

# Your Favorite Thing to Do

## Psalm 145

*The Psalms (no. 1 in the series)*

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Video and audio versions available online: <https://relentless-love.org/sermons/your-favorite-thing-to-do>

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*This document was prepared by Michael Hanna using Peter's notes and the video version of this sermon. If you encounter any significant discrepancies or errors in this document, please let Michael know. Thank you!*

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## Prayer

And so, Lord God, that's our prayer, what Michael just said with the keyboard: "Be Thou my vision, O Lord of my life, my best thought by day or by night..." Help us, Lord God, now to preach that. In Jesus' name, Amen.

## Message

We just spent 16 months—almost a year-and-a-half—preaching our way through the Revelation and got to the end and discovered that it can be summed up in two words: WORSHIP GOD!

People always want to know, "What am I supposed to do, Pastor?"

Answer: WORSHIP GOD!

The Revelation is pretty much a call to worship: WORSHIP GOD!

The way that the seven little churches are to conquer; the way that we are to conquer the Beast, the Whore, and the Dragon; the way we are to live and move and have our being is by doing this: we are to WORSHIP GOD!

"Who is He?"

"Well, He's that slaughtered Lamb standing on the throne...WORSHIP GOD!"

So that presents an obvious question: "What is worship?" For me, that word ("worship") conjures up images of stuffy old choir robes, ancient cathedrals, and boring liturgies. Or maybe big hair, polyester, people putting their hands in the air and running around acting super happy and making me feel kind of sad.

So, what is worship?

Well, this is worship:

[Video clip: the crowd doing "the wave" at Mile High Stadium.]

Those are folks doing the wave and worshipping the Denver Broncos.  
This is what they look like, up close.

[Image: fat, shirtless man, smeared with orange and blue body paint.]

They can be rather enthusiastic and intimidating...

[Image: fan wearing an orange Broncos version of a Darth Vader costume.]

Bronco Worshippers.

This is also worship:

Audio clip from "Susie Q" by Creedence Clearwater Revival (1968) Original by Dale Hawkins (1957)
I like the way you walk I like the way you talk I like the way you walk, I like the way you talk Susie Q

That's some dude worshipping Susie Q

Audio clip from "409" by The Beach Boys (1962)
(giddy up, giddy up 409) My four-speed, dual-quad, Positraction 409 (409, 409, 409, 409)

That's another dude, worshipping a four-speed dual-quad Positraction 409 in a 1962 Chevy Impala.

This is how some of us worship beer.

[Image: man wearing Budweiser t-shirt.]

This is how Vincent van Gogh worshipped sunflowers...or the one who made sunflowers.

[Image: "Still Life: Vase with Fifteen Sunflowers," by Vincent van Gogh, 1889.]

This is worship.

[Image: the Lincoln Memorial, Washington D.C.]

It serves no practical purpose. Someone is worshipping Abraham Lincoln, or maybe the US Government, or maybe the one who made Abraham Lincoln and Freedom.

Art, poetry, music...that's all worship.

Video clip from *The Andy Griffith Show* Season 2, Episode 7: "Crime-Free Mayberry"

*Deputy Barney Fife sits at a typewriter, singing aloud the lyrics he has just penned-keyed. To the tune of "Oh, My Darlin' Clementine."*

**Barney:** In a jailhouse, down in Dixie, fightin' crime and riskin' life,  
Dwelled a sheriff and his buddy, pistol-packing Barney Fife.  
Oh, my darlin', oh, my darlin', oh, my darlin' Barney Fife.  
He's a deadly crime-stopper, what a copper Barney Fife.

Then one day there come a-ridin' two bad men to rob a bank.  
But Fife was tricky, a dead-eye dickey. Now they're locked up in the tank.

*During the song, Sheriff Andy Taylor sneaks up on the crooning Fife and finishes off the song with a couplet of his own:*

**Andy:** Oh, my Barney, oh, my Barney, had a jail and couldn't lock it.  
Had one bullet for his pistol, had to keep it in his pocket.

