

THE LORD'S DIVINE
BENEFITS PACKAGE
(PSALM 103:2-5)

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PSALM 103:2-5 (NKJV)

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.

INTRODUCTION

Human beings are forgetful creatures, and the Bible is replete with admonitions to “remember” or, in the reverse format, “*forget not.*” In Psalm 103, David cautions that we should “***forget not all His benefits***” (v. 2). Elsewhere, an inspired writer would similarly ponder: “***What shall I render unto Jehovah for all his benefits toward me?***” (Psalm 116:12).

In today’s world, many are keenly conscious of those “benefits” associated with their employment. What sort of insurance do I have? How much personal time off do I receive? What is my retirement package, etc.? But how frequently do we contemplate the “*benefits*” of our loving Father?

In Psalm 103:2-5, five marvelous “*benefits*” are listed. How invigorating to the soul it is to savor these blessings. These benefits are expressed with the following verbs: **forgives, heals, redeems, crowns, and satisfies.** Let us reflect upon these promises.

FORGIVES

First, David extols the fact that God will forgive “**all**” sins (v. 3a) – a sentiment echoed in the New Testament.

The Lord has the power to cleanse from “**all unrighteousness**” (1 John 1:9). It is thus refreshing to know that “**all**” sin may be cleansed for those who are burdened under its oppressive force and who choose to seek Heaven’s offer of relief (Matthew 11:28-30; Revelation 22:17).

God, through Christ, will forgive all sins of those who submit to His will through obedience (Romans 6:17; Hebrews 5:8-9).

HEALS

David affirms that God “*heals all [our] diseases*” (v. 3).

This verse is not:

Intended to suggest that God’s child can expect perpetual healing from every illness so that he will never die, nor a guarantee that Christians will be able to tap into the divine power of miraculous healing.

- The miraculous healing of those days were temporary by design (1 Cor. 13:8).

What this verse does suggest is this:

The God who created the human body is able, consistent with his own purposes, to mend his own creation (Gen. 2:7; Psalm 139:14).

Not only that, but after our bodies are given back to the earth upon death to return to its dusty origin (Gen. 3:19; Ecc. 12:7), we will emerge from the grave and enter a new state wherein pain and death exist “*no more*” (Rev. 21:4), and where the “*leaves*” of the “*tree of life*” provide everlasting “*healing*” (Rev. 22:2).

REDEEMS

David recognized that God “**redeems**” us from “**destruction**” (v. 4a).

The verb “**redeems**” is related to the Hebrew noun “**goel,**” literally translated as “a kinsman with the right to buy back.”

- True redemption would be fulfilled ultimately in Christ, our “**kinsman**” (John 1:14; Heb. 2:11), who paid the price of redemption by the shedding of his blood (Luke 1:68; Eph. 1:7).

There are two senses in which we, as children of God, partake of the benefit of redemption.

1. First, we are redeemed from the guilt of our transgressions (see above verses).
 2. Second, in his letter to the Christians in Rome, Paul affirmed, “**We ourselves groan within ourselves, waiting for our adoption, to wit, the redemption of our body**” (Rom. 8:23). This, of course, is an allusion to the resurrection of the human body, in an immortal form, at the time of Christ’s return (1 Cor. 15; 1 Thess. 4:13).
- It is a wonderful comfort to know the redeemed body of the post-resurrection will be one “**fashioned anew;**” indeed, it will “**conform**” to the body of Jesus’ glorified state by the exercise of the Savior’s awesome power (Phile. 3:20-21).

CROWNS

The benefits thus described are like a glorious “**crown**” that sits upon the faithful’s head, and is the ultimate expression of the “**lovingkindness**” and “**tender mercies**” that God has in store for the faithful (v. 4b).

The eventual crowning of God will find fulfillment in the glories of the realm he has prepared for the obedient (John 14:1-4).

In that day, there will be bestowed the “**crown of righteousness**” (2 Timothy 4:8), which may also be called the “**crown of life**” (James 1:12; Revelation 2:10), or the “**crown of glory**” (1 Peter 5:4).

- Christians should be diligent to retain this expectation in the forefront of their minds, for if we lose the hope of that crown, all would be for naught (Revelation 3:11).

SATISFIES

Finally, David declares that God “**satisfies [our] mouth with good things**” (v. 5). This, along with the latter half of the verse, which states, “**So that your youth is renewed like the eagle’s,**” suggests the following:

Those who walk with the Lord and are recipients of His gracious benefits, even though they advance in years, will nonetheless possess a spirit of delightful vigor, savoring their lives and praising God for His beneficence.

- The thought may be somewhat analogous to Paul’s declaration in his second letter to the Corinthians – “**Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day**” (2 Cor. 4:16).

Thus, David’s words should encourage us not to be “grumpy old men and women” as we ease beyond the primes of our lives, even though this time of life is often fraught with difficulties. Rather, with great joy, we ought to realize that the best is yet to come.

CONCLUSION

The Lord's Divine Benefits Package is offered freely to all who call upon Him in obedient and full faith.

In addition to these five benefits (forgives, heals, redeems, crowns, and satisfies), God's mercy, pity, and righteousness are provided to "*all who fear Him . . . keep His covenant . . . who remember His commandments to do them*" (v. 11, 13, 17-18).

Every one of these benefits are given to us - unworthy sinners - as a direct result of His free and sovereign grace. Let us who have received these rich blessings continually offer thanksgiving and praise unto Him!

Likewise, let us be certain to spread the good news of our Lord's divine benefits so all may become partakers.

"*Bless the Lord*" today. Bless Him for the benefits He loads upon us and for the burdens He lifts from our shoulders. Don't save this praise for special occasions. He deserves this praise every day!