

## DAY 27 – Justice for the Oppressed

### **Psalm 146**

**146** Praise ye the LORD. Praise the LORD, O my soul.

<sup>2</sup> While I live will I praise the LORD: I will sing praises unto my God while I have any being.

<sup>3</sup> Put not your trust in princes, nor in the son of man, in whom there is no help.

<sup>4</sup> His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.

<sup>5</sup> Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

<sup>6</sup> Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever:

<sup>7</sup> Which executeth judgment for the oppressed: which giveth food to the hungry. The LORD looseth the prisoners:

<sup>8</sup> The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous:

<sup>9</sup> The LORD preserveth the strangers; he relieveth the fatherless and widow: but the way of the wicked he turneth upside down.

<sup>10</sup> The LORD shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the LORD.

**Focus:** Worship That Works

**Psalm 146** describes a God who executes justice, feeds the hungry, and lifts the bowed down. This psalm reminds us that worship is not passive admiration — it is alignment with God’s heart. Lent invites us to examine whether our praise is matched by compassion.

The psalm warns against placing ultimate trust in princes or systems. Human power is temporary; God’s faithfulness is eternal. Our confidence must rest in Him. Yet trusting God does not mean disengaging from the world — it means participating in His redemptive work within it.

When we reflect God’s justice and mercy, our faith becomes visible. Lent pushes us beyond comfort into commitment — loving our neighbors in tangible ways.

**Prayer:** God of justice, let our worship reflect Your compassion. Use us to bring hope, help, and healing where it is needed. Amen.