

Theme: When we remind ourselves of God's covenant love and forgiveness, it prompts us to a life of worship and loving obedience to our gracious Father.

I. Intro - A Week of Encouragement

- A. We have had a lot of challenging teachings lately
- B. The call to mission is important - but tough!
- C. Like our bodies, our souls also need rest, recovery
- D. Since TOC could not be here - a week to encourage
- E. A look at Psalm 103 - I hope it encourages you

II. Bless the Lord, O My Soul

A. Bless the Lord, O My Soul

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, Psalms 103:1-2

- 1. Commands own soul and total self to bless Yahweh
- 2. This talk with our soul happens often in Psalms
- 3. We are not captive to our soul, emotions, desires
- 4. God must be blessed - so commands self to bless

B. Stirring our soul to bless God

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,

³ who forgives all your iniquity, who heals all your diseases,

⁴ who redeems your life from the pit, who crowns you with steadfast love and mercy,

⁵ who satisfies you with good so that your youth is renewed like the eagle's. Psalms 103:1-5

- 1. Stirs up his soul with reasons to bless Yahweh
- 2. Bless Him for all His benefits given to you
- 3. The main benefit - sins forgiven (v3)

- a. The first benefit mentioned

- b. Repeated theme throughout the Psalm

³ who forgives all your iniquity, who heals all your diseases,...

¹⁰ He does not deal with us according to our sins, nor repay us according to our iniquities....

¹² as far as the east is from the west, so far does he remove our transgressions from us. Psalms 103:3, 10, 12

- 1. Sin in its totality in view - sin, iniquity, transgression
- 2. Every aspect of sin is forgiven, removed from us

- c. Reinforced by themes of God's love, compassion, lack of anger, righteousness, covenant

- 4. Other benefits related to & flow from this (Psalm 103:3-5)
- 5. We should stir ourselves daily to bless God for all He has done for us - and especially for forgiving our sin!

III. God's Covenant Love and Merciful Compassion

A. Psalmist moves to God's ways with His whole people

- 1. Moves from singular in vv1-5 to plural in vv6-14
- 2. Remembering moves to God's work through ages

B. God delivers His people from oppression

6 The Lord works righteousness and justice for all who are oppressed.

7 He made known his ways to Moses, his acts to the people of Israel. Psalms 103:6–7

1. Reference back to the Exodus from Egypt
2. He delivered His people from Pharaoh's oppression
3. We have a greater deliverance - from Satan!

C. God is merciful and gracious to His people

⁸ The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

⁹ He will not always chide, nor will he keep his anger forever. Psalms 103:8–9

1. A direct reference to Exodus 34:6

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, Exodus 34:6

- a. This was first spoken in response to golden calf
- b. Israel deserved judgment, but Yahweh is gracious, merciful, abounding in covenant love
- c. This is why He doesn’t keep anger at our sin

2. God is merciful and gracious to forgive our sin!

D. God’s infinite covenant love and forgiveness

¹⁰ He does not deal with us according to our sins, nor repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

¹² as far as the east is from the west, so far does he remove our transgressions from us.

¹³ As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

¹⁴ For he knows our frame; he remembers that we are dust. Psalms 103:10–14

1. Because God is gracious He does not deal as our sins deserve
2. His steadfast love is infinite (v11)
3. He removes our sin infinitely away from us (v12)
4. He is a compassionate Father to His children (v13)
5. God may forget our sin - but He does not remember how weak and frail we are - we are just dust (v14)

IV. The Everlasting God and Mortal Man

A. Man is mortal and will pass away

¹⁵ As for man, his days are like grass; he flourishes like a flower of the field;

¹⁶ for the wind passes over it, and it is gone, and its place knows it no more. Psalms 103:15–16

1. Man, the dust, is like grass - here today and gone tomorrow
2. Man is so mortal he can leave without making a permanent mark

B. God and His covenant love are eternal

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children’s children,

¹⁸ to those who keep his covenant and remember to do his commandments.

