"Praise, My Soul" is a great example of the appreciation for God's sovereignty commonly found in Christian songs and gospel. Inspired by Psalm 103, this joyous hymn praises the glory of God, "King of Heaven." We are encouraged to give our lives to God, and will be "ransomed, healed, restored, forgiven."

In verse one, we praise Christ, our King and acknowledge our lowliness before him as we bring tribute *to His feet.* The theology of Jesus as King is solid. He is more than a ruler. A "ruler" is defined by function: He is one who rules. That word embraces a range of positions of authority, and could presumably describe the chief of any of the orders of angels; Michael is in a sense a ruler, and he, too, dwells in heaven. But God sums in himself all rulership. The word not only describes what he does; it names what he is. He is King — not duke, not earl, not prince.

**Verse 1**Praise, my soul, the King of heaven;
to his feet your tribute bring.
Ransomed, healed, restored, forgiven,
evermore his praises sing.
Alleluia, alleluia!
Praise the everlasting King!

In the second verse, we praise God for His grace and favor; not just any old grace and favor that God happens to give, but *his* grace and favor. This is direct and personal: we are meant to think of particular graces that God has shed upon our fathers (a scriptural allusion, that), without which we wouldn't be where we are, and we are reminded that God, who does not change, will grant us the same grace. We are encouraged to be grateful for concrete graces whose effects we can see before us.

**Verse 2**Praise Him for His grace and favor
To our fathers in distress;
Praise him still the same as ever,
Slow to chide and swift to bless:
Alleluia, alleluia! Glorious in his faithfulness.

Verse three highlights the intimacy of God our Father with us, His children. The image of the fatherly hand guiding his weak and wayward children, mercifully keeping us safe and sparing us due punishment is profound.

**Verse 3**

Father-like he tends and spares us;
Well our feeble frame he knows;
In his hand he gently bears us,
Rescues us from all our foes.
Alleluia, alleluia! Widely yet his mercy flows.

And finally, in verse 4, we are given instruction in the geography of heaven. The angels can help us to adore God, becausethey see him face to face.

**Verse 4**Angels, help us to adore him;
Ye behold him face to face;
Sun and moon, bow down before him,
Dwellers in all time and space.
Alleluia, alleluia! Praise with us the God of grace.

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