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Wisdom Worksheet: Online with God 24/7 (Psalm 145)

Introduction

Prayer is being online with God when our hearts are connected with His (Psalm 37:4). Being online includes uploads from us, downloads from the presence of God, and links with others. Typically, we avoid prayer for two reasons: (1) cost and (2) competence. We do not want to risk the cost of our time, talent, or treasure, and we do not deem ourselves competent to pray. Consequently, we work offline from God, limiting our encounters with Him to a church building with a particular group of people, functioning in a certain style for one hour on one given day of the week.

*Addressing these barriers, David, who was the leader of the strongest superpower of his day, wrote what Spurgeon called his crown jewel psalm, a prayer song to God. Psalm 145, titled, *A psalm of praise*, is an acrostic poem. Each verse (including 13b) begins with the successive letter of the Hebrew alphabet as a method to assist followers in memorizing the psalm. *Praise* appears 46 times in Psalms 145-150 (the Hallel Hymns sung in the synagogues each morning), but David's idea of praise superseded the boundaries of a building, a particular group of people, a style, or the limits of one hour of a given day each week. Rather, he described praising God anywhere and everywhere as he painted a picture of being online with God 24/7, being a*



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person who *PRAYS*. Interestingly, David's pattern of praise correlates with the flow of the Lord's Prayer evidenced in the life of Christ.

(1) Upload: Praise (Psalm 145:1-7)

Praise means "to bend down and to lift up." David bent the knees of his heart and lifted up the name of God "for ever and ever" (Psalm 145:1). He did so "every day" (Psalm 145:2). David's worship of the Lord was in full view for all to see as he communicated the heart of God to others who would transfer Yahweh's goodness to other generations (Psalm 145:4-7). When we praise God, we bend the knees of our hearts to lift Him up 24/7. This means that we worship Him the most where others expect it the least, including our work, play, homes, and churches.

In the Lord's Prayer, Jesus said, "Our Father in heaven, hallowed be your name" (Matthew 6:9). Heaven had three meanings: (1) where we go when we die, (2) the stars in the sky, or (3) the air in and around us. Perhaps Jesus was emphasizing the close proximity of God, as close as the air in and around us.

Download: God's Person and Power

When David praised his Creator, he experienced God's Person and power (Psalm 145:3-7). When we upload praise to God, He downloads His Person and



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power into our lives. This becomes evident in our communication of God to others. We transfer God's Person and power to them both through our walk and our talk.

Pause and Let Wisdom Work

Praise God the most where people expect it the least. Praise Him 24/7, including in your work, play, home, and church. Identify any setting where you believe that you are limiting your praise of God. Commit to lifting up God in that setting with your heart, desires, and life so that you worship Him 24/7. When you pray, praise your heavenly Father for Who He is (holy) and for being as close as the air in and around you. God will download His Person and power into your life, empowering you to link the same with others.

(2) Upload: Renew (Psalm 145:8-13a)

David renewed his mind to be focused on God's kingdom rather than his own. A kingdom is the effective reach of one's will. In a monarchy, a king's will reached to the ends of his kingdom. However, atypical of an eastern ruler, David believed in an authority higher than himself. Similarly, we have the same opportunity to refocus our minds on God's kingdom within our personal kingdoms on earth. God desires that we experience His kingdom: His divine rule, reign, and order in the hearts and lives of people on this earth now and



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in the future. This occurs only with the supernatural renewing of our minds. Paul taught, “Therefore, I urge you brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will” (Romans 12:1-2).

In the Lord’s Prayer, Jesus said, “Your kingdom come, your will be done on earth as it is in heaven” (Matthew 6:10). It was understood that after God’s kingdom came, His will would be done on earth as in heaven. Jesus ushered in God’s kingdom. As a result, this part of Jesus’ prayer calls for the renewing of our minds in order to experience God’s kingdom and will in our lives. This is a 180-degree turn from our world’s standards. Jesus modeled this when He prayed for His Father’s will (Matthew 26:39).

Download: God’s Passion

David advocated the depth and breadth of God’s compassion, emphasizing that He was rich in love (Psalm 145:8-9). When we renew our minds to refocus on God’s kingdom, we experience His Passion, including His will for our lives. God desires that we transfer His passion to the hearts and lives of others as we renew our minds.



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Pause and Let Wisdom Work

Renew your mind 24/7 to refocus your efforts toward the advancement of God's kingdom rather than your own. Memorize Romans 12:1-2. Recite it to God, praying to Him as you seek the renewal of your mind. God will download His Passion, namely His will for your life, and you will link that passion with others.

(3) Upload: Ask (Psalm 145:13b-16)

Because David depended on God, he asked Him to supply all his needs. He recognized God as faithful, loving, restoring, giving, and satisfying (Psalm 145:13b-16). Today, we are offered the same opportunity to ask God to supply all our needs in Christ (Phil. 4:19).

