

August 30, 2026

The Final Word is Praise

Psalm 150; Philippians 4:6–7

Let everything that has breath praise the Lord (Psalm 150:6)

In everything by prayer...with thanksgiving (Philippians 4:6)

We now come to the final book and last chapter of the Psalter—Book V. Psalm 150 is not quiet. It is not reflective. It is not cautious. **It is a commanding crescendo**—the final shout of the Psalter. After 149 chapters of lament, warfare, confession, fear, hope, worship, and human emotions, **the book ends with one message: Praise is the final word. Not pain, not sorrow, not struggle, not anxiety, not uncertainty, not fear, not defeat.** Psalm 150 is God’s declaration that no matter how your story begins, no matter what you walk through, no matter what tries to silence you—the last word over your life is hallelujah, meaning “Praise the Lord!” **The final chapter rises like a trumpet blast: “Let everything that has breath praise the Lord.”**

And Philippians 4:6–7 tells us how praise becomes the final word in the life of a believer: “Do not be anxious about anything, but in everything, by prayer and supplication **with thanksgiving**, let your requests be made known to God. And the peace of God... will guard your hearts and minds in Christ Jesus.” These two passages together emphasize one truth: Praise is not the response after the battle is over—**praise is the weapon that carries you through it.**

First, praise is the final word because God is present everywhere. Psalm 150:1 says, “Praise God in His sanctuary; praise Him in His mighty heavens.”

That covers **everywhere**—from the sanctuary to the skies. Wherever God is, praise belongs. And God is with you in every place. God is present in every word, every moment, every breath:

- In the sanctuary on Sunday. In the workplace on Tuesday. In the hospital room
- In the valley. In the storm. In the midnight hour when anxiety tries to rise.

That is why Paul, in Philippians 4, echoes: “In everything...” Not just in good seasons. Not just when life is smooth, but in everything, since God is present; praise the Lord!

Second, the psalmist gives two reasons for praise (Psalm 150:2):

A. Praise God for what God has done. Look back over your life. Look at the doors He opened. Look at the dangers He kept you from. Look at the sins He forgave. Look at the grace He poured out. Look at the gift of salvation. You have evidence. You have history. You have testimony. Praise Him for His mighty acts. When anxiety rises, Paul says to pray **with thanksgiving**. Thanksgiving is remembering what God has already done. Thanksgiving shifts your focus from the problem to the God who has already proven Himself faithful.

B. Praise God for His excellent greatness. Even if God never did another thing for you, God’s **excellent greatness** is enough. Praise is rooted not only in God’s works but in God’s worth. God is holy, faithful, and merciful! And when you praise God for who He is, something supernatural

happens: **Peace begins to guard your heart and mind.** Praise is not emotional hype—praise is spiritual warfare. Praise is not noise—praise is alignment. Praise is not a reaction—praise is revelation. When you praise God for His greatness, you remember that your anxiety is not greater than your God.

Finally, praise is the final word because praise is your ultimate weapon. Remember the Israelites at Jericho, where the walls fell because of their praise (Joshua 6:20).

Psalms 150 lists instruments—trumpet, harp, lyre, tambourine, strings, pipe, and cymbals.

This is not a music lesson. This is a **call to use whatever you have.** If you have a trumpet—praise Him. If you have a tambourine—praise Him. If you have cymbals—praise Him. If you have a voice—praise Him. If you have breath—praise Him. If you have a testimony—praise Him. If you have a prayer—praise Him. If you have strength—praise Him. If you have tears—praise Him.

Praise is not about the instrument. Praise is about the intention. Use what you have. Use what God gave you. Use what's in your hands. Use what's in your lungs. Use what's in your story. Praise Him with everything.

The psalmist declares, **“Let everything that has breath praise the Lord.”** If you're breathing, you're **commanded** to praise. If you're breathing, you're **qualified** to praise. If you're breathing, you're **equipped** to praise.

Philippians 4:7 tells us what happens when we obey: **“The peace of God... will guard your hearts and minds.”** Praise builds a fortress around your mind. Praise shuts the door on anxiety. Praise silences the lies of the enemy. Praise ushers in the peace of God that passes understanding. Praise is not the last word because life is easy—praise is the last word because God is faithful.

Psalms 150 declares the final word: **Praise.** Philippians 4 teaches us how to live in that word: **Prayer with thanksgiving that leads to peace.**

So, praise God:

- Praise Him in the sanctuary. Praise Him in every place where you are.
- Praise Him for His mighty acts. Praise Him for His greatness.
- Praise Him with everything you've got. Praise Him with every breath you breathe.

Because the final word over your life is not fear—**it is praise.** The final word over your story is not anxiety—**it is peace.** The final word over your future is not uncertainty—**it is hallelujah.**

Let everything that has breath praise the Lord. **Hallelujah!**

Let us all shout Hallelujah! Let us blow our trumpets, cornets, trombones, horns; play our guitars, flutes, cymbals, castanets, maracas, gongs, drums, tambourines, banjos, clarinets, cellos, harps, accordions, ukuleles, lutes, oboes, etc., and praise the Lord!