For those of you who lack culture, that's Barney Fife worshipping himself.

In a sense, everything we do might be worship. I imagine that some were disappointed in the Revelation because it doesn't really tell us what to do... except, worship: WORSHIP GOD!

Worship is enjoying something, praising something, exalting something, getting excited about something. Real worship is fun:

Years ago, someone from church gave me three tickets to the Rockies game back when they used to play at Mile High Stadium. So, I took my two oldest: Jon was about 6 and Elizabeth was about 5. I said, "We're going to the Rockies!" and they were like "Yahoo, the Rockies!!!"

Of course, we were in the nosebleed section, but they were having an awesome time, screaming and yelling and having a blast. I got us a pizza. We had a picnic in the stands under the lights. We finished the pizza and all at once Jon stood up, his eyes got big and he said, "Hey Daddy, look, there's guys down on that field down there...and they're playing baseball!" And Elizabeth was like "Oh yeah, they're playin' baseball."

It turns out that my kids didn't know that Rockies were a baseball team. They thought it was just a big stadium, where people gathered and chanted in unison while, sometimes, eating pizza.

I said, "Well yeah, look at that!" And then, they were ready to go.

They didn't care about baseball, they just loved worshipping. Each of us is like that. We are made to worship—we worship like we breathe. We were born to worship. That's what it is to be human. It's your favorite thing to do, whether you know it or not. Worship is fun. And the Revelation told us: "WORSHIP . . . GOD!"

Now if you're like me something inside of you thought, "Oh Crap! I'm not into polyester, pipe-organs, lifting my hands in the air and faking like I'm all happy when I'm really kind of pissed off and have gas. I think I'd rather worship the Rockies, or the Broncos, Susie Q or a four-speed dual quad Positraction 409...or how about beer, or sunflowers, or Abraham Lincoln or me? ...but God—what a drag!"

The Revelation says, “WORSHIP GOD!”

In Israel they had a worship book of poems and songs, all for the sake of worshipping God. It’s called, *The Psalms*. And so, I’m planning to preach some messages from *The Psalms*, and I hope they’ll help us worship.

And now you may be thinking, “Hey, I thought you said worship was fun? The Psalms aren’t fun!”

Video Clip from *Monty Python and the Holy Grail*  
Python (Monty) Pictures (1975)

*King Arthur, his knights, and their coconut-clopping pages are halted by a booming voice from the heavens.*

**God:** Arthur! Arthur...King of the Britons...

*Looking up, they see the face of God in the clouds and immediately fall to their knees.*

**God:** Oh, don’t grovel! If there’s one thing I can’t stand, it’s people grovelling!

*They all get to their feet.*

**Arthur:** Sorry ...

**God:** And don’t apologize! Every time I try to talk to someone it’s sorry this and forgive me that and I’m not worthy and...what are you doing now?

**Arthur:** I’m averting my eyes, O Lord.

**God:** Well, don’t. It’s like those miserable psalms. They’re so depressing. Now knock it off!

**Arthur:** Yes, Lord.

**God:** Right.

Well God is right...or I should say Monty Python’s version of God is partly right.

Some psalms are really miserable, but that’s because we’re really miserable and the psalms meet us where we’re at. They are shockingly honest; they meet us where we’re at, get us to admit where we’re at, but don’t leave us where we’re at.

I should also mention they’re written in Hebrew, and often translated by stuffy religious types that were probably a little pissed off, had gas, and used religious words to translate words that were probably fairly common in the psalm writer’s day. Also remember that we don’t hear the Hebrew beat box; ancient Hebrew style is different than our own, poetry is nearly impossible to translate anyway, and we don’t know the musical score to these songs.

