




DIVINE BENEFITS (PSALM 103)

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“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” (v.1-2).

FORGIVENESS (V.3A,12)

“Who forgives all your iniquities ... As far as the east is from the west, so far has He removed our transgressions from us.”

- ▶ The Lord is willing to forgive all of our iniquities (Psalm 25:18; Tit. 2:14; 1 John 1:9).
 - ▶ God will forgive even the worst of sins/sinners (1 Tim. 1:15; Acts 2:22-23, 37-40).
 - ▶ As far as the east is from the west, so far does He remove our sins (Isa. 43:25, 38:17; Heb. 8:12).
 - ▶ We must forgive people in the same manner (Eph. 4:32).

HEALING (V.3B)

“Who heals all your diseases.”

- ▶ Some say the Psalmist is addressing spiritually healing (Isa. 53:5; James 5:16). However, it seems more likely that physical healing is under consideration since v.3a addresses spiritual healing.
- ▶ God heals all of our diseases.
 - ▶ Just because He can heal does not automatically mean He always will (2 Cor. 12:8-10).
 - ▶ God still heals us today, in accordance with His will (2 Cor. 12:7; Phil. 2:25-27; James 5:15).

NOTE: 1 Cor. 13:8-10 doesn't prove that God does not heal miraculously today. It only proves that He doesn't work miraculously through the hands of men. We shouldn't throw around the word “miracle” when referring to God's providence or kindness, but we don't need misrepresent 1 Cor. 13:8-10 either.

REDEMPTION (V.4A)

“Who redeems your life from destruction.”

- ▶ The Lord is our redeemer (Psalm 19:14).
- ▶ To redeem means to buy back.
 - ▶ Redemption can refer to something physical (Ruth 4:4; Lev. 25:26).
 - ▶ God bought back Israel from Egypt (Deut. 9:26; 2 Sam. 7:23).
 - ▶ Spiritually, Christ is our redeemer (Eph. 1:7; 1 Pet. 1:18-19).
 - ▶ Those who have been redeemed by Christ have been bought back from the bondage of sin (John 8:31-36; 2 Tim. 2:26).
 - ▶ It was by God’s grace, love, and mercy that He executed His plan of redemption for man (Eph. 1:5, 2:4-9; John 3:16; Rom. 2:4).

MERCY (V.4B, 8-11, 17A)

“Who crowns you with lovingkindness and tender mercies ... 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 ... But the mercy of the Lord is from everlasting to everlasting on those who fear Him.”

- ▶ God is no stranger to anger (Psalm 7:11; 1 Kings 11:9-10; Rom. 1:18; John 2:13-16, 3:36, etc.), but He is:
 - ▶ Slow to anger (Exod. 34:6; Psalm 145:8; Jonah 4:2), and
 - ▶ Desires not to act upon His anger (Ezek. 33:11).
- ▶ God's extension of mercy is not just a one-time offering (Eph. 2:4-5); it is steadfast and continual (Lam. 3:21-23; Psalm. 23:6; Psalm 136).

SATISFACTION (V.5A)

“Who satisfies your mouth with good things.”

“Each day that we live, he provides for our needs.” (CEV)

- ▶ The Lord satisfies the needs of those who put Him first (Matt. 6:31-33; Phil. 4:19).
- ▶ God is generous in His provision (2 Cor. 9:8).

So, why do we worry so much?

RENEWED YOUTH (V.5B)

“So that your youth is renewed like the eagle’s.”

- ▶ Eagles are a picture of strength, even in their old age (Isa. 40:31).
- ▶ Followers of God, even in their old age, are promised strength (2 Cor. 4:16).

JUSTICE (V.6)

“The Lord executes righteousness and justice for all who are oppressed.”

- ▶ God is a God of justice (Isa. 30:18; Prov. 11:1, 20:23; Micah 6:11).
 - ▶ His justice is still seen on earth today (Rom. 13:1-7).
 - ▶ It is not man's responsibility to avenge himself.
- ▶ We should seek to be honest and just people (Rom. 12:9-21, 13:8-10; Zech. 7:9-10; Isa. 1:17; Micah 6:8; Psalm 106:3; Prov. 21:3, 31:9, 28:5).

REVELATION (v.7)


“He made known His ways to Moses, His acts to the children of Israel.”

- ▶ Though God does not reveal Himself today in the same way He did to Moses et. al., He still reveals Himself to mankind even today (**Rom. 1:18-20; Job 12:7-10**).
- ▶ His message has also been revealed for all to understand (**Eph. 3:3-6**).

PITY (v.13-14)

“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. As for man, his days are like grass; as a flower of the field, so he flourishes. For the wind passes over it, and it is gone, and its place remembers it no more.”

- ▶ God pities (has compassion for) man (Matt. 9:36; Luke 15:20).
 - ▶ This compassion is derived from the fact God knows our frame (Psalm 78:38-39); He knows we are human (Gen. 3:19; Eccl. 3:20, 12:7; 1 Pet. 1:22-25).
 - ▶ No one knows our abilities, weaknesses, etc. better than the One who created us! (Exod. 3-4; 1 John 5:3; 1 Cor. 10:13)



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