

# **Bless the Lord – Do Not Forget His Benefits**

Psalms 103:1-5

A Psalm of David – of praise and devotion.

## **I. INTRODUCTION** - In this Psalm we hear David:

### A. Stir up his soul to praise God (Ps 103:1,2):

1. For His favor towards the psalmist (Ps 103:3-5),
2. For His favor towards the church and to all good men, to whom He is:
  - a. just,
  - b. kind, and
  - c. constant (Ps 103:6-18),
3. For His government of the world Ps 103:19.

### B. As he desires the assistance of the holy angels, and all the works of God, in praising Him Ps.103:20-22.

[NOTE: In reading and singing this Psalm (or any Psalm for that matter) we must allow our hearts to be affected with the goodness of God and thus enlarge our hearts in love and thankfulness. (MHC) Also, the things David says about God the Father can most often apply to Jesus as well.]

## **II. LESSON** – We focus on verses 1-5

[David is communing with his heart, and he motivates his soul to that which is good.]

### A. David stirs up himself to the duty of praise, Ps 103:1,2.

1. It is the Lord that is to be blessed and spoken well of; it is to His holy name, that we are to consecrate our praise, giving thanks as we remember His holiness.

2. It is the soul that is to be employed in blessing God; it must come from the inner man. Our religion properly practiced is heart-felt and heart-engaged.
  3. Only when we remember the mercies received from God can we praise Him as He deserves. *“Forget not all his benefits.”* If we do not give thanks for them, we do forget them; and that is unjust as well as unkind.
  4. Song: Praise the Lord (#20)
- B. The Psalmist calls upon himself to not forget the benefits provided by the Lord.
1. *He has pardoned our sins* (Ps 103:3a); He has forgiven, and continues to forgive, all our iniquities.
    - a. Why is this mentioned first? It is mentioned first because; by the pardon of sin we are restored to the favor of God.
    - b. It is our sins that separate us from God. And yet, He has forgiven all our trespasses.
    - c. It is a continued act; He is still forgiving, as we are still sinning and repenting.
    - d. Song: Love Divine v. 1,2,4 (#439)
  2. *He has cured our sickness.* (Ps. 103:3b) Whether physical illness or sickness of the soul; God is behind its cure. Note the paralytic of Mark 2.
    - a. Spiritually the cure takes place in sanctification; when sin (like cancer) is killed, the disease is healed; regardless of the complexity, it is all healed.
    - b. Our crimes against God were capital, but God saves our lives by pardoning them; our diseases were mortal, but God saves our lives by healing them.
    - c. God takes away the guilt of sin by pardoning mercy and He breaks the power of sin by renewing grace.
    - d. *But of Him you are in Christ Jesus, who became for us wisdom from God--and righteousness and sanctification and redemption--* 1Cor. 1:30.
    - e. Song: The Great Physician (#109)

3. *He has rescued us from danger.* (Ps. 103:4a) We not only fear for our spiritual lives on account of our sins and spiritual illnesses, but by the power of our spiritual enemies.
  - a. Therefore here also we experience Divine Goodness: Who redeemed our life from destruction (Ps 103:4), from the second death?
  - b. The redemption of the soul is precious; we cannot truly get our puny minds around it, and therefore are the more indebted to divine grace than we can even fathom, and to him who has obtained eternal redemption for us. What should we do? Help Him rescue others!
  - c. Song: Rescue the Perishing v. 1,4 (#243)
  
4. *He has crowned us with lovingkindness and tender mercies.* (Ps. 103:4b)
  - a. He has given us a true and great honor; a crown, no less.
    - 1) He “crowns us with his lovingkindness and tender mercies;” and is there any greater dignity than to be advanced into the love and favor of God? All true saints have this honor.
    - 2) Can the crown of glory be anything else but God's favor?
    - 3) Song: Father of Mercies (#54)
  - b. He has given us true pleasure: He “satisfies our mouth with good things” (Ps 103:5a); it is only the favor and grace of God that can give satisfaction to a soul by:
    - 1) supplying its needs,
    - 2) and answering its desires.
    - 3) Nothing but divine wisdom can undertake to fill the treasury of the soul; other things will oversupply, but not satisfy its hunger. Ec 6:7 - All the labor of man is for his mouth; and yet the soul is not satisfied. Isa 55:2.
    - 4) Song: It is Well with My Soul (#646)
  
5. "He has given us a pledge of a long spiritual life: Your youth is renewed like the eagle's." (Ps. 103:5b)
  - a. The eagle changes her feathers every year at molting time, so that she becomes young again.
  - b. When God, by the graces and comforts of his Spirit and the washing of regeneration, cleanses his people from their sins, and fills them with new life and joy even here on earth, which

is to them an earnest of eternal life and joy, then they may be said to return to the days of their youth. (Rom. 6:3,4)

- c. Isa. 40:31 – Song: Teach Me Lord (# 699)

### **III. CONCLUSION**

- A. Thus, is the endless chain of grace complete. Sins forgiven, its power subdued, and its penalty averted, then we are honored, supplied, and our very nature renovated, till we are as new-born children in the household of God.
- B. (Prayer) O Lord we must bless you, and we will; as you withhold nothing from us so we would not keep back from your praise one solitary power of our nature, but with all our heart, and soul, and strength praise your holy name. [The Treasury of David]
- C. Invitation – Have You Been To Jesus? (#559)

[All major points taken from Matthew Henry's Commentary on the Psalms.]