



Inspirations Newsletter  
(July 12, 2008)

## **PASSING ON THE BENEFITS**

### **Psalms 68:19 (NKJV)**

<sup>19</sup>Blessed be the Lord,  
Who daily loads us with benefits,  
The God of our salvation! Selah

I recently completed a reflective study of Psalms. During this study, I would ask God questions; capture verses that spoke to my heart; and journal my dreams, my thoughts, and any answers the Lord gave me as I read in this wonderfully organized collection of writings. As I was taking my journey through Psalms, I noticed Psalm 68:19. One thing that stands out to me about this verse is that a load is meant to be moved from one place to another.

The only time a load stays where it is placed is when it is put in storage. But, then what happens if it is not moved to its final destination in a timely manner? If it is merchandise to be sold, the owner does not profit. As a matter of fact, the merchandise could become damaged and/or lose its value. If it is goods to be consumed, they will rot, and again the owner does not profit. If it is intended to stay in storage, we must surely ask ourselves, "What value does this merchandise REALLY have for me?" I am reminded of the rich man and his barns filled with crops (**Luke 12:16-20**). He had more than he needed, so he wanted to store the excess. Yes, there are times we are in transition and have to store things, but I have to wonder if having things in storage even after we get settled should be a way of life.

In my own life, I think about the space I could free up in my home if I got rid of some "excess" stuff that I rarely, if ever, use: the "what if" stuff that is tucked in the nooks and crannies of my home. So, instead of trying to create more storage space as the rich man did, should I not ask myself, "What value does this item have for me? Can I give it to someone else to use? Or, is it something that no one can use and needs to be thrown away?" As I contemplate those questions, I also wonder, since God loads us with daily benefits, is it not possible that we are to deliver our load of benefits to others instead of storing them up for ourselves? Is it also not possible that some of the things we "give to others" we really needed to just throw away, things like anger, harsh words, unforgiveness, and the list goes on!

Every since I completed my Psalms study, I have been doing a review to capture what the Lord spoke to my heart based on where I was at the time, where I have been since then, and where I am now. In obedience to what I believe the Lord has spoken to my heart, today, I wanted to encourage all who read this newsletter to reflect on "Who daily loads us with benefits" in light of Psalm 103:1-5:

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**Psalms 103:1 - 5 (NKJV)**

<sup>1</sup>Bless the Lord, O my soul;  
And all that is within me, *bless* His holy name!  
<sup>2</sup>Bless the Lord, O my soul,  
And forget not all His benefits:  
<sup>3</sup>Who forgives all your iniquities,  
Who heals all your diseases,  
<sup>4</sup>Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,  
<sup>5</sup> Who satisfies your mouth with good *things*,  
So *that* your youth is renewed like the eagle's.

Before I really began studying the Bible and learning the difference between religion and relationship, I viewed God's benefits as what He did for me, not what He does for others through me. However, between my own personal studies and different Bible classes I have taken, one thing I have definitely learned--life is not about the blessings of God stopping with me. Life is about God blessing others through me. This knowledge caused me to look at Psalm 68:19 in a different way. It also caused me to ask myself a question: "What benefits is God loading me with daily?"

Granted, while Psalm 103:1-5 may not be all the benefits God loads us with daily, they are a very good place to begin answering my question. One thing I recently learned is to focus more on the verbs than the nouns when reading the Bible. By doing that, I began seeing the benefits of God listed in Psalm 103 in a much different light. As a result, I now know that each day, God gives me the ability to forgive, heal, redeem, crown, satisfy, and renew as I interact with others. So, what I'd like to do is to look at this verse in light of my daily walk and the overall meaning of what is being spoken to my heart:

Today, I have the opportunity to pardon someone's faults, by not holding what they do against them. Instead, of taking their actions personally, I can decide to see them as God sees each of us--a work in progress. With God's help, I can then seek to become a part of the solution to help mend the "dis-ease" that exists in the situation, so God's Holy Spirit can bring order where disorder exists. We can then walk in fellowship with each other and with God instead of falling prey to the destruction the enemy sought to bring. But, how do I choose to take the road that leads to redemption instead of follow the path that leads to destruction? I choose to encircle the person with "lovingkindness and tender mercies." In other words, I show compassion in those times when I most want to lash out at someone or whenever I feel a need to defend myself from someone else's attacks. And, the best way to extend lovingkindness and tender mercies is through the good things I speak with my mouth: a kind word instead of a harsh rebuke, a word of encouragement instead of tearing someone down, a statement of repentance instead of justifying my behavior. All of these good things will help to renew my youth and give me strength for another day.

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May these words become the prayer of my heart and that of every soul that reads them. Father, I know there are many days I fall short with being able to forgive, heal, redeem, crown, satisfy, and renew others. Many times I fall prey to the thoughts of my own mind and the desires of my own soul. Father for every time I have been an instrument of destruction instead of an instrument of redemption, I ask for Your forgiveness. I ask that Your Holy Spirit would help me to be a life-giver who allows Your grace to bring healing to every “dis-ease” I encounter in my own life and in the lives of others. Father, I pray every soul that reads this would know that You are the One “Who daily loads us with benefits,” so these are not things we have to try to give in our own strength, but they are things You can give through us. Father, help us to know that each day You load us with benefits, so every day we get more to carry even if we did not release our previous load! Help us to understand we make our load easy to carry when we deliver Your benefits on a daily basis. Holy Spirit, give us discerning eyes and hearts to recognize those opportunities You give us to release our load, so we don’t return to You heavy laden. Father, help us to learn to express our love for You by being willing and obedient to share our daily load of benefits as an expression of our love to others. Father, help us to see ourselves as we really are and not how we perceive ourselves to be, for You know when we are holding onto that which You intended for us to share. Lord, bring us truth--the truth of Your Word and the truth of the fruit we are producing based on Your Word. Lord God, we give You all glory, all honor, and all praise. I lift up every soul that will read this writing, asking that Your Holy Spirit would meet every need according to Your plan for their lives. Father, help us to be able to live out “not my will, but Yours, be done” (**Luke 22:42 NKJV**). Lead us and guide us Father as we continue in this journey called life to love You and to love others! In Jesus’ name. Amen!

*If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at [wow@wow2women.com](mailto:wow@wow2women.com) or complete a Contact Form on our site, [www.wow2women.com](http://www.wow2women.com).*