

Psalms of the Degrees (Psalms 120-134)
Celebrating Triumph Over Trouble Through Trust in God

Psalm 134 - Bless the Lord Oh My Soul!

- 1 *Behold, bless the Lord, all servants of the Lord,
Who serve by night in the house of the Lord!*
- 2 *Lift up your hands to the sanctuary
And bless the Lord.*
- 3 *May the Lord bless you from Zion,
He who made heaven and earth.*

HISTORICAL BACKGROUND: In the first Psalms of the Degrees, Psalm 120, Hezekiah cries out, “Woe is me,” but here in the concluding Psalms of the Degrees, Hezekiah bursts out into an ecstatic, “Bless the Lord!” Hezekiah and the children of Judah had suffered much through the the Assyrian invasion and Hezekiah’s illness, but God used the trials to purify and strengthen their faith, even as gold is refined through the fire. You see the progression of their faith as you walk through the fifteen Psalms of the Degrees. In the first five Psalms the people move from bemoaning their troubles to **BEHOLDING** the Lord, the maker of heaven and earth for whom nothing is impossible. In the second five Psalms the people are **BELIEVING** the Lord as they place their confidence in God’s promises. In the last five Psalms the people are **BLESSING** the Lord for his forgiveness and faithfulness.

In this last psalm Hezekiah leaves us where you would expect him to leave us, in Solomon’s temple, the house of the Lord, which was so dear to Hezekiah’s heart. Hezekiah had cleansed, restored, & reopened the temple doors for worship, complete with priestly choirs and orchestras who gave thanks and praised the Lord every morning and evening. Hezekiah said,

The Lord will surely save me; so we will play my songs on stringed instruments all the days of our life at the house of the Lord. Isaiah 38: 20

May God give us the heart of Hezekiah of whom it is written,

*Hezekiah did what was good, right and true before the Lord his God.
Every work which he began in the service of the house of God in law and in commandment, seeking His God, he did with all his heart and prospered.*

2 Chronicles 31: 20b-21

LESSONS TO BE LEARNED FOR TODAY

1. To bless the Lord is an expression of praise designed to ENHANCE God's character and EXALT God's reputation in the minds and hearts of the people.

Behold, bless the Lord, all servants of the Lord...

Psalm 134: 1a (see Psalms 34: 1-4)

2. To bless the Lord is to serve or stand before the Lord as an attendant, ready to OBEY the Lord's instructions.

...who serve by night in the house of the Lord!

Psalm 134: 1b (see Deuteronomy 10: 8 and Zechariah 3: 7)

3. To bless the Lord is to lift up our HANDS to Him.

Lift up your hands to the sanctuary and bless the Lord. Psalm 134: 2

Lifting ones hands to the Lord indicates two things:

- CLEAN hands & heart (Psalm 24: 3-4)
- CONSECRATED hands & heart (Psalm 119: 44-48)

4. To bless the Lord can always be SEEN and/or HEARD.

- VOCAL (Psalm 145: 21; 63: 3; 30: 4)
- AUDIBLE (Psalm 47: 1; Psalm 150)
- VISIBLE (Psalm 63: 4-5; 149: 3; 95: 6)

5. No one can RENDER blessing to the Lord without RECEIVING blessing from the Lord.

May the Lord bless you from Zion, He who made heaven and earth.

Psalm 134: 3

The Lord bless you, and keep you; the Lord make His face shine on you, and be gracious to you; the Lord lift up His countenance on you, and give you peace.

Numbers 6: 24-26