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PSALMS

Chapter 103

BLESS THE LORD, O MY SOUL

I. INTRODUCTION

A. As we continue in our study of the Psalms, we also continue with our theme of Praise and worship from the last teaching.

1. **Psalm 103** is a wonderful hymn by David extolling the Lord for his love and blessings.
 - a) As I studied for this lesson, I couldn't get past **Psalm 103**.
 - b) It is so rich and full of the Lord that we will stay in this psalm for this study.
2. David ends the Psalm with a plea for all mankind to praise and worship the Lord.

II. PSAL 103:1 (NKJV) BLESS THE LORD, O MY SOUL; AND ALL THAT IS WITHIN ME, [BLESS] HIS HOLY NAME! 2 BLESS THE LORD, O MY SOUL, AND FORGET NOT ALL HIS BENEFITS:

A. So we see the call to praise the Lord!

1. There is an old saying, "What do you give the man who has everything?"
 - a) Well, here is the answer!
2. The Lord has everything because He created everything, but what He desires is our praises!
 - a) Please notice it is something that is not to be done lightly or casually. It is to be done "with **all that is within me!**"
 - (1) Then the psalmist goes on to tell us why:

III. PSAL 103:3 (NKJV) WHO FORGIVES ALL YOUR INIQUITIES, WHO HEALS ALL YOUR DISEASES,

A. **1Joh 1:9 (NKJV) If we confess our sins, He is faithful and just to forgive us [our] sins and to cleanse us from all unrighteousness.**

1. The psalmist is going to go into great detail and history in the next few psalms to show the Lord's forgiveness for the children of Israel.
2. **2Pet 3:9 (NKJV) The Lord is not slack concerning [His] promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.**
 - a) All we have to do is ask our Savior for forgiveness and He grants it!
 - b) **Psal 103: 12 As far as the east is from the west, [So] far has He removed our transgressions from us.**
 - (1) We will expound on this a little later in the psalm.

B. According to Charles Ryrie, the word "**diseases**" in **verse 3** would be better translated "**spiritual afflictions.**"

1. Jesus is the answer to all our spiritual afflictions!
2. And as far as the physical side of things, He will one day heal all of those also.

IV. PSAL 103:4 (NKJV) WHO REDEEMS YOUR LIFE FROM DESTRUCTION, WHO CROWNS YOU WITH LOVINGKINDNESS AND TENDER MERCIES,

A. The redemption of course comes from accepting Jesus as Lord and Savior.

1. It is by His blood that we are redeemed.
2. As far as His love is concerned - **John 3:16 (NKJV)** tells us: "**For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.**"
3. **Psal 5:12 (NKJV)** For You, O Lord, will bless the righteous; With favor You will surround him as [with] a shield.
4. **Jere 29:11 (NKJV)** For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.
5. **1Pet 5:4 (NKJV)** and when the Chief Shepherd appears, you will receive the crown of glory that does not fade away.

V. PSAL 103:5 (NKJV) WHO SATISFIES YOUR MOUTH WITH GOOD [THINGS], [SO] [THAT] YOUR YOUTH IS RENEWED LIKE THE EAGLE'S.

A. **Isai 40:31 (NKJV)** But those who wait on 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.

1. This of course applies to things in the Spirit, but I believe they also pertain to things in this world!
 - a) If we will just seek the Lord and wait for Him to give us what we need in His timing - they will be so sweet.
2. I believe the key word here is "**wait**".
 - a) We must learn to wait for the Lord to fill the emptiness or loneliness, or the need.
 - (1) We often settle for the "candy bar" = quick energy but doesn't last!

VI. PSAL 103:6 (NKJV) THE LORD EXECUTES RIGHTEOUSNESS AND JUSTICE FOR ALL WHO ARE OPPRESSED. 7 HE MADE KNOWN HIS WAYS TO MOSES, HIS ACTS TO THE CHILDREN OF ISRAEL.

A. He gave the Ten Commandment to Moses and made it clear to Israel - what He would bless and what He must judge.

1. But even as Judge, there are things we need to know about Him and be mindful of.

- VII. **PSAL 103:8 (NKJV) THE LORD [IS] MERCIFUL AND GRACIOUS, SLOW TO ANGER, AND ABOUNDING IN MERCY.**
- A. Remember, "**mercy**" is not getting what we do deserve and "grace" is getting what we don't deserve.
1. The Lord abounds in "**mercy**" = *not giving us what we deserve!*
 2. He doesn't have a "short fuse."
 3. He doesn't just "go off" out of anger. He is very patient with us.
- VIII. **PSAL 103:9 (NKJV) HE WILL NOT ALWAYS STRIVE [WITH] [US], NOR WILL HE KEEP [HIS] [ANGER] FOREVER. 10 HE HAS NOT DEALT WITH US ACCORDING TO OUR SINS, NOR PUNISHED US ACCORDING TO OUR INIQUITIES.**
- A. The Lord will not always have a "dispute" with man.
1. The day is coming when all that will be put away. The books will be settled.
 2. For the believer, **10 He has not dealt with us according to our sins, Nor punished us according to our iniquities.**
- IX. **PSAL 103:11 (NKJV) FOR AS THE HEAVENS ARE HIGH ABOVE THE EARTH, [SO] GREAT IS HIS MERCY TOWARD THOSE WHO FEAR HIM; 12 AS FAR AS THE EAST IS FROM THE WEST, [SO] FAR HAS HE REMOVED OUR TRANSGRESSIONS FROM US.**
- A. He has done all this because of Jesus!
- X. **PSAL 103:13 (NKJV) AS A FATHER PITIES [HIS] CHILDREN, [SO] THE LORD PITIES THOSE WHO FEAR HIM. 14 FOR HE KNOWS OUR FRAME; HE REMEMBERS THAT WE [ARE] DUST.**
- A. He knows we are frail and temporary and He has "**compassion**" = (*pity*) for us. Just like a parent has compassion upon a child.
1. Wise parents know the limitations of their children and places expectations upon them accordingly.
- XI. **PSAL 103:15 (NKJV) [AS] [FOR] MAN, HIS DAYS [ARE] LIKE GRASS; AS A FLOWER OF THE FIELD, SO HE FLOURISHES. 16 FOR THE WIND PASSES OVER IT, AND IT IS GONE, AND ITS PLACE REMEMBERS IT NO MORE.**
- A. Man is very limited, so the Lord is compassionate accordingly, and His mercy endures forever.
- XII. **PSAL 103:17 (NKJV) BUT THE MERCY OF THE LORD [IS] FROM EVERLASTING TO EVERLASTING ON THOSE WHO FEAR HIM, AND HIS RIGHTEOUSNESS TO CHILDREN'S CHILDREN, 18 TO SUCH AS KEEP HIS COVENANT, AND TO THOSE WHO REMEMBER HIS COMMANDMENTS TO DO THEM.**
- A. Without Jesus we stand alone on the side of God's wrath.

1. Jesus puts us on the side of God's mercy, forgiveness, and patience.
2. Which side of the cross are you on?

XIII. CONCLUSION

A. **Psal 103:19-22 (NKJV)** The Lord has established His throne in heaven, And His kingdom rules over all. **20** Bless the Lord, you His angels, Who excel in strength, who do His word, Heeding the voice of His word. **21** Bless the Lord, all [you] His hosts, [You] ministers of His, who do His pleasure. **22** Bless the Lord, all His works, In all places of His dominion. Bless the Lord, O my soul!

1. If all the reasons stated are not enough for us to praise and worship the Lord then what will cause us to lift our hearts and our hands to Him?