However, we do know something about the author behind most of the Psalms. That’s David—King David—and he was a fun guy. Intense at times, but fun. One day, during a religious/military parade worshipping in front of the Ark of the Covenant, David got so worked up that he stripped down to this loin cloth sort of thing and danced uncontrollably in front of the whole nation. The Queen was thoroughly scandalized, but God, and the young women in the crowd, adored David and his dance.

There are 150 Psalms (or songs, Psalm means song)—we won’t read them all. One-hundred fifty, and about half are explicitly attributed to David within the text of the Psalms.<sup>1</sup> The last Psalm explicitly attributed to David is Psalm 145. And so many folks think that it’s the last Psalm that David wrote—kind of like his grand finale, the sum of his wisdom at the end of his life.

So, let's start there:

**145 A Song of Praise. Of David.**

Now I should mention: This is an acrostic poem; each stanza starts with the next letter of the Hebrew alphabet. It was designed to be memorized, and in later Judaism it was recited three times every day in the synagogue.

- <sup>1</sup> I will extol** (“exalt,” or “lift up”) **you, my God and King,  
and bless your name forever and ever.**  
**<sup>2</sup> Every day I will bless you . . .**

(Did you know that you had the power to bless God?)

- <sup>2</sup> Every day I will bless you  
and praise your name forever and ever.**

“Praising God” and “Exalting God” is worship, but why should we worship? Is it because he'll fry us if we don't? That notion could make you sing songs and dance a jig, but it won't make you worship in Spirit and in Truth, which is what God wants.

So why worship? Is God insecure?

- <sup>3</sup> Great is the Lord, and greatly to be praised,  
and his greatness is unsearchable.**  
**<sup>4</sup> One generation shall commend your works to another,  
and shall declare your mighty acts.**  
**<sup>5</sup> On the glorious splendor [*kabod hador*] of your majesty,  
and on your wondrous works, I will meditate.**  
**<sup>6</sup> They shall speak of the might of your awesome (terrible) deeds,  
and I will declare your greatness.**

So, what are these terrible awesome great deeds? I'm thinking it must be stuff like parting the Red Sea. And yet, I've never seen the Sea part.

Actually, David never saw that either. He had spent a lot of his life hiding in caves from King Saul who was trying to kill him as a young man...or fleeing the palace from His son Absalom, who was trying to kill him as an old man. David never saw the Sea part...at least not the Red Sea.

Most of Israel never saw the Sea part; they were slaves in Egypt for four hundred years before any of them saw one stinkin' miracle. Maybe you've never seen what you would call an “awesome terrible deed,” so worshipping God for that, feels like a bit of an act. So why worship God?

- <sup>7</sup> They shall pour forth the fame of your abundant goodness  
and shall sing aloud of your righteousness. (His right-ness)**  
**<sup>8</sup> The Lord is gracious and merciful,  
slow to anger and abounding in steadfast love.**

(That's what God told Moses on the mountain)

**9 The LORD is good to all . . .**

Like maybe even “the Good” to all, as if, “God alone is good.”

That word, good (*towb*) is the same word used to describe the knowledge hanging on the tree in the middle of the garden.

**9 The LORD is Good to all,  
and his mercy is over all that he has made.**

Have you ever seen something that God has made?

See, David didn’t think that things had just always existed. He thought God made everything and not just from nothing, but from Himself. As if the Big Bang were like a womb in God. God giving birth to us.

That word “mercy” (*rachamim*) comes from a root word meaning “womb,” and sometimes the King James version even translates this word as womb. It’s like God made everything by giving birth to everything—birth is a bit terrible, awesome, and wonderful, all at once.

A friend of mine once had a vision of Jesus lying on our communion table giving birth—that’s terrible, awesome, and wonderful, all at once. Jesus Christ and him crucified is terrible, awesome, and wonderful, all at once.

**9 The LORD is good to all, (“all” means “all”)  
and his mercy is over all that he has made.**

**10 All your works shall give thanks to you, O Lord . . .**

Rocks and stones are his work; trees are his work. Can rocks and stones sing, and trees clap their hands? David seemed to think so. Jesus seemed to think so.

