

# Individual Psalms of Grateful Praise

“I cried, God heard, and he delivered.”

## Terminology

Declarative Praise Psalms, Psalms of Acknowledgment, Thanksgiving Psalms

## Distinctions

Individual Songs of Grateful Praise vs. **Praise Psalms**

Individual Songs of Grateful Praise & **Lament Psalms**

\***Psalms 56 & 34**

\***Psalms 51 & 32**

## Samples

\***Ps.18, 30, 32, 34, 40:1-11, 41, 66:13-20, 92, 116, 118(?), 138**

\*cf. **1Sam.2:1-10** (Hannah)

**Jonah 2:1-9** (Jonah)

## Background & Setting

\***Leviticus 7:11-15**

\*cf. **Ps.116**

## Note on Terminology

“Thanksgiving” or “Acknowledgement”

\*Public Acknowledgement

\***Ps.35:18** “I will thank you in the great congregation;  
in the mighty throng I will praise you.”

\***Ps.40:5** “You have multiplied, O LORD my God,  
your wondrous deeds and your thoughts toward us;  
none can compare with you!  
I will proclaim and tell of them,  
yet they are more than can be told.”

\***Ps.66:16** “Come & hear, all you who fear God,  
& I will tell what he has done for my soul.”

\***Ps.116:13** “I will lift up the cup of salvation  
and call on the name of the Lord”

**14** “I will pay my vows to the LORD  
in the presence of all his people.”

**17-18** “I will offer to you the sacrif of thanksgiving  
& call on the name of the LORD.

I will pay my vows to the LORD  
in the presence of all his people.”

## Form / Common Components

### Proclamation

“I will praise the Lord.”

### Introductory Summary Statement

“because he heard / delivered me.”

### Reflection & Report

“I cried, he heard, he answered.”

### Praise

“Come join me in praise”

## Samples - a closer look

### \*Jonah 2

#### Superscript

<sup>1</sup> Then Jonah prayed to the LORD his God from the belly of the fish,

#### Summary Statement

<sup>2</sup> saying, “I called out to the LORD, out of my distress,  
and he answered me;  
out of the belly of Sheol I cried,  
and you heard my voice.

#### Reflection

<sup>3</sup> For you cast me into the deep,  
into the heart of the seas,  
and the flood surrounded me;  
all your waves and your billows  
passed over me.  
<sup>4</sup> Then I said, ‘I am driven away from your sight;  
yet I shall again look upon your holy temple.’  
<sup>5</sup> The waters closed in over me to take my life;  
the deep surrounded me;  
weeds were wrapped about my head  
<sup>6</sup> at the roots of the mountains.

#### Report

I went down to the land  
whose bars closed upon me forever;  
yet you brought up my life from the pit,  
O LORD my God.  
<sup>7</sup> When my life was fainting away, I remembered the LORD,  
and my prayer came to you, into your holy temple.

#### Brief Homily

<sup>8</sup> Those who pay regard to vain idols  
forsake their hope of steadfast love.  
<sup>9</sup> But I with the voice of thanksgiving  
will sacrifice to you;  
what I have vowed I will pay.  
Salvation belongs to the LORD!”

**\*Psalm 30**

**Superscript**

A Psalm of David. A song at the dedication of the temple.

**Proclamation**

<sup>1</sup> I will extol you, O LORD,  
for you have drawn me up  
and have not let my foes rejoice over me.

**Summary Statement**

<sup>2</sup> O LORD my God, I cried to you for help,  
and you have healed me.  
<sup>3</sup> O LORD, you have brought up my soul from Sheol;  
you restored me to life from among those who go down to the pit.

**Congregation called to praise**

<sup>4</sup> Sing praises to the LORD, O you his saints,  
and give thanks to his holy name.  
<sup>5</sup> For his anger is but for a moment,  
and his favor is for a lifetime.  
Weeping may tarry for the night,  
but joy comes with the morning.

**Report of Deliverance**

<sup>6</sup> As for me, I said in my prosperity,  
“I shall never be moved.”  
<sup>7</sup> By your favor, O LORD,  
you made my mountain stand strong;  
you hid your face;  
I was dismayed.  
<sup>8</sup> To you, O LORD, I cry,  
and to the Lord I plead for mercy:  
<sup>9</sup> “What profit is there in my death,  
if I go down to the pit?  
Will the dust praise you?  
Will it tell of your faithfulness?  
<sup>10</sup> Hear, O LORD, and be merciful to me!  
O LORD, be my helper!”

**Praise**

<sup>11</sup> You have turned for me my mourning into dancing;  
you have loosed my sackcloth and clothed me with gladness,  
<sup>12</sup> that my glory may sing your praise and not be silent.  
O LORD my God, I will give thanks to you forever!

**\*Psalm 34:1–11**

**Superscript**

Of David, when he changed his behavior before Abimelech,  
so that he drove him out, and he went away.

**Proclamation of Praise**

<sup>1</sup> I will bless the LORD at all times;  
his praise shall continually be in my mouth.  
<sup>2</sup> My soul makes its boast in the LORD;  
let the humble hear and be glad.  
<sup>3</sup> Oh, magnify the LORD with me,  
and let us exalt his name together!

**Summary Statement**

<sup>4</sup> I sought the LORD, and he answered me  
and delivered me from all my fears.

**Reflection & Report**

<sup>5</sup> Those who look to him are radiant,  
and their faces shall never be ashamed.  
<sup>6</sup> This poor man cried, and the LORD heard him  
and saved him out of all his troubles.

**Praise**

<sup>7</sup> The angel of the LORD encamps around those who fear him,  
and delivers them.  
<sup>8</sup> Oh, taste and see that the LORD is good!  
Blessed is the man who takes refuge in him!  
<sup>9</sup> Oh, fear the LORD, you his saints,  
for those who fear him have no lack!  
<sup>10</sup> The young lions suffer want and hunger;  
but those who seek the LORD lack no good thing.  
<sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the LORD.

**\*Psalm 66:13-20****Proclamation**

<sup>13</sup> I will come into your house with burnt offerings;  
I will perform my vows to you,  
<sup>14</sup> that which my lips uttered  
and my mouth promised when I was in trouble.  
<sup>15</sup> I will offer to you burnt offerings of fattened animals,  
with the smoke of the sacrifice of rams;  
I will make an offering of bulls and goats. Selah

**Introductory Summary**

<sup>16</sup> Come and hear, all you who fear God,  
and I will tell what he has done for my soul.

**Reflection & Report**

<sup>17</sup> I cried to him with my mouth,  
and high praise was on my tongue.  
<sup>18</sup> If I had cherished iniquity in my heart,  
the Lord would not have listened.  
<sup>19</sup> But truly God has listened;  
he has attended to the voice of my prayer.

**Praise**

<sup>20</sup> Blessed be God,  
because he has not rejected my prayer  
or removed his steadfast love from me!

**The “Sacrifice of Praise” under the New Covenant**