wrote this psalm as an aid for such an exercise on the Sabbath day. Modern man has abandoned the concept of a Sabbath to his own hurt. Because he never pauses in the flow of life to remember who he is and how he got here, he never offers to God the praise He deserves.

The Psalm opens with a declaration of the goodness of praise. It is good for man and a pleasure to the faithful God to whom the praise is offered. This psalm is rich in helpful lessons about praise.

I. GOOD PRAISE OPENS THE DAY AND CLOSES THE DAY.

II. GOOD PRAISE EXPRESSES GRATITUDE.

III. GOOD PRAISE ACKNOWLEDGES THE RIGHTEOUS JUDGMENTS OF THE LORD.

IV. GOOD PRAISE PAYS THE DEBT WE OWE.

V. GOOD PRAISE FULFILLS A DUTY OF MAN.

VI. GOOD PRAISE REVEALS UNDERSTANDING OF THE WAYS OF THE LORD.