



## Psalm 146:1-2

*“Praise the Lord! Praise the Lord, O my soul! While I live I will praise the Lord; I will sing praises to my God while I have my being.”*

The Hebrew word used here for praise in all three instances is *halal*. *Halal* means to make a show, to boast; and thus to be (clamorously) foolish; to rave; to celebrate.

*Zamar* is the Hebrew words translated “sing praises.” It means to strike with the fingers, to touch the strings or parts of a musical instrument, i.e. play upon it; to make music, accompanied by the voice; hence to celebrate in song and music.

The psalmist commands his mind will and emotions to boast and be clamorously foolish about his adoration of the Lord. He declares he will do this as long as he lives. He also declares that as long as he has breath he will celebrate God in song and music.

### **Scripture references:**

Psalm 104:33:

I will sing to the Lord as long as I live; I will sing praise to my God while I have my being.

Psalm 63:4:

Thus I will bless You while I live; I will lift up my hands in Your name.

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