In the Lord's Prayer, Jesus said, "Give us today our daily bread" (Matthew 6:11). This referenced God's provision of Manna in the desert for the Israelites. It was an illustration of the people's total dependence on God to supply their needs to advance His kingdom.

Download: God's Provision

David asked God to supply all his needs, and he received God's provision (Psalm 145:15-16). Consequently, David advanced the kingdom of God in



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others. When we ask God to supply our needs, we recognize our total dependence on Him to advance His kingdom through us and into others. Subsequently, He downloads His provision.

Pause and Let Wisdom Work

Ask God 24/7 to supply your needs to advance His kingdom through you and into others. When you pray, ask His Spirit to help you identify and provide any missing resources for you to communicate Christ to those in your life. God will download His provision and equip you to link His provision with others.

(4) Upload: Yield (Psalm 145:17)

David recognized God's unlimited righteousness and love (Psalm 145:17). Righteousness and love are two components of forgiveness, God's vehicle that transports grace to others. Forgive means "to let go." When we let go, we yield. Just like a driver's response to a yield sign, when wronged, we slow down and let the other person go.

In the Lord's Prayer, Jesus said, "Forgive us our debts, as we also have forgiven our debtors" (Matthew 6:12). C. S. Lewis observed that, "as" was the most sobering two-letter word in all Scripture because the prayer is for God to forgive us in the same exact manner in which we have forgiven others. For some of us, this is a scary prayer. We have to yield all unsettled accounts to



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God, radically issuing to others the forgiveness that we have received from Him. If we are not characterized and known as forgivers, then we have not truly received God's forgiveness (Matthew 6:14-15).

Download: God's Peace

David yielded all unsettled accounts to God and experienced the Lord's peace through His righteousness and love. When we yield all unsettled relational accounts to God, He downloads His peace into our hearts, and we transfer that peace to our relationships with others. God's peace flows from His righteousness and love offered only in Christ.

Pause and Let Wisdom Work

Yield 24/7 all unsettled accounts to God. Let go and let God bring peace to your relationship with Him and your relationships with others. When you pray, seek the Spirit's guidance to reveal to you all unsettled relational accounts as you yield those to Him. God will download His peace and help you link His peace with others.

(5) Upload: Surrender to be Spirit-Led (Psalm 145:18-21)

David was so in tune with the closeness of God that he called on Him in his times of need (Psalm 145:18). This included times of temptation. Though



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he did not get it right every time, David surrendered to be Spirit-led during the overall course of his life. We are guaranteed temptation on this side, but we are always provided a way out in Christ when we surrender to be Spirit-led (1 Corinthians 10:13).

In the Lord's Prayer, Jesus said, "And lead us not into temptation, but deliver us from the evil one" (Matthew 6:13). The Aramaic sentence structure might indicate, "Let us not sin when tempted," rather than, "Let us not be tempted." This is supported by the fact that Scripture tells us that God does not tempt anyone (James 1:13).

Download: God's Protection

When David surrendered to be Spirit-led, he experienced God's protection (Psalm 145:19-20). When we surrender to be Spirit-led, God downloads His protection and uses us to transfer His protection to others.

Pause and Let Wisdom Work

Surrender your heart to be Spirit-led 24/7. When you are tempted, surrender to the Holy Spirit the bait and your desires that are luring you. When you wake up every morning, pray to God, surrendering your heart to be Spirit-led. God will download His protection and guide you to link His protection with others.



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30-Day Experiment

Take a 30-day experiment, and be a person who unselfishly PRAYS in secret, following the model of Jesus' prayer. Go into your own room at night, get on your knees if you are physically able, and (1) praise your heavenly Father for who He is, (2) renew your mind to seek His will for your life, (3) ask for His provision of your needs to advance His kingdom, (4) yield all unsettled relational accounts to Him, and (5) surrender your heart to be Spirit led. In this pattern, pray specifically for someone who is either skeptical of or seeking God to surrender his heart to Him. The kingdom of God will break through your life in a way that only God's intimacy can do. That intimacy will attract others to Christ in you.

Conclusion

Each of us is designed to be a person who PRAYS, worshiping God 24/7 in our work, play, homes, and churches. First, when we praise our Heavenly Father for Who He is 24/7, He downloads His Person and power for us to forward the same to others. Second, when we renew our minds with God, He downloads His passion for us so that we can transfer His passion to others. Third, when we ask God to supply our needs to advance His kingdom, He downloads His provision so that we are equipped to share His provision with others. Fourth, when we yield all unsettled accounts to God, He downloads His



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peace, allowing us to transport His peace to others. Fifth, when we surrender to be Spirit-led, God downloads His protection that we can offer to others. Christ has paid the cost for each of us to become a person who PRAYS, offering us His Spirit (1 Corinthians 6:19-20). Our competence comes from God through that same Spirit (2 Corinthians 3:5). The Spirit of Christ empowers us to be online with God 24/7.