

# WHOM CAN I TRUST?

PSALM 146:1-10 • TV-441A

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By  
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### **Psalm 146:1-10**

*“Praise ye the LORD. Praise the LORD, O my soul. While I live will I praise the LORD: I will sing praises unto my God while I have any being. Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth; in that very day his thoughts perish. Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God: Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever: Which executeth judgment for the oppressed: which giveth food to the hungry. The LORD looseth the prisoners: The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous: The LORD preserveth the strangers; he relieveth the fatherless and widow: but the way of the wicked he turneth upside down. O The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.”*

Now, my message today will be taken from the book of **Psalms** and the subject will be: **“WHOM CAN I TRUST?”**

You know, a lot is being said today about who can be trusted and who cannot be trusted and whom do you trust. Well I plan to tell you in this message today whom you can trust, where you can place your trust and your confidence and never, ever, be disappointed. **“WHOM CAN I TRUST?”**

And I want you to turn in your Bibles to **Psalm 146**. I’d like very much for you to turn to this passage of Scripture and follow along as I speak to you today, **Psalm 146**. We’re going to begin at **verse 1**.

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There are 10 verses in this **Psalm**. We're going to begin at **verse 1** and hopefully as the Spirit of God gives me some wisdom and understanding and the ability to speak from this **Psalm**; we'll go on down through **verse 10**.

But you take your Bible and follow with me as I speak. Now **verse 1** begins this way; *"Praise ye the LORD. Praise the LORD O my soul."*

Now over and over again in the book of **Psalms** we are exhorted to, praise the Lord. Isn't that what it says, *"Praise the LORD, praise the LORD, O my soul?"*

Now; does this mean that in order for me to praise the Lord that I must use these identical words, that I must say those words, "Praise the Lord?" Those are the words that most religionists are using over and over and over again; "Well praise the Lord, praise the Lord, hallelujah, blessed Jesus."

In order to praise the Lord must I use these particular words? Now the word here is; *"Praise the LORD; praise ye the LORD."* It doesn't say you have to use these words, "Praise the Lord, or hallelujah."

I'm persuaded; now listen to me, I'm persuaded that these words; I hear them all the time, I hear people say; "Well praise the Lord, praise the Lord, and praise the Lord." I am persuaded that these words have become mere form.

They're used in a flippant and meaningless manner by most people. It's just sort of like a by-word. It's sort of like a word to fill in when we don't have anything else to say, "Well praise the Lord."

Like the other day I was listening to a young athlete being interviewed and he really didn't have much to say. And about every three or four words he'd say, "You know." He'd talk about where he was playing, "You know" and where he was going to school, "You know," and what position he played, "You know."

He was using these words, "You know" as fillers. And I'm afraid that many people who use these words, "Praise the Lord, and hallelujah, and blessed Jesus" are just using these words flippantly and carelessly and as fillers for lack of something else to say.

The Scripture says this; *"Be not rash with thy mouth. Let not thine heart be hasty to utter words before the Lord for God is in heaven and thou are upon the earth. Therefore, in His presence, let thy words be few."*

Be careful how you use the name of the Lord. Don't use it flippantly and carelessly as a mere form or words to fill in for lack of something else to say besides, besides, true praise and true worship is not lip service at all; its heart worship.

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What did that Scripture say I just read? *“Praise ye the LORD, praise the LORD O my soul, O my soul.”* That’s the source of true praise, the soul, the heart, the mind. **Psalm 103** says; *“Bless the Lord O my soul and all that is within me bless His holy name.”*

I’ll tell you, our Lord condemned those religionists back in that day. You know, He said in **Matthew 15**; He said; *“These people draw near to me with their mouths but their hearts are far from me.”*

What I’m saying is, I can praise the Lord without even using any words at all. Hannah did. Have you ever read the **2<sup>nd</sup> chapter of 1 Samuel**? That’s one of the greatest Psalms of praise that I’ve ever read anywhere. God had it recorded, Hannah’s praise of the Lord.

And you know when she was praising the Lord and praying to God; listen to me, when she was praising the Lord and praying to God she wasn’t saying anything. Here lips moved but she wasn’t making any noise.

And Eli the old priest thought she was drunk. He said, “Are you drunken?” She said, “No sir; I’ve been talking to God.” So you know, Hannah worshipped and praised God with no words at all.

