

Bless the Lord

Psalm 103

Introduction

Six times in Psalm 103, David says, “*Bless the Lord.*”

To *bless the Lord* is to praise Him, worship Him, adore Him, and thank Him. Why should we *bless the Lord*? David identifies three reasons in this psalm. First, because of who God is. Second, because of what God has done. Third, because of the place God occupies in the universe. Exploring these three reasons to *bless the Lord* also exposes us to some ways, some motivation, and some principles in our pursuit of praising God.

I. Bless God for Who He Is (1)

A. Bless Him for His Holy Name

Holiness is the basic attribute of God. See Isaiah 6. Only holy men praise God for his holiness. The unholy hate this attribute of God because it convicts them of their unholy nature. To the saint, however, God’s holiness is a source of joy and praise.

B. Bless Him from the Heart

Soul refers to the innermost person. From the depths of your being, praise Him.

C. Bless Him With All Your Being

Praise God not only from the innermost part of your being, but with an intensity of being. Praise Him with every faculty and every ounce of energy you possess. Praise God with the totality of your being; your mind, emotions, and desires.

II. Bless God for What He Does (2-18)

A. The Priority of Memory (2)

Don’t forget what God has done for you!
Notice the word *all*. How do we know all of God’s benefits? How do we remember them?
See 2 Peter 1:12-15

B. The List of Benefits (3-18)

David had a long list, but even it was incomplete.

1. Forgiveness (3)
2. Lovingkindness and Mercy (4)
3. Satisfaction (5)
4. Spiritual Strength (5) See Isaiah 40:31.

5. Protection (6)

6. Guidance, Power, Self-revelation (7)

7. Mercy, Grace and Patience (8-18)

Illustrated in the following ways:

- a. Heaven above the earth illustrates the greatness of God’s mercy (11).
- b. East separated from west illustrates the removal of sin (12).
- c. Father pitying his child illustrates God’s compassionate response to human frailty (13-14).
- d. Grass and flowers illustrate the temporary nature of life here on earth, but God’s mercy is eternal.
What are the requirements for experiencing God’s mercy?

III. Bless God for Where He Is (19-22)

A. The Identification of His Position (19)

His throne is in heaven.
He rules over all.

B. The Response to His Position (20-21)

All creation is to praise Him.

Conclusion

When we see God in all His glory, when we understand our glorious salvation, when we experience the care of God, then we *must* say, “*Bless the Lord, O my soul.*”

Specific Action to Take This Week

Reflect on the past few months. Write down some recent blessings, including God’s compassionate care, and then share them with someone close to you.