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The Heart of Our God: Gracious, Good and Compassionate

By Revd. Hefling Johnny

Psalm 145 is David's final recorded psalm, and he deliberately labels it a psalm of praise. It's as if David, after a lifetime of walking with God through triumphs and failures, wants to leave us with one final message: look at who God truly is. Psalm 145 pulls back the curtain and reveals the heart of our God—great, good, and gracious. Today we explore how this God meets us in our weakness with compassion, patience, and sustaining love.

God's Character Comes First

Before David ever speaks about human need, he speaks about God's nature. He says, "The Lord is gracious and compassionate, slow to anger and rich in love." This is the foundation of our faith—not our strength, not our goodness, not our performance, but God's character.

Why does David start here? Because everything else in the Christian life flows from who God is. If you misunderstand God's heart, you will misunderstand your faith.

Psalm 145 insists that God's default posture is kindness. God is kind. He is not leaning away from us. He is leaning towards us in grace and mercy. David says God's greatness is so vast that no one can fathom it, yet his goodness is so near that every generation can experience it.

Imagine a child learning to walk. The parent doesn't stand back with crossed arms, waiting to scold the child for falling. No, the parent leans forward, arms open and ready to catch, ready to encourage. That's the heart of our God.

In the story of the prodigal son, when the son repented and came back, while he was far away, his father saw him and ran towards him. That's the heart of our God. That father forgives his son. That's who we worship.

God's Kindness Meets Human Weakness

David moves from God's character to God's compassion. He says, "The Lord is good to all. He has compassion on all he has made." And then: "The Lord upholds all who fall and lifts up all

who are bowed down."

Notice: it doesn't say some or the deserving or the strong or the religious. He says all. Falling is a part of life. We fall into sin. We fall into discouragement. We fall into seasons where faith feels very thin. Being bowed down is a part of life. Sometimes we bow down because of stress, grief, pressure, guilt, or a responsibility that's too heavy for us.

But God's response is not frustration. It is support. He upholds. He lifts. He carries.

Friends, some of us walk in today bowed down by something we haven't even said out loud. Some of us feel like we are barely standing. Some of us feel like we have fallen one too many times. But Psalm 145 reminds us: you are not a burden to God. You are the very person he moves toward.

God's kindness is not reserved for the perfect or the strong. His compassion extends to all who are struggling, all who are weak, all who have fallen.

God's Faithfulness in Our Weakness

David continues: "You open your hand and satisfy the desires of every living thing." This is not a God who is distant or indifferent. This is a God who is actively involved in sustaining us. He opens his hands. He provides. He satisfies. He upholds.

Some of us today feel like we are barely holding on. But Psalm 145 says: you are held. God's grip is stronger than your weakness.

Think of a climber hanging from a rope. Their strength may fail, their grip may slip, but the rope holds. The rope doesn't depend on the climber's strength. The climber depends on the rope. You may feel weak today, but God's faithfulness is the rope that holds you.

When you cannot lift yourself, he lifts you up. When you cannot stand, he upholds you. When you cannot see the way forward, he guides you. Whatever we are facing today, no matter who we are, we all fall. We all get bowed down. We all need lifting. We all depend on God's sustaining hand.

And the beauty of this psalm is that God's compassion is not limited to one group, one generation, one culture, or one type of person. His heart is big enough for all of us: the elderly saint and the young seeker, the lifelong believer and the hesitant newcomer, the confident worshipper and the quiet struggler.

Our Response

Psalm 145 doesn't simply describe God. It invites us to respond. How?

First, trust his character. Second, rest in his compassion. Allow him to lift you. Praise him across generations.

David begins the psalm with a personal commitment: "I will exalt you. I will praise your name forever and ever." Because when you see God's heart clearly, praise becomes the natural response.

Lean into his heart. Today, Psalm 145 reminds us that God's kindness is not an occasional act. It is his nature. He lifts the weary. He strengthens the weak. He sustains the broken. He upholds the fallen. He raises the bowed down.

This is the heart of our God. This is the God we worship. So today, whatever you are carrying, whatever has bowed you down, whatever has caused you to fall, lean into his compassion. Let him lift you again. May our lives, like David's, become a testimony across generations that the Lord is gracious, compassionate, slow to anger, and rich in love. This is the God we worship. This is the heart of our God. Amen.