

Psalm 103

3-2-03

“Bless the Lord, O my soul!”

1. **Intro:**

- 1.1. Psalm 103 –
 - 1.1.1. Ps.103 & 104 are *companion Psalms*.
 - 1.1.1.1. **Note:** matching endings. {Already how does this affect your understanding of the Psalm’s content?}
 - 1.1.1.2. “In the galaxy of the Psalter these are twin stars of the 1st magnitude!” (Derrick Kidner)
 - 1.1.2. If you ever have trouble praising the Lord turn to this Psalm.
 - 1.1.2.1. “We often”, as Spurgeon said, “write our **blessings** in the sand, & we engrave our **complaints** in the marble!”
 - 1.1.3. David does make one **request** in this Psalm. – it is just pure Praise!
 - 1.1.3.1. **Q:** Can you agree w/the new converted sailor who said, “**To save such a sinner as I am!...He shall never hear the end of it!**”
 - 1.1.3.2. **Q:** Do you ever pray to God for the sole purpose of praising Him?
 - 1.1.3.3. **Q:** Could you pray this long w/o asking for something?
- 1.2. **Outline:** Praise for **Personal** Blessings! Praise for **National** Blessings! Praise for **All Creation!**

2. **BLESS THE LORD, O MY SOUL! (Ps.103)**

- 2.1. **PRAISE FOR...PERSONAL BLESSINGS!** (1-5)
- 2.2. **Q:** When is it right to talk to yourself?
 - 2.2.1. Here David carries on a public dialogue w/himself!
- 2.3. (1,2) **Praise...w/your entire being!**
 - 2.3.1. “O for a thousand tongues to sing my great Redeemer's praise!”
 - 2.3.2. “Man was made to worship. He can’t help but worship. All that remains is to see **who** or **what** he gives his worship to!”¹

¹ RBC; pg.3; What kind of worship is God looking for? (pamphlet)

- 2.4. (2) Q: Why should we praise God? – Because of all His benefits! –
And Q: What are they...here's a list!(vs.3-5)
- 2.4.1. Forget not – Often times when we *forget* to Praise Him, it is deeper than “absent-mindedness!”
- 2.4.1.1. 2 Chron.32:25 “But Hezekiah's heart was **proud** and he did not respond to the **kindness** shown him;”
- 2.4.1.2. See same issue in Deut.8:10-14.
- 2.4.2. He heals all your diseases – Often in the bible, **sin** is compared to **sickness**, & **salvation** is compared to **health**.
- 2.5. (3-5) Here comes a parade of the benefits of Gods salvation!
- 2.5.1. Note 6-pack of verbs: forgives, heals, redeems, crowns, satisfies, & renews.
- 2.5.1.1. But salvation is **not** a **step-by-step procedure** to go through, but a **vast country** to explore!
- 2.5.1.2. **Something else...**This Psalm expresses the **experience** not the **doctrine**(of salvation). This is what it “**feels**” like to be saved!
- 2.5.1.3. Roy Clement(*pastor of Eden Bible Church in Cambridge, England*) said, “He is cataloguing the goodness of God; enumerating his blessings, lest in a moment of depression or backsliding, he souls forget the source of his prosperity & take God's grace for granted.”
- 2.5.1.4. We can add to this list of His benefits: Life, health, home, food, Mercy, Grace, Victory over sin, etc.
- 2.5.2. What God has **done for us** far exceeds anything we have **done for or against Him!** 😊
- 2.5.3. Note all the “**alls**” we have here!
- 2.5.4. (3) The infirmity of the soul!
- 2.5.5. (5) **Eagle** – Like an eagle that remains strong throughout its long life, the psalmist was spiritually vigorous under God's hand.
- 2.5.5.1. “The eagle molts, loses its old feathers, gets a new coat & soars again!” (Warren Wiersbe)
- 2.5.5.2. Is.40:30,31 “Even the **youths** shall faint and be weary, And the **young men** shall utterly fall, But those who wait on the LORD Shall renew their strength; They shall mount up with wings like **eagles...**”

