

Title: Bless the Lord, O My Soul

Passage: Psalm 103

Introduction

Psalm 103

- psalm of thanksgiving

Question: When did you last so enjoy the LORD that you summoned the heavens to sing to Him?

Passage: Psalm 103

Bless the LORD, O my soul, and all that is within me, bless his holy name!

Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

The LORD works righteousness and justice for all who are oppressed.

He made known his ways to Moses, his acts to the people of Israel.

The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

He will not always chide, nor will he keep his anger forever.

He does not deal with us according to our sins, nor repay us according to our iniquities.

For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

As a father shows compassion to his children, so the LORD shows compassion to those who fear him.

For he knows our frame; he remembers that we are dust.

As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more.

But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments.

The LORD has established his throne in the heavens, and his kingdom rules over all.

Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word!

Bless the LORD, all his hosts, his ministers, who do his will!

Bless the LORD, all his works, in all places of his dominion.

Bless the LORD, O my soul!

EXPOSITION

Command: Bless the LORD

Psalms 103:1

Bless the LORD, O my soul, and all that is within me, bless his holy name!

- worship demands of all of ourselves

How? Meditate on who God is/what He does

benefits,

Psalms 103:2-5

Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

- we are obligated to know God as He revealed Himself through His Word
 - Not our preconceptions or misperceptions

Who is God? Who forgives our iniquity

- Iniquity = our sins that prevent us from being right with God.
- Forgives = covers completely with righteousness of Christ

Who is God? Who heals all your diseases.

- Diseases =

Who is God? Who redeems your life from the pit

- pit = dungeon of decay / grave of certain death
- Pit of judgment and sin

Who is God? Who crowns you with steadfast love and mercy,

- Crowns = treats you as royalty as you are a child of the King.
- Steadfast love and mercy = God's blessing

Psalms 23:6

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

Romans 8

Who is God? Who satisfies you with good so that your youth is renewed like the eagle's.

- God overwhelms us with goodness

Isaiah 40:30-31

Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

- God never tires or is irritated when we come to Him in need.
- He always satisfies

God is faithful

Psalms 103:6-7

The LORD works righteousness and justice for all who are oppressed. He made known his ways to Moses, his acts to the people of Israel.

- God works for His beloved.

God is merciful

Psalms 103:8

The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

- See Exodus 33-34 (Moses before God)

Exodus 34:6-8

The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation." And Moses quickly bowed his head toward the earth and worshiped.

- God is slow to punish, showing amazing restraint in His discipline
- But God is excessive in His love ("abounding")

Psalms 103:9

He will not always chide, nor will he keep his anger forever.

- God is never hostile towards His people. He is never displeased with us as we are covered with the righteousness of Christ.

Psalms 103:10

He does not deal with us according to our sins, nor repay us according to our iniquities.

- Our sins do deserve judgment.
- But once covered by the righteousness of Christ through faith in Him as Lord and Savior, your sins have been dealt with.

Psalms 103:11

For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

- God's love is unmeasurable! Impossible to measure how high the heavens are above the earth.

Psalms 103:12

as far as the east is from the west, so far does he remove our transgressions from us.

- East and west = they never touch (compare north and south meet)
- Our sins are forever gone, its penalty never to return through faith in Christ

Psalms 103:13

As a father shows compassion to his children,

so the LORD shows compassion to those who fear him.

- See: Parable of Prodigal Son (father always lovingly looking for his child)

Luke 15:20

And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him.

Psalms 103:14-16

For he knows our frame; he remembers that we are dust. As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more.

- In contrast, humans alone are fallible, mortal, and limited/temporary.

Psalms 103:17-18

But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments.

- Everlasting to everlasting = God's love is eternal (no known beginning or end)
- His righteousness = perfect and eternal. What we have through Christ!
- How know have received Christ? Fear Him and stay in His love and obey Him.
- Obedience (true belief)

Psalms 103:19

The LORD has established his throne in the heavens, and his kingdom rules over all.

- Why all of this is true? Who God is.

1 Samuel 17:46-47 (Daniel, author of Psalm 103, before Goliath)

This day the LORD will deliver you into my hand, and I will strike you down and cut off your head...For the battle is the LORD'S, and he will give you into our hand."

Psalms 103:20-22

Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the LORD, all his hosts, his ministers, who do his will! Bless the LORD, all his works, in all places of his dominion.

Bless the LORD, O my soul!

- All angels/hosts join the redeemed in awesome song / worship before God.

Hebrews 13:20-21

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.