

[Lesson 25](#): “Let Every Thing That Hath Breath Praise the Lord” (See L25 [Study Guide](#))

Purpose: To help us be grateful for the Savior and for the many blessings that he and our Heavenly Father have given us.

1. Prophecies of the life and mission of Jesus Christ

“Many psalms prophesy of Christ’s mission as the Messiah. The resurrected Savior declared, ‘All things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the psalms, concerning me’ ([Luke 24:44](#)).” (*Lesson Manual*)

†1. Prophecies of Christ in Psalms and their fulfillment

“Jesus Christ is the only person whose birth, life, death, and resurrection were prophesied before his birth.” (*LM*)

Why do you think such detailed prophecies were given about the Savior’s life?

How are these prophecies a blessing to those who have received them?

2. “The Lord hath dealt bountifully with thee” (Psalm 116:7)

“In addition to prophesying of the Savior’s life and mission, many psalms express gratitude for blessings such as the creation of heaven and earth; the Savior’s mercy, forgiveness, and love; the scriptures and the temple.” (*Lesson Manual*)

The Creation of Heaven and earth

• Psalm 19:1 • Psalm 104:5-7, 14, 24 • Psalm 136:3-9

How can we show gratitude for the gift of creation?

The Savior’s Mercy, Forgiveness, and Love

• Psalm 23 • Psalm 51 • Psalm 59:16 • Psalm 78:38 • Psalm 86:5, 13 • Psalm 100:4-5 • Psalm 103:2-4, 8-11, 17-1

What are some things we learn from the Lord from these psalms?

How have you come to know of the Lord’s mercy, forgiveness, and love?

What impresses you about David’s plea for forgiveness in Psalm 51?

The Scriptures

• Psalm 19:7-11 • Psalm 119:97, 15-16, 33-35, 40, 47-50, 72, 104, 174

What words did David use in Psalm 19:7-11 to describe the scriptures?

What blessings can the scriptures bring into our lives, as recorded in Psalm 19:7-11?

†2. Blessings of the Scriptures

• Psalm 97. “Oh how love I thy law! It is my meditation all the day”. (See also: 15-16, 33-35, 40, 47-50, 72, 92, 104, 174.)

• Psalm 119:105. How are the scriptures like unto “a lamp unto [our] feet, and a light unto [our] path”?

The Temple

• Psalm 5:7 • Psalm 15:1-3 • Psalm 24 • Psalm 27:4 • Psalm 65:4 • Psalm 84:1-2, 4, 10-12 • Psalm 122 • Psalm 134

What can we learn about the temple from these psalms?

What can we learn about preparing ourselves to go to the temple?

3. “What shall I render unto the Lord for all his benefits toward me?” (Psalm 116:12)

• Psalm 116:12. David asks, “What shall I render unto the Lord for all his benefits toward me?”

How did David answer this question? †3. What shall I render unto the Lord? (Psalm 116)

How can we apply David’s answers in showing gratitude to the Lord? †4. Stephen M. Bird

4. “Trust in the Lord” (Psalm 4:5)

“Trust in the Lord” is one of the most common admonitions in the book of Psalms.” (*Lesson Manual*)

• Psalm 4:5 • Psalm 5:11 • Psalm 9:10 • Psalm 18:2 • Psalm 56:11 • Psalm 62:8 • Psalm 118:8-9

How do we place our trust in the Lord?

How have you been blessed as you have trusted him?

