

JOIN THE  
**MIGHTY  
CHORUS**

**Part 5: Towdah**  
August 31 & Sept. 1, 2019  
Brian Behrends,  
Creative Pastor

**Psalm 145:13b-21**

NEW LIVING TRANSLATION (NLT)

- The LORD always keeps his promises;  
he is gracious in all he does.
- <sup>14</sup> The LORD helps the fallen  
and lifts those bent beneath their loads.
- <sup>15</sup> The eyes of all look to you in hope;  
you give them their food as they need it.
- <sup>16</sup> When you open your hand,  
you satisfy the hunger and thirst of every living thing.
- <sup>17</sup> The LORD is righteous in everything he does;  
he is filled with kindness.
- <sup>18</sup> The LORD is close to all who call on him,  
yes, to all who call on him in truth.
- <sup>19</sup> He grants the desires of those who fear him;  
he hears their cries for help and rescues them.
- <sup>20</sup> The LORD protects all those who love him,  
but he destroys the wicked.
- <sup>21</sup> I will praise the LORD,  
and may everyone on earth bless his holy name  
forever and ever.

**towdah** (toe-*dah*)

An extension of the hand. Thanksgiving. A confession. A sacrifice of praise.  
Thanksgiving for things not yet received. A choir of worshippers.

**Towdah is not a denial of the situation you're in.  
It's the acknowledgment that God is bigger than your situation.**

### **Jonah 2:9-10**

But I, with shouts of grateful praise (*towdah*) will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the LORD.'" And the LORD commanded the fish, and it vomited Jonah onto dry land.

### **Psalm 9:10**

Those who know your name trust in you,  
for you, LORD, have never forsaken those who seek you.

### **Philippians 1:6**

He who began a good work in you will carry it on to completion until the day of Christ Jesus.

### **Small Group Questions**

- 1) What's a promise God has made that gives you hope?
- 2) Is there anything that has kept you from praising God in the past? What was it?
- 3) What's one thing you could *towdah* God for this week—thanking him in advance for something not yet received?
- 4) Which of the Hebrew praise words in this series has been most helpful or interesting for you? Why? Which one has been most challenging?
- 5) How can we pray for you right now and throughout the week?