**10 All your works shall give thanks to you, O Lord,  
and all your saints shall bless you!**

**11 They shall speak of the glory of your kingdom  
and tell of your power,**

That may be his power to create all things and part the Red Sea, but I think it may also refer to something else (the comma is supplied by the translator).

**11 They shall speak of the glory (what is God’s Glory?) of your kingdom  
and tell of your power**

**12 to make known to the children of man your mighty deeds,  
and the glorious splendor of your kingdom.**

How does God make known to you His Glorious Splendor (the *kabod hador*)?

**13 Your kingdom is an everlasting kingdom,  
and your dominion endures throughout all generations.**

His Kingdom is eternal, and he rules over all the ages of time.

**[The Lord is faithful in all his words**

That means He doesn't lie; His Word is not only true, His Word is "the Truth," itself.

**and kind [chaciyd from checed] in all his works.]<sup>ii</sup>**

That means everything he does is steadfast Love. He is Love.

**14 The Lord upholds all who are falling (All of humanity has fallen or is falling)  
and raises up all who are bowed down . . .**

Sounds like all of humanity will be raised up, as if "all who die in Adam will be raised up and upheld in Christ."

**15 The eyes of all look to you . . .**

Is that true? Is David full of crap? I think you're supposed to ask these questions. What do all eyes look to? What's the only thing that eyes look to? The light. "God is Light" and His Word is "the Light of the World."

**15 The eyes of all look to you  
and you give them their food in due season.**

He may not give you a pizza every time you ask . . . But He always gives you just what you need, when you need it.

**16 You open your hand;<sup>iii</sup>  
you satisfy the desire of every living thing.**

Holy Crap. What a statement.

What does every living thing desire? "The Good." That Hebrew word *towb* is basically defined as "the desirable." When we satisfy our own desire for the Good, we're often not good . . . to the Good. But the Good will satisfy the desire of every living thing for Himself—the Good. God alone is Good, and as we saw—in the Revelation and in Genesis—from the beginning, knowledge of the Good is hanging on a tree in a garden. God is "the Good." And His Word is "the Way" that the Good comes to us.

**16 You open your hand;  
you satisfy the desire of every living thing.**

**17 The Lord is righteous in all his ways  
and kind in all his works.**

God is Good; God is Love. His Word is the Way, the Truth and the Life. Anything and everything that a person could possibly want to worship is Him. He is everything that is Right and nothing that is wrong.

**18 The Lord is near to all who call on him,  
to all who call on him in truth.**

**19 He fulfills the desire of those who fear him . . .**

(“Fear is the beginning of Wisdom and Wisdom in flesh—Love in flesh—is the end of fear.” Perfect Love casts out all fear.)

**19 He fulfills the desire of those who fear him;  
he also hears their cry and saves them.**

Yahweh alone, is savior, says Scripture. (Is. 43:11) Every heartbeat, every breath, is him and his Word—the Way. Every time you lose your car keys and then find them—that was him. He is the Way.

**20 The Lord preserves all who love him,  
but all the wicked he will destroy.**

HE WILL DESTROY.

And now something inside of you may have just said, “OK, BS. I call BS on all those wonderful things you just said about God, Peter—that He is Love, and always kind, and his mercy is over all that he has made. I call BS, because you just read *‘the wicked He will destroy.’* And according to the Bible, I’m pretty wicked. How can God destroy the wicked and be kind to all that He has made? Did he make me or not?” . . . Good question. Are you a self-made man? A self-made woman?

**21 My mouth will speak the praise of the Lord,  
and let all flesh bless his holy name forever and ever (forevermore).**

I think that may be the question on Judgment Day: “Will you let all flesh bless his holy name forevermore?” Because, that’s what heaven is: all creation blessing his holy name forevermore. So will you let Adolph Hitler, Judas Iscariot, your ex-wife, the butthead that got you fired . . . will you let them bless his holy name forevermore?

