



Bless the LORD, O My Soul!
A Study in Psalms
Psalm 103: Remember and Rejoice!
Mark Ediger October 6, 2019

Introduction: A Study in Psalms.

"I come to the psalms not primarily as a student wanting to acquire knowledge, but rather as a fellow pilgrim wanting to acquire relationship. The first and greatest commandment is to love the Lord our God with all our hearts and all our souls and all our minds. More than any other book in the Bible, Psalms reveals what a heartfelt, soul-starved, single-minded relationship with God looks like." Philip Yancey, The Bible Jesus Read

God speaks to us, and in the psalms, he gives us a vocabulary to respond to him.
Praying/singing the psalms can be a "heart check" for us. Do I love what God loves? Am I passionate for God?

I. Stop Forgetting - Psalm 103:1-5

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

Self-talk, stir ourselves up, awaken ourselves to worship God with all that we are. We find our true life and satisfaction in giving glory to God. Lord, cause us to worship you unhindered! Deut. 6:5, Mark 12:30

Avoid hypocrisy in worship. Engage all that we are. Isaiah 29:13, Matthew 15:8

2 Bless the LORD, O my soul, and forget not all his benefits

"Forgetting", in this case, is active and arrogant. 2 Peter 1:3-11

3a who forgives all your iniquity,

Do we remember who we were? More importantly, do we remember who God is and what he has done? Psalm 51:5, Romans 3:10-12, Ephesians 2:4-7.

"He who is forgiven little, loves little" Luke 7:36-50

3b who heals all your diseases,

We live in the tension of the "already" and the "not yet". We eagerly anticipate what's to come. Romans 8:18-25

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

God crowns us with his own attributes – "steadfast love and mercy."

5 who satisfies you with good so that your youth is renewed like the eagle's.

"Let us run with endurance the race that is set before us" Hebrews 12:1-2, 2 Peter 1:3-4, James 1:17

II. Rehearse History - Psalm 103:6-18

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.

Exodus 2:23-25, Exodus 3:20, 32-34, Psalm 106:19-23. Rehearse the history of how God related to Israel.

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

The proclaimed name of God was central to Israel's hope, and to ours. Exodus 34:5-7

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.

Our Holy God is rightly angry over our sin, but in his mercy, he does not hold his anger.

"For his anger is but for a moment, and his favor is for a lifetime" Psalm 30:5

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.

We are assured that "if we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9.

God doesn't keep our sin and parade it before us when we fail. That is the work of our enemy, the accuser. Revelation 12:10. Our sin is put away for eternity!

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.

Genesis 2:7. God created his image bearers from dust. We are weak and failing; he is tender and compassionate. In Jesus, we have a great high priest who was tempted just as we are and is able to sympathize with us in our weakness. Hebrews 4:14-16.

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,

We are vapor, but God is everlasting. James 4:14. We were chosen in Christ before the foundation of the world, and now nothing will separate us from the everlasting love of Christ, not even death! Ephesians 1:3-10, Romans 8:35.

Rehearse the history of God's faithfulness to our generations.

God is worthy of our children's praise. Parents and grandparents, for God's glory, we are intentional how we walk before our children. Deuteronomy 6:6-8.

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

Outside of reconciliation to God by the cross of Jesus, there are no benefits to remember.

Lord, move us with your compassion to make disciples of all nations.

Colossians 1:19-20, Matthew 28:18-20

III. Rejoice in the LORD - Psalm 103:19-22

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

All things are rightly his. Col. 1:16 We rejoice in the never-ending rule of our Holy and good God.

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!

"saying with a loud voice, Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!" Revelation 5:11-14

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

The Lord is infinitely worthy of the praise of all creation for all time. Psalm 148

Bless the LORD, O my soul!

This is our song forevermore. Psalm 115:18

"Rejoice in the Lord always; again I will say, Rejoice" Philippians 4:4

Study helps/sources: "A Commentary on The Psalms" Allen P. Ross, "Answering God" Eugene H. Peterson