

Psalm 103:1–14

- 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 iniquities, Who heals all your diseases,
- 4 Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,
- 5 Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.
- 6 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.
- 8 The LORD is merciful and gracious, Slow to anger, and abounding in mercy.
- 9 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.
- 11 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.
- 13 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.

“Forgetting Not”
Psalm 103:1-14

INTRO:

This is the weekend before Thanksgiving. We must not forget all God did and is still doing for us. In the **103rd Psalm**, David wants us to remember some things we are all too prone to forget. As we study this Psalm together our study will fall under two heads.

I. We Need To Remember What God Does For Us (v. 1-7)

II. We Need To Remember How He Treats Our Sin (v. 8-14)

I. We Need To Remember What God Does For Us (v. 1-7)

Psalm 103:1-7 *“Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s. The LORD executes righteousness And justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel.”*

A. David started by calling himself to worship and praise. We find in the Psalms several glimpses into the psalmist’s internal dialogue. For example, in **Psalm 42:5**. *“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.”*

In the Hebrew parallelism the phrase *“O my soul”* and *“all that is within me”* are equivalent statements.

1. David called upon all that he was to praise and worship the LORD of glory. He wanted to enlist his whole personality, and his entire inner-being in the discipline of blessing the name of Yahweh. This worship first in Who God is.

2. In this place David is demonstrating the proper way in which we are to worship God. Both Isaiah and the Lord Jesus warned the people about the importance of this kind of worship. In rebuking the Pharisees, Jesus said,

Matthew 15:7-8 *“Hypocrites. Well did Isaiah prophesy about you, saying: these people draw near to Me with their mouth, And honor Me with their lips, But their heart is far from Me.”*

God has never been interested in praise that comes only from the lips, and liturgy that is just external worship. God has always wanted our hearts.

3. David's worship and praise also has a focus. It is not just warm and fun feelings, it is proclaiming the wonder of Who the Lord Yahweh is and what He is like!

B. In **verse 2**, David carries the theme forward by beginning to give a reason for his whole person to praise and bless God! Here is the theme of our study – *“Forget not all of His benefits.”* Okay, David, what blessings are we not to forget?

1. In **(v. 3-4)**, we find the greatest benefit, the first in the list. Without this benefit we could have no relationship at all with the thrice holy God! *“He forgives all our iniquities.”* I love what Charles Spurgeon observed in his comments on this verse. *“Babes may praise the divine goodness, but fathers in grace magnify His*

holiness.” The scriptures do not down play the importance of this blessing to us. And to those who recognize they have been forgiven much, this is the greatest of all possible blessings. Indulge me just two verses.

1 Timothy 1:12 *“And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry, although I was formerly a blasphemer, a persecutor, and an insolent man; but I obtained mercy because I did it ignorantly in unbelief. And the grace of our Lord was exceedingly abundant, with faith and love which are in Christ Jesus. This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief.”*

Ephesians 1:7 *“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”*

2. Not only does He save us and forgive us, and constantly show His compassion and kindness toward us in this life. He fills our lives with physical blessings too.

v.5 *“Who satisfies your years with good things, so that your youth is renewed like the eagle.”*

What are those things? Start doing what the song says, *“Count your blessings name them one by one/ and it will surprise you what the Lord has done.”*

3. In (v. 6-7),

“The LORD executes righteousness and justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel,”

David thought about the blessings God has shed on His people as a whole. He recognized historical blessings showered upon God's people were blessings upon him personally too! We often forget we are a part of what God did in the past. We reap a blessing from the God's faithfulness to Martin Luther, John Calvin, Jonathan Edwards, and so on.

II. We Need To Remember How He Treats Our Sin (v. 8-14)

Psalm 103:8–14 *“The LORD is merciful and gracious, Slow to anger, and abounding in mercy. He will not always strive with us, Nor will He keep His anger forever. He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, So far has He removed our transgressions from us. As a father pities his children, So the LORD pities those who fear Him. For He knows our frame; He remembers that we are dust.”*

A. David's mind turned to the way God dealt with our sin. You see, He deals with our sin in a legal way when He saves us, but we did not stop sinning the moment we were saved. So, while God's dealt with sin once for all in our salvation, He also deals with our sin in a practical day to day way. This is David's point in these verses.

B. We find in **verse 8** when God deals with us, His sinful children, day by day, He is ***"merciful and gracious, Slow to anger, and abounding in mercy."*** God responds to us first in mercy and grace. Praise God for that. If He acted in His justice, we would be constantly in the divine woodshed.

C. **Verse 9** speaks of when He gets angry with us. God does not stay angry with us for long. ***"He will not always strive with us, Nor will He keep His anger forever."*** There is a great verse on this in another Psalm.

Psalm 30:5 ***"Sing praise to the LORD, You saints of His, And give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning."***

Aren't you glad that God does not remain angry with us, His children, when we sin? I am glad we can count on the joy coming in the morning.

D. The reason He does not remain angry with us, who are His people, is because of **verse 10.**

"He has not dealt with us according to our sins, nor punished us according to our iniquities."

He has not deal with us according to our sin. If He did, we would be dead and in hell at this very moment. The Psalmist asks in

Psalm 130:3, *"If You, LORD, should mark iniquities, O Lord, who could stand?"*

God does not mark our iniquities and hold them against us.

D. Instead, He removes our sin from us.

Verses 11-12 ***"For as the heavens are high above the earth, so great is His mercy toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us."***

We must understand this promise is not for everyone. It is, ***"toward those who fear Him."*** While His wrath falls in judgment on others, He spares us because He has saved us.

Let us remember what the Son of God who died for us accomplished. Let us then follow David's advice today.

"Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits:" Psalm 103:1-2

Hymn #380 ***Just A Closer Walk With Thee***