Here’s an even harder form of the same question:

“Will you, let *you*, bless His Holy name forevermore?”

- Because you just called BS on all of David’s reasons for blessing His holy name forevermore...
- Because we just read “all the wicked He will destroy” ...
- And so, you just judged God’s Judgment saying, “It’s impossible for God to have mercy over all that he has made *and* destroy the wicked.”

Well, is that impossible . . . for God?

Can the Creator destroy something and remake it . . . and could that be merciful? If God turns something to dust, is God incapable of making things with dust? And what if wickedness is not something that God made, but something more like the manifestation of the void in which everything is made?

- The dark in which the Light is revealed
- The chaos in which we learn to love the Logos, the Way
- The lies that cause us to long for the Truth
- The unrighteousness that makes us hunger and thirst for righteousness
- The void that makes us long for creation
- Our sin that makes us long for Grace... and God is Grace.



Do you realize that your chief complaint against God is that he doesn't destroy the wicked, and that which is wicked? It's always been your chief complaint against God. So I'm calling BS on your calling BS.

Ever since you learned to take knowledge of Good from the tree, it's been your chief complaint.

- God, why do you tolerate my sister?
- God why do you tolerate the jocks who pick on me in gym class?
- Why do you tolerate my ex-wife and the butthead that got me fired?
- God why do you tolerate Iranians, and Persians, and Egyptians?
- Why do you tolerate Canaanites and Jebusites?

That was David's question, but as he got older, the question changed, from "why do you tolerate them?" to "why do you tolerate me?"

Well the wonderful news is that God will destroy the wicked and God will destroy you—the old you, the you that you thought you had made. And in his or her place, God will reveal the you that he has made. Actually, in your darkness, chaos, lies and decay, God will reveal his Light—the Way, the Truth and the Life. Even the *kabod hador*.

What is "the Glorious Splendor" that David is talking about? And How does God make it known to you?

Well the *kabod hador*, "The Glorious Splendor of God's Majesty"—the substance of God's dominion—is the thing that would appear on top of the Ark between the Cherubim, behind the veil, in the Holy of Holies.

We now know it's a Lamb standing as if He had just been slain.

We now know it's everything we just spent 16 months studying in the Revelation.

We now know it is how God destroys all wickedness and makes all things new. It's how God makes everything that's anything.

We now know that it's Jesus Christ and him Crucified.

He is the radiance of God's Glory and how God makes all things new, including you.

He is how God destroys that old you and gives birth to the true you.

He is Love in flesh, the Good in flesh. He is the Way, the Truth, and the Life. He is anything and everything a person could possibly ever want to worship, and he always comes to you as Grace. You cannot possess him as a thing that you have captured, contained, or comprehended. And if you try—if you nail him down—it will only lead the revelation of who he truly is: your creator who will not stop loving you, for he is Love and his Word is absolute Mercy. You cannot possess him; but you will worship him.

David could not contain him, explain him, or comprehend him, but David could trust him. He would trust him, when he would go to the house of the Lord, sit before the throne in front of the veil, and begin to worship.

It was his favorite thing to do.<sup>iv</sup> And it's your favorite thing to do, whether you realize it or not.

If you think, really hard, about a moment in which you were truly happy, you will discover that you were worshipping:

- It may have been sitting on the porch, drinking an ice cold can of bud, watching the sun set, with some sunflowers in a vase sitting next to you.
- It may have been the day you bought a '62 Chevy Impala with the four-speed dual-quad Positraction 409.
- It may have been making love to your bride, Susie Q, on your honeymoon night.
- It may have been a moment one afternoon at Mile-High stadium: a moment you got caught up in the drama; they started doing the wave; it looked like all was lost, but Elway, or Manning, lead that miracle comeback and as you were standing and screaming, for a moment, you forgot about yourself...