In **Romans 8:26** prayer is described in this way, *“Groaning’s which cannot be uttered; groaning’s which cannot be uttered.”*

**Psalm 103** says, *“Praise ye the Lord, praise the Lord O my soul and all that is within me.”*

And avoid careless, repetitious, flippant, form, that people call praise. It’s not praise at all. *“These people draw nigh to me with their mouths but it’s their heart that is far from me.”* And God does not look on the outward countenance; He looks on the heart. He receives heart worship.

All right, look at **verse 2**. The Psalmist says: *“While I live I will praise the LORD. I will sing praises to my God while I have any being. While I live I’ll praise the LORD.”*

My friends; I have every reason to praise God while I live because it’s by His will and pleasure that I do live. That’s right! He gave me life. In Him I live and move and have my being. He sustains my life. *“By Him all things consist”* or are upheld, or held together.

And I’ll tell you this, when He wills it, He will take my life. He gave me life. He sustains my life and He will take my life. That’s right! Job said this; *“Our days are determined. The numbers of our months are with the Lord. He has set our bounds. We cannot pass.”*

God told Isaiah, *“I kill, I make alive. I wound, I heal. I raise men up and I bring them down.”* So, while I live I’ll praise the Lord. And I have every reason to praise Him while I live because it’s by His will that I live.

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And then I have greater reason to praise God because I live spiritually, I live spiritually. I have in Christ not only physical life but eternal life and in turn spiritual life.

You know, it is by His will that I was chosen to life. That is right! Paul wrote this in **Ephesians**; he said; *“Blessed be the God and Father of our Lord Jesus Christ who hath blessed us with all spiritual blessings in the heavenlies according as He chose us in Christ before the foundation of the world that we should be holy and without blame before Him. In love He predestinated us to the adoption of children.”* So, it’s by His will that I’ve been chosen. And it’s by His will that I’m born again: *“Of His own will begat He us.”*

The Scripture says; *“As many as received Him, to them gave He the privilege to become sons of God, even to those that believe on His name, which were born not of blood, (that is, not of fleshly genealogy) not of the will of the flesh, not of the will of man, born of God.”*

It is by His will I was chosen. It is by His will I was born again. And it’s by His will Christ died for me. *“In the volume of the book it’s written of me; I come O Lord to do thy will, by the which will, we are sanctified through the offering of the body of Jesus Christ once for all.”*

It’s by God’s will that I’ve been redeemed and by God’s will that Christ died for me. And by God’s will that He’s my Mediator and it’s by God’s will that I’ll be resurrected. Christ said, *“Because I live, you shall live also,”* because Christ ever lives for us and entered in for us we shall also.

Now that calls for praise doesn’t it? That calls for praise; *“While I live I’ll praise the LORD. I will praise God while I have any being.”* And I’ll tell you this, one day we’ll really be able to praise Him. That’s right! I don’t love Him now like I ought to, like I want to, and like I should, but someday I will.

And I can’t praise Him from my heart, mind, soul, or anyway, like I ought to, like He ought to be praised, like I want to, or like I will someday when all the voices of all the people of all generations of all tribes, kindred, nations, and tongues, shall lift their voices in glory and say; *“Unto Him who loved us and washed us from our sin; to Him be the glory both now and forever.”* Oh my; that’s praising the Lord, that’s praising God.

And then look at **verse 3**; listen to this. And here I’m coming to my main theme: “Whom can I trust?” He says in **verse 3**; *“Put not your trust, (your confidence) in princes, (kings, or earthly leaders)”* you can’t trust them.

*“Put not your trust in the sons of men, in whom there is no help (no salvation).”* When are we going to learn that? When are we going to learn not to put our trust and our confidence in this flesh? When will we learn that?

You know; people go to church because of a man. And then they will quit church because of the same man. And then they follow a man and they are disappointed in that man. You know; our

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Lord said; *“Don’t call any man your master. You have one Master even Christ. Don’t call any man your Father upon the earth for one is your Father which is in heaven.”*

We don’t put any confidence in this flesh, in any flesh, yours, mine, princes, leaders, captains, commanders or whomever, if they’re nothing but men. Don’t put your trust in the sons of men in whom there’s no help and no salvation.