- 2.6. **PRAISE FOR...NATIONAL BLESSINGS!** (6-18)
- 2.7. (6,7) There is no story like **the Exodus** for a record of human unworthiness...of *Grace abounding...& benefits forgotten!*
- 2.8. (8) Here is almost word for word **Gods self-portrait** from **Ex.34:6**, when He passed before Moses on the mount(receiving 2nd set of tablets).
- 2.8.1. This was right after the reprieve/pardon from **golden-calf** incident.
- 2.8.2. A perfect example given of **Human faithlessness & Divine mercy!**
- 2.9. (9,10) **God, infinitely wronged, not only tempers wrath but tempers justice. Though at what cost to Himself,...only the NT would reveal!**²
- 2.9.1. **Great things He has NOT done!** – *Don't limit your praises to only what the Lord HAS done, but include what He HASN'T done!*
- 2.9.2. Everyman knows the **plague** of his **own heart!** (1 Kings 8:38)
- 2.9.3. **Don't even think you can cleanse yourself from sin!** – That is like trying to climb up a steep glacier of ice in tennis shoes. - Like pouring water into a baggy with holes. – It is like trying to building up a wall of loose sand.
- 2.9.4. **Q: On what basis did He deal w/us?** - On the basis of **the cross**, the **grace** of God!
- 2.10. (11,12) However many miles are between east & West, you can't look 2 ways at once!
- 2.10.1. You have to **turn your back on 1** in order to look in the direction of the other!
- 2.10.2. **When God forgives, He puts our sin & us on 2 different horizons.**
- 2.10.3. **When He looks at our sin he is no longer looking at us; & when he looks at us, he is no longer looking at our sin!** (Boice)
- 2.10.4. **I read a story** of a much-loved priest in the Philippines, who carried the **burden** of a **secret sin** he had committed many years before. He had repented but still had no peace, no sense of God's forgiveness. In his parish was a **woman** who deeply loved God and who claimed to have visions in which she spoke with Christ and he with her. The priest, however, was skeptical. To **test her** he said, "The next time you speak with Christ, I want you to ask him what sin your priest committed while he was in seminary." The woman agreed. A few days later the priest asked, "Well, did Christ visit you in your dreams?" - "Yes, he did," she replied. - "And did you ask him what sin I committed in seminary?" - "Yes." - "Well, what did he say?" - "He said, 'I don't remember.'"

² Derik Kidner; pg.366

- 2.11. (13,14) If **Immeasurable distances** are one way of expressing immeasurable love & mercy; then intimacy of a **family** is another!
- 2.11.1. When we speak of Gods mercy it is like that of a **father** for his **children!**
- 2.11.2. For those who have been redeemed...**He is our Father!**
- 2.12. (15-18) Observe the **contrast** between **us**(15,16) & **God**(17-19).
- 2.12.1. This is the most beautiful time of year in our valley. **Q:** Have you seen the wild flowers along our freeway & the grass on the hills?
- 2.12.1.1. **Yet**, unfortunately they don't last but a **2/3** months.
- 2.12.1.2. **Man**, like Grass & wild-flowers, are so **brief** in their glory, in contrast to **God's** "never ending"*(from everlasting to everlasting)* **mercy & rt.**
- 2.13. **PRAISE FOR...ALL CREATION!** (19-22)
- 2.14. (19) **His kingdom rules over all** - God's realm is the totality of all things!
- 2.14.1. No matter how **difficult your day**; or how **discouraging your news**; lean on the wonderful assurance that **God is on His throne!**
- 2.14.2. And, if He rules over **all** things, "is it safe to complain about anything, even a *windy day or rainy weather?*"
- 2.14.2.1. **It's loving Him & trusting Him in the storm & in the sunshine!**
- 2.15. (20-22) **Mighty Angels, Serving Hosts**(heavenly army), & **His wonderful Works.**
- 2.15.1. **David** like a wonderful **conductor** of an **orchestra**, has now brought in **every part:**
- 2.15.1.1. He 1st brings in the **String section** of **Angels**; next the **Brass section** of **Hosts**; then the **Works** of the **Woodwinds.**
- 2.15.1.2. He draws out notes of praise! **{What a scene!!!}**
- 2.15.2. **David also, like a wonderful Choir director...sing's no solo!**
- 2.15.2.1. All in heaven & on earth are called upon to bless the Lord with him.
- 2.15.2.2. His voice, like every other, has its **own part** to add. - It's own **benefits**; its own **things to celebrate**; its own **access** to the *attentive ear of God!*

- 2.16. **Believers: Q:** Is there **real praise** in your heart to God?
- 2.16.1. **Ask yourselves: Q:** Do you **come to church** out of habit, to impress, or to appease someone? – Do you ever **hear sermons** w/o really **listening to God**? – Did you find yourself today “singing the songs”, but not truly worshipping Him?
- 2.16.2. **If** so we need to, like David, talk to ourselves!
- 2.16.3. **We** need to **stir up our hearts** to a more appropriate emotional response to the truth about the God we know!
- 2.16.3.1. Jonathon Edwards said, “**There is no true worship that does not touch the affections.**”
- 2.16.4. **If** you find your heart cold...do what David did...***count your blessings!***³
- 2.16.5. **Become aware** of your blessings & begin to **praise** God for them.⁴
- 2.17. **Unbelievers: Q:** Are these blessings David names in this chapter for everyone? No! (vs. 17) let’s us know they are only for those who “**fear Him**”. And in vs.18 “**To such as keep His covenant, And to those who remember His commandments to do them.**”
- 2.17.1. **Ask yourselves: Q:** Have you experienced **forgiveness** of sins? Has God **redeemed** your life from destruction? Has God **satisfied** you w/good things? Have you **experienced for yourself** that “**The LORD is merciful and gracious, Slow to anger, and abounding in mercy**”?
- 2.17.2. **Surrender to Jesus Christ today!** – Join in the great choir of those who have been saved & sing blessings unto His Wonderful Name...**How about today?**
- 2.18. **End** - “**To save such a sinner as I am!...He shall never hear the end of it!**”

³ Adapted from Roy Clements; Boice; pg.837

⁴ ibid