

The Blessings We Sometimes Forget

Psalm 103:1-5

Sometimes we forget just how good God has been and continues to be to us his children! Is it not true that we allow ourselves to get caught up in the problems and troubles of life so much so, that we forget where the Lord found us, what he did for us and where he is taking us? When I forget who God is and what he has done for me, I need a reminder of the benefits I enjoy as a child of God.

David gives us this reminder in Psalm 103:1-5

1. AS A SINNER HE FORGIVES ME V. 3 *“Who forgives all your sins”*

Man's greatest need makes the top of David's list! The Hebrew word David uses here for “*sins*” means our bent toward crookedness, sin and evil. Like the Lawn Bowling ball that contains a bias to go crooked, it refers to that evil bent or bias in our inherited nature that pulls us toward sin.

The Bible says that all are guilty of sin in the eyes of God and stand condemned (Romans 3:23; 6:23). Unless, as David says... God does something wonderful to remove our sin and guilt. This verse says, “*He forgives all our sins.*” Jesus was judged in our place and through him we can be forgiven. God takes our sins and puts them away from him forever. He can do this because of the sacrifice of Jesus on the cross (Romans 5:1-10; Hebrews 9:26-28; Psalm 103:12; Isaiah 43:25).

If you believe this, then your sins are forgiven. How could my soul forget that? How could I be so foolish as to become distracted from his great forgiveness by the mundane and trivial events of life? “*Bless the Lord, O my soul: and all that is within me; bless his holy name.*”

2. AS A SICK PERSON HE HEALS ME V. 3 *“Who heals all your diseases”*

Right away, we ask, “**What kind of healing is this?**” I believe the context suggests holistic spiritual healing of soul and body. These bodies of ours are often afflicted with sickness and disease, but I think this verse is not referring to physical healing, because this verse says, “God heals all your diseases.”

But we only have to look at all the diseases in the world and we know different. It is not always God's will to heal his people from their physical afflictions, regardless of what some preachers say. So here David is referring to the sicknesses of the soul that can affect our body.

Our souls are subject to many terrible maladies. Many diseases are the consequences of sins that linger on in our lives. Among them are *lust, hate, greed, jealousy, discouragement, depression, anger, fear, guilt, and doubt* - just to name a few. And they all affect both the mind and the body! Just as surely as diseases of the body can take away physical life, the diseases of the inner soul can deaden us toward the things of God and leave us lifeless and weak.

We do not have to be reminded of “*mind over body*” illnesses. All of us have some type of psychosomatic issues, where our bodies suffer because of stress; like worrying too much or being too fearful. We refer to the physical complications as being stress related.

Thank God, He has a remedy for the diseases of the soul! Each day, this Great Physician visits his patients and through his grace he tenderly and effectively heals the diseases of our souls.

How could we ever forget the tender touch of the Great Physician, as time and again he has diagnosed, treated and healed the diseases of the soul? When I think of the help and healing I have received, I say, “*Bless the Lord, O my soul: and all that is within me; bless his holy name.*”

3. AS A SLAVE HE REDEEMS ME V. 4 *“Who redeems your life from the pit.”*

Every person who enters this world is a slave to sin and bound by the forces of evil. David said, “*For I was born a sinner - yes, from the moment my mother conceived me*” (Psalm 51:5). “*The Scriptures have declared that we are all prisoners of sin, so the only way to receive God's promise (of deliverance) is to believe in Jesus Christ*” (Galatians 3:22). We may struggle to do the right thing and keep ourselves on the straight and narrow, but what we long for is freedom from the restrictions of selfishness and bondage to sin.

Thank God he saw our plight and provided redemption for us. He saw our enslavement and he saw the ultimate destiny in Hell that awaited every single member of the human race. But, he wasn't merely content to see it, he did something about it! He came into this world and paid the price for our redemption on the cross (Romans 5:8; Revelation 5:9; 1 Peter 1:18-19) Now, those who were once slaves to sin and evil, headed for an eternity in Hell, can be delivered from their slavery and have a heavenly hope—right now!

The redemption enjoyed by the children of God will never falter or fail until all the saints arrive safely home in glory (1 Peter 1:5; John 10:28-29).

When I think of the fact that I was once a slave to sin, but now I am free from sin's bondage, sin's curse and sin's penalty... I just have to say, “*Bless the Lord, O my soul: and all that is within me; bless his holy name.*”

4. AS HIS CHILD HE CROWNS ME V. 4b

"Who crowns you with love and compassion"

The Psalmist says that like a king passing down the power and glory of his kingdom to a beloved son, the people of God are crowned with the blessings of the Lord's great kingdom. We are *"translated out of the kingdom of darkness into the Kingdom of his dear Son"* (Colossians 1: 13). "Crowning" has the idea of God encircling or pouring out his untold blessings.

He crowns his children with "love" and "compassion." These words correspond to the New Testament word called "grace." Thank God there is grace for the journey. When Paul was struggling with physical illness (eye trouble), he prayed to the Lord who said to him and also says to us *"My grace, My gracious favor is all you need. My power works best in your weakness"* (2 Corinthians 12:9). He does not always remove the problem, but he gives strength to face it and if necessary, to live with it.

His grace is matchless and marvellous, but his compassion is glorious beyond vocabulary's ability to explain! When Jesus was here on earth, he saw people hurting and suffering and he was filled with compassion and healed them. His touch communicated God's love, peace, safety and health.

Like David in Psalm 23, we can say *"The Lord is my Shepherd, I shall not want."* This means, *"Jesus is all we ever need and more than we'll ever need."* When he moves in our life, he will never be just enough; he will always be more than enough!

How could my soul ever forget that he crowns me with love and compassion? When I think of his grace and his goodness towards me, I just have to say, *"Bless the Lord, O my soul: and all that is within me; bless his holy name."*

5. AS A SAINT HE SATISFIES ME V. 5

"Who satisfies your desires with good things so that your youth is renewed like the eagle's."

As our gracious heavenly Father, he gives his saints the "good things of life." He does not always give us what we want, but he always gives us what is best - Rom. 8:28. *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."* Those who are drawing their life and satisfaction from the Lord will display a youthful spirituality that allows them to rise above the storms and difficulties of life like the mighty eagle. The promise of God is certain, *"Those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint"* [spiritually speaking] (Isaiah 40:31).

Think about it. Sometimes we forget the great blessings of the Lord, don't we? When we do, it's time to pray; to seek his face and to get a reminder of the great things he has done for us. I wonder how many of us are really in a place where we are enjoying the "blessing" the Lord? Have you become so caught up in the burdens and problems of life that you have forgotten his benefits in your life? Have you allowed others and their actions to turn your heart away from the Lord and his blessings in your life?

Jesus invites you to come to him today and trust in him alone. We have seen that the promise in Psalm 103:1-5, is that God will save you, and...

1. *Forgive your sins*
2. *Heal your broken heart*
3. *Set you free*
4. *Crown or bless you richly*
5. *Give you personal satisfaction in life.*

Please contact us for further help.

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Psalm 103:1

"Bless the Lord, O my soul"



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