

## Midweek Bible Study: “Whom Can You Trust?”

Midweek Bible Study prior to 24 Aug 2025

**Text:** Psalm 146

**Theme:** Trusting God’s justice, mercy, and eternal reign

Psalm 146 - New International Version

<sup>1</sup> Praise the Lord.<sup>[a]</sup>

Praise the Lord, my soul.

<sup>2</sup> I will praise the Lord all my life;  
I will sing praise to my God as long as I live.

<sup>3</sup> Do not put your trust in princes,  
in human beings, who cannot save.

<sup>4</sup> When their spirit departs, they return to the ground;  
on that very day their plans come to nothing.

<sup>5</sup> Blessed are those whose help is the God of Jacob,  
whose hope is in the Lord their God.

<sup>6</sup> He is the Maker of heaven and earth,  
the sea, and everything in them—  
he remains faithful forever.

<sup>7</sup> He upholds the cause of the oppressed  
and gives food to the hungry.

The Lord sets prisoners free,

<sup>8</sup> the Lord gives sight to the blind,  
the Lord lifts up those who are bowed down,  
the Lord loves the righteous.

<sup>9</sup> The Lord watches over the foreigner  
and sustains the fatherless and the widow,  
but he frustrates the ways of the wicked.


<sup>10</sup> The Lord reigns forever,  
your God, O Zion, for all generations.

Praise the Lord.

## Devotional Reading & Reflection

Read Psalm 146 aloud. Then reflect on:

- **Key Verse:** *“I will praise the Lord all my life; I will sing praise to my God as long as I live.” (v.2)*
- **Main Idea:** Human leaders are limited, but God is eternally faithful and just.
- **Reflection Prompt:**

 “Where do you tend to place your trust—people, systems, or God?”

## Group Discussion

Use these questions to guide thoughtful conversation:

### 1. **Praise as a Lifestyle (vv. 1–2):**

- What does it mean to praise God “as long as I live”?
- How can praise become part of your daily rhythm?

### 2. **Warning Against Trusting Princes (vv. 3–4):**

- Why does the psalmist caution against trusting human leaders?
- What are the consequences of misplaced trust?

### 3. **God’s Character and Actions (vv. 5–9):**

- List the ways God cares for the vulnerable (e.g., oppressed, hungry, prisoners, blind).
- How do these actions reflect God's justice and mercy?

### 4. **God Reigns Forever (v.10):**


- What comfort do you find in God's eternal reign?
- How does this shape your view of current events or personal struggles?

## Life Application

Invite participants to consider:

- What’s one area of life where you’ve been tempted to rely on human solutions instead of trusting God?
- How can you actively praise God this week—in words, actions, or service?

Encourage journaling or sharing testimonies next session.

 Closing Prayer & Challenge

**Prayer Focus:**

- Gratitude for God's justice and care
- Surrender of misplaced trust
- Renewed commitment to praise

**Challenge:**

"This week, choose one verse from Psalm 146 to memorize and meditate on. Let it guide your trust and praise."