¹⁹ The Lord has established his throne in the heavens, and his kingdom rules over all. Psalms 103:17–19

1. Unlike man, God's love is eternal
2. God's kingdom is eternal and over all - and so is His ability to forgive and bless
3. The greatest man has limited, temporary power, & can only bless in limited, temporary ways; God is eternal & can bless in infinite, eternal ways.

V. Applying the Word

A. We apply this Psalm by worshipping Yahweh

1. Psalm begins with the call for me to bless Yahweh
2. It ends with resounding call for everything to bless Him

²⁰ Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!

²¹ Bless the Lord, all his hosts, his ministers, who do his will!

²² Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul! Psalms 103:20–22

 - a. Angels, army, all works, all places - bless the LORD!
 - b. Bless the LORD O my soul!
3. The central message of the Psalm - bless Yahweh
4. Whether we feel like it or not - bless Yahweh
5. Our lives should overflow with the desire to bless the LORD, for all He has done for us

6. When we don't want to worship, we are called to preach the Gospel to our soul until the desire to worship arises from the depth of our being.

B. We apply this Psalm by walking in the fear of Yahweh

1. Those who know these benefits should fear Yahweh
2. (If you don't - look to Jesus today for free forgiveness)
3. The Psalm begins with Gospel of forgiveness
4. It moves to speak of fearing and obeying Yahweh

¹¹ For as high as the heavens are above the earth, so great is his steadfast love toward **those who fear him**;

¹³ As a father shows compassion to his children, so the Lord shows compassion to **those who fear him**.

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on **those who fear him**, and his righteousness to children's children,

¹⁸ **to those who keep his covenant and remember to do his commandments**. Psalms 103:11, 13, 17–18
5. When we remind ourselves of God's covenant love, mercy, and forgiveness, it prompts us to a life of loving obedience to our gracious Father.
6. If you are not walking in the fear of Yahweh, obeying His loving covenant commands, spend time reflecting on His gracious covenant love, mercy and forgiveness.

C. The Table of Blessing

1. This Table reminds us of the blessings of the Gospel
 - a. Christ was sacrificed for us
 - b. In Him, we are forgiven, free, and blessed

2. This Table reminds us “Bless the LORD O My soul!”
 - a. We have been forgiven, bless the LORD!
 - b. In gratitude, we worship with our mouth and lives
3. Come to the Table of blessing

Bless the Lord, O My Soul

Psalm 103 ESV
November , 2016
Communion

2 Thessalonians 3:16

Teaching keywords: Blessing; forgiveness; grace; fear of God;
encouragement; peace and comfort

Mercy, peace and love be yours in abundance. Jude 1:2

- 1 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,
- 3 who forgives all your iniquity, who heals all your diseases,
- 4 who redeems your life from the pit, who crowns you with steadfast love and mercy,
- 5 who satisfies you with good so that your youth is renewed like the eagle’s.
- 6 The Lord works righteousness and justice for all who are oppressed.
- 7 He made known his ways to Moses, his acts to the people of Israel.
- 8 The Lord is merciful and gracious, slow to anger and abounding in steadfast love.
- 9 He will not always chide, nor will he keep his anger forever.
- 10 He does not deal with us according to our sins, nor repay us according to our iniquities.
- 11 For as high as the heavens are above the earth, so great is his

- steadfast love toward those who fear him;
- 12 as far as the east is from the west, so far does he remove our transgressions from us.
- 13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.
- 14 For he knows our frame; he remembers that we are dust.
- 15 As for man, his days are like grass; he flourishes like a flower of the field;
- 16 for the wind passes over it, and it is gone, and its place knows it no more.
- 17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children’s children,
- 18 to those who keep his covenant and remember to do his commandments.
- 19 The Lord has established his throne in the heavens, and his kingdom rules over all.
- 20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!
- 21 Bless the Lord, all his hosts, his ministers, who do his will!
- 22 Bless the Lord, all his works, in all places of his dominion.
Bless the Lord, O my soul! Psalms 103:0–22