You forgot about you, and your anxieties, and insecurities, and fears and your constant struggle to be good... your wickedness. You stopped trying to be good, and just celebrated the Good. You lost yourself and later realized, "Hey, I was happy."

The only problem is that Elway retired, and Peyton Manning has arthritis. And although it was heaven for you; it was hell for the Baltimore Ravens...

But...

- What if, instead of worshipping the Denver Broncos, you could like use the Denver Broncos to worship courage, perseverance, teamwork and the Love in the eyes of your kids sitting next to you eating pizza?
- What if instead of worshipping a '62 Chevy Impala you could worship the logic, truth, and beauty in the four-speed dual-quad Positraction 409?
- What if instead of worshipping the sun, you could worship the One that made the sun, who is the Light?
- What if, instead of worshipping wine, you could worship God with wine?
- What if, instead of worshipping Susie Q, you could worship God in the temple that is Susie Q, saying "Thank you God for Suzie Q... and the way she walks!" ("Behold! It is good!")?

What if? Well then maybe, you wouldn't destroy Susie Q; you wouldn't destroy yourself; and you wouldn't become an idolater (in need of destruction). And then maybe you would never ever have to stop doing your favorite thing to do.

We'll talk about that more next week. For now, I just hope you see that: God is the Good, and God is the Good in everything that's anything, and you were made, and are being made, to worship him. When we learn to worship him, we get all things with him. For we see that he is the Good in everything, and everything is a gift from him that ultimately, somehow, is him.

We don't consume the Good like beasts and harlots. We worship the Good, who is God, and enjoy the Good in everything he has made, including us—especially us: his temple, his body and bride.

So "Why worship?" If you ask that question, you don't yet understand:

- Worship is your favorite thing to do... *and*
- Worship is how you are made in the image of God.

Just look at these guys...

[Images of Bronco faithful, wildly bedecked in orange and blue.]

No one told them that they had to dress like this or act like this. They just worshipped and were made in the image of the Broncos. And they seem to be happy . . . at least for a moment.

- Worship is your favorite thing to do. . . *and*
- Worship is how you are made in the image of God. . . *and*
- Worship is how the Holy Spirit in you changes the world.

We are here because seven little churches in Asia minor worshipped. And one generation after another generation, worshipped...

## Communion

And if you still don't feel like worshipping, look to the *kabod hador* on top of the Ark, which is the throne of God, in the Sanctuary of the Lord.

He took bread and broke it saying, "This is my body given to you."  
And in the same manner he took the cup saying, "This is the covenant in my blood."

Worship as you come to the throne.  
Worship as you leave the throne, and may you never stop worshipping.

## Benediction

The first question in the Westminster Confession of Faith, Shorter Catechism:

Q. "What is the Chief end of man?"

A. "The chief end of man is to glorify God and enjoy him forever."

Someone suggested perhaps it should read: "The chief end of man is to glorify God *by* enjoying him forever."

That's what God wants from you. To enjoy him. And he is everything that is good.

And so may you believe the Gospel. And Worship.

## Endnotes

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<sup>i</sup> Seventy-three are explicitly attributed to David by the Psalms and two more that aren't attributed to David by the Psalms are attributed to David by authors in the New Testament: Psalm 2 (Acts 4:25), Psalm 95 (Hebrews 4:7).

<sup>ii</sup> These two lines are missing in most ancient manuscripts, and yet the acrostic pattern of the psalm is incomplete without them (they represent the Hebrew letter nun). One ancient manuscript includes these lines, and so the ESV has them printed in brackets. No matter what, the second line is repeated in v.17 and the first line is a basic tenet of all Scripture: "Yahweh is faithful" and does not lie; His Word is the Truth.

<sup>iii</sup> Check out Isaiah 52:10, 53:1-12. Jesus is the Strong Arm of the Lord... open to us.

<sup>iv</sup> Check out Psalm 84. It's attributed to the "Sons of Korah," but I bet David felt the same way.