**Philippians chapter 3:3**, gives a three-fold definition of a true believer.

First of all: *“We are the circumcision; (we are true Israel) who worships God in spirit,”* not just with blabbing off the mouth; we worship God in heart and spirit. That is what I’m saying, praising God in the heart, in the soul.

Secondly: *“We rejoice in Christ Jesus.”* Everything we have is by His grace. He is my life, He is my hope, He is in heaven, He is glory, and He is all things, *“Christ is all in all.”* I rejoice in Christ.

Thirdly: *“I put no confidence in the flesh.”* You know; it’s not the man that’s important; it’s the message. Somebody drove by a church one day and said, “Who preaches there?” Well that’s not important, who preaches there. Whom do they preach there, what’s the message, what message do they preach? That’s what’s important.

Now I know all of us want to set a good example. I want to be a good example to the people to whom I preach. I want to live and walk and talk for the glory of God. But I know this and you know this; *“Man at his best state is altogether vanity. And in this flesh dwelleth no good thing.”*

So don’t put your trust in men. *“Put not your trust, (confidence) in princes, (leaders, or the sons of men) in whom there is no help (no salvation).”*

Now look at **verse 4**; He tells us why. He tells us why we can’t trust men, can’t trust ourselves. Here’s the reason; He says in **verse 4**, *“His breath goes forth. He returns to the earth. And in that day his thoughts perish.”*

What’s He saying there? Well, Don’t put your trust in a man because:

First of all: When he quits breathing he dies. Men are so frail and so impotent and so powerless that a want of a little air; they die. He can’t help himself and he can’t help you. Why would you trust him? All that kills him is a want of a little air. He can’t create enough air to stay alive. He breathes his last breath and dies.

Secondly: *“He returns to his earth.”* The dust is his earth. Not returns to the earth; he returns to his earth, to his original state he was taken from the dirt and he goes back to the dirt. He has no pull, he has no influence, he has no power anywhere. That’s right! He has no authority. He returns to his dirt.

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Now that's the wrong fellow to put confidence in. If you want to put trust and confidence in someone put it in Christ; He arose. He didn't go back to the dust because He didn't come from the dust. He came from God.

And He's the ever living Mediator. Paul was afraid of people putting their trust and confidence in him. He said, "*I thank God that I didn't baptize any of you.*" Nobody can go out here and say, "Well I have special; I have special favors because Paul baptized me."

Paul has no pull. Paul is just a sinner saved by grace and the chief of sinners. Don't put your trust in men. Don't put your confidence in men because they die for want of air and they go back to their dirt.

Thirdly: "*And their thoughts that day perish with them.*" Man's thoughts, plans, ideas, and programs, all go down with him, nothing remains. He's just a sinner that day looking for mercy. All of these big visions and plans and dreams and things that religious leaders promote while they're here on the earth; when they die their breath goes, they go back to the dirt, and their thoughts, ideas, and plans, die with them. Don't put your trust in them. Don't follow them.

All right; here's the one to trust, **verse 5**; look at it, here's the one to trust, in whom you can trust and rest, "*Happy is the man that hath the God of Jacob for his help, whose hope is in the LORD his God.*" Happy is the man whose hope is in the Lord his God, not in men, but in God, the God of Jacob.

Who is this God of Jacob? Why is He called the God of Jacob? The Lord God is often called the God of Jacob. God changed Jacob's name to Israel; do you remember, the God of Israel, the God of Jacob?

True children of God are often called sons of Jacob, quite often in the Scriptures, sons of Jacob and the God of Jacob. I'll tell you this, whatever it means; do you want the God of Jacob to be your refuge and do you want to be a son of Jacob, yes you do. You want to trust Him, "*Happy is that man whose hope and trust and help is in the God of Jacob; happy is that man.*"

I'll tell you why we're called sons of Jacob, why He's called the God of Jacob.

First of all: God chose Jacob. That's right! He said in **Romans 9:10-11**; "*When Rebecca had conceived by Isaac, the children being not yet born, neither having done any good or evil, that the purpose of God according to election might stand; it was said to her the elder shall serve the younger, (Esau, the older shall serve the younger Jacob).*" Jacob was chosen.