Next Week: L26 King Solomon: Man of Wisdom, Man of Foolishness; See L26: [Class Member Study Guide](#).
(You can download a free LDS Institute manual at: [Old Testament Student Manual: Religion 301 and 302](#).) † •

†1. Prophecies of Christ in Psalms and their fulfillment:

- a. Psalm 107:23-30—Matthew 8:23-27. Jesus calmed the winds and the waves.
- b. Psalm 69:8—John 1:11; 7:5. Jesus was not received by his own people.
- c. Psalm 41:9; 55:12-14—John 13:18, 21. Jesus was betrayed by a friend.
- d. Psalm 69:20—Mark 14:32-41. Jesus suffered alone in Gethsemane.
- e. Psalm 22:7-8—Matthew 27:39-43. Jesus was mocked.
- f. Psalm 22:16—Mark 15:25. Jesus was crucified.
- g. Psalm 22:18—Matthew 27:35. The soldiers cast lots for Christ's clothes.
- h. Psalm 22:1—Matthew 27:46. Jesus asked the Father why he had forsaken him.
- i. Psalm 69:21—John 19:28-30. Jesus was given vinegar for his thirst.
- j. Psalm 34:20—John 19:33-36. None of Jesus' bones was broken.
- k. Psalm 31:5—Luke 23:46. Jesus commended his spirit to the Father and died.
- l. Psalm 16:10—Acts 2:31-32; 13:34-35. The Savior's flesh did not see corruption, being raised up in the Resurrection.

†2. Blessings of the Scriptures (Psalm 19)

- a. They convert our souls (verse 7).
- b. They make the simple wise (verse 7).
- c. They cause our hearts to rejoice (verse 8).
- d. They enlighten our eyes (verse 8).
- e. They give us warning (verse 11).

†3. What shall I render unto the Lord? (Psalm 116)

- a. "I will take the cup of salvation (v. 13).
- b. "I will ... call upon the name of the Lord (v. 13).
- c. "O Lord, truly I am thy servant" (v. 16).
- d. "I will offer to thee the sacrifice of thanksgiving" (v. 17).
- e. "I will pay my vows unto the Lord now in the presence of all his people, in the courts of the Lord's house" (v. 18-10).

†4. **Stephen M. Bird:** "We are blessed when we thank, praise, and worship Heavenly Father for his kindness because when he sees that we recognize and appreciate his hand in our lives, then he knows we're ready for more blessings. He knows we won't be spoiled. Alma tells us to 'live in thanksgiving daily, for the many mercies and blessings which [God] doth bestow upon you' (Alma 34:38). President J. Reuben Clark said, 'Hold fast to the blessings which God has provided for you. Yours is not the task to gain them, they are here; yours is the part of cherishing them.'

"The 'Hallelujah Chorus' from Handel's *Messiah* is one of the most stirring examples of praise ever written. The word *hallelujah* is found in many psalms. Its derivation is Hebrew, and the first portion, *halal*, means 'to praise.' The final portion, *jah*, stands for the letters *JHVW*, which is the Hebrew symbol for Jehovah. *Hallelujah* means, literally, 'to praise Jehovah.' The Psalms are full of praise for the Lord, and the words you will find in them are good examples to use in your prayers. Consider the last verse in the very last psalm. 'Let every thing that hath breath praise the Lord. Praise ye the Lord' (Ps. 150:6). Indeed, try the interesting experiment of starting with the 150th Psalm and working your way backward through the psalms to see how much they praise the Lord.

"To begin with praise and gratitude may be a new way of praying for you. It may require some divine help just to change your order or prayer. Ask Heavenly Father to help you see your blessings and recount them. I often ask him to help me remember each of his blessings, and I name them one by one. As I do that, something inside me changes. My frustrations lift, and I begin to see how much God has cared for me already. I begin to see his interest in my life. I can feel his Spirit working within my soul, and I can, if I listen intently, begin to hear the still, small voice of God which speaks to bless our lives." (*Prayers That Bring Miracles*, 37-38)

Recommended Reading:

1. Sister Linda S. Reeves of the Relief Society General Presidency, "[In this Communication Age, How Effective Are Your Prayers?](#)" Church News, 10 June 2014.
2. D. Lynn Ford, "[In Praise of God](#)," *Ensign*, Oct. 1995.
3. President Dieter F. Uchtdorf, "[Grateful in Any Circumstances](#)," *Ensign*, May 2014.
4. "[Gratitude](#)," Topical Guide. This page provides a number of links to many good *Ensign* articles and scriptures about the blessings of gratitude.

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