Secondly: God loved Jacob. He said, "*Jacob have I loved, Esau have I hated.*" Jacob was an object of God's love.

Thirdly: God met Jacob at Bethel and revealed Himself to him.

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Fourthly: God kept Jacob all the days of his life. He supplied his needs and brought him back to Bethel.

And in the next place God changed his name from Jacob which means (cheat and supplanter) to Israel which means a prince of God.

*“Happy is the man whose God is the God of Jacob. Happy is the man who hath the God of Jacob for his refuge and for his help. Happy is the man whose hope is in the God of Jacob.”*

Now then, **verse 6** tells you why. A while ago He said, *“Don’t you trust man. Don’t you put any confidence in the flesh”* and He tells us why. *“His breath goes from him and he goes back to his dirt and his thoughts perish with him.”*

*“But happy is the man who trusts the Lord, whose confidence and trust and hope is in the God of Jacob,”* the sovereign God, the God of purpose, the God of covenant mercies. Now here’s the reason, **verse 6**. Here’s the reason we can trust our God.

First of all: *“Our God made the heavens.”* That’s why you can trust Him; He made the heavens. He who made the heavens can make you fit for heaven. That’s right! Our Lord Jesus said this; *“I go to prepare a place for you, if I go and prepare a place for you I’ll come again and receive you to myself that where I am you may be also. And you know where I go and the way you know.”* We know where he goes. He goes back to the Father. And we know the way to the Father; it’s through Christ. So He who made the heavens can make you fit for heaven.

Secondly: He made the earth. He can sustain us. He can provide for us. He can keep us here on this earth if *“He made the earth and all therein is.”* It says, *“He made the sea.”* What is the sea? Well, all we see is the top of it but some of these men have taken pictures under water and the sea is the most mysterious, most wonderful, part of God’s creation, I suppose.

Have you seen some of those films taken under the sea, all the unseen mysteries, all of the things that God has made? Well I’ll tell you, He made the sea and the mysteries of the sea. He can deliver us in time of trouble, unseen powers, and mysteries. He can keep us.

Thirdly: And this God who made the heaven, the earth, and the seas, *“Which keepeth truth forever;”* He never changes.

You can’t trust men, they change. They’re powerless, impotent, and they change and make their promises but they can’t keep them. But He keeps truth. He is true to His covenant. He is true to His Word. He is true to His Son. He is true to His promises.

He said; *“I’m the Lord, I change not (I don’t change).” “I am the same yesterday, today, and forever.”* What He purposed He will do; *“Whom He foreknew He predestinated to be conformed to the image of His Son. Whom He predestinated He called. Whom He called He justified. Whom He justified He glorified.”*

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*“I’m the Lord; I change not. Therefore, you sons of Jacob; (there’s that word again) are not consumed.”* Why are we not consumed? Because He’s the God of Jacob and He doesn’t change. **Romans 11** says, *“The gifts and calling of God are without change.”*

Now look at **verse 7, 8, 9, and 10** and I’ll take them all together. In the last four verses the name OF Jehovah, the LORD; (notice it in your Bible) the LORD; it is capitalized, capital **L**, capital **O**, capital **R**, and capital **D**.

Jehovah the Lord; His name appears six times in these four verses and each time it sets forth the happiness and comfort of that person who has learned to trust the Lord. It says; *“The LORD looseth prisoners.”*

We’re prisoners; that’s right, by birth, nature, and choice. Prison is of sin, prisoners of justice. He sets us free. *“The LORD openeth the eyes of the blind.”* He hath shined in our hearts to give us the knowledge of the glory of God in the face of Christ. We see Him.

**Verse 8:** *“He raiseth them that are bowed down.”* He lifts their burdens.

**Verse 8:** *“He loveth the righteous,”* those who are in Christ to whom it can be said, Christ is our righteousness.

**Verse 9:** *“The Lord preserveth the strangers.”* We are strangers here on this earth. We’re not strangers to God or to one another but we are to the world because this is an unfriendly, hostile, world.

But He’ll preserve us wherever we go. He said, *“I’ll never leave you. I’ll be with you always.”* He’ll preserve you throughout your walk.

And last in **verse 10**; *“The Lord shall reign forever”* and we shall reign with Him. So; *“Praise ye the LORD!”*