

Bless the Lord and Forget Not His Benefits Part II

Psalm 103:1-22

¹ Bless the Lord, O my soul,
and all that is within me,
bless his holy name!

² Bless the Lord, O my soul,
and forget not all his benefits,

³ who forgives all your iniquity,
who heals all your diseases,

⁴ who redeems your life from the pit,
who crowns you with steadfast love and mercy,

⁵ who satisfies you with good
so that your youth is renewed like the eagle's.

⁶ The Lord works righteousness
and justice for all who are oppressed.

⁷ He made known his ways to Moses,
his acts to the people of Israel.

⁸ The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.

⁹ He will not always chide,
nor will he keep his anger forever.

¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;

¹² as far as the east is from the west,
so far does he remove our transgressions from us.

¹³ As a father shows compassion to his children,
so the Lord shows compassion to those who fear him.

¹⁴ For he knows our frame;
he remembers that we are dust.

¹⁵ As for man, his days are like grass;
he flourishes like a flower of the field;

¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on those who fear him,
and his righteousness to children's children,

¹⁸ to those who keep his covenant
and remember to do his commandments.

¹⁹ The Lord has established his throne in the heavens,
and his kingdom rules over all.

²⁰ Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!

²¹ Bless the Lord, all his hosts,
his ministers, who do his will!

²² Bless the Lord, all his works,
in all places of his dominion.

Bless the Lord, O my soul!

Introduction

1. Last week in the first section of this Psalm, the psalmist celebrated the benefits that come to those who trust and fear the Lord. The psalmist is grateful to God because the Lord has graciously rescued and sustained him.

- Forgives ALL our sins
- Heals us
- Redeems our life (out from the pit)
- Crowns us with steadfast love and mercy
- Satisfies our soul so that we may be renewed

2. The Lord not only rescued him but has exalted him. The psalmist finds love, care and faithfulness in the sight of God. He comes to the Lord a sinner, weary and broken, and the Lord has exalted him to a place of favour and goodness.
3. What we have learnt last week is that we are lost and weary and there is nothing we can do to fix ourselves. The Lord has come to us to save us. He invites us to look to Him and to put our faith in Him because He is a loving and good God.

The Lord's Compassion and Our Frailty

<p>¹³ <i>As a father shows compassion to his children, so the Lord shows compassion to those who fear him.</i></p> <p>¹⁴ <i>For he knows our frame; he remembers that we are dust.</i></p> <p>¹⁵ <i>As for man, his days are like grass; he flourishes like a flower of the field;</i></p> <p>¹⁶ <i>for the wind passes over it, and it is gone, and its place knows it no more.</i></p>	<p>¹⁷ <i>But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,</i></p>
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1. There are few points that we must consider we read this section
 - a. The first section of this psalm tells us we are all beset with weakness. We are created beings, formed from dust, given to sin, and destined to death. This is what we must come to terms with. We all long to be admired for our strengths. We desire to be in a place where we are in control but reality hits us time and time again reminding us that on our own, we are frail, broken and everything ends with our death.
 - b. We must come to terms with our weaknesses in order to understand and appreciate the goodness of God. We must experience the valley of the shadow of death in order to know of the Lord's protective and loving presence.
 - c. Meditate on the following scripture.

2 Corinthians 4:7-10

⁷ *But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us.* ⁸ *We are afflicted in every way, but not crushed; perplexed, but not driven to despair;* ⁹ *persecuted, but not forsaken; struck down, but not destroyed;* ¹⁰ *always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.*

- d. “*He knows, He remembers*”. The Lord knows and remembers our frailty in all of His dealings with those who fear Him. Therefore, He treats us as children.
- Take a piece of paper and list down on it all your failures and weaknesses. Look at it and be mindful that the Lord knows all of it. In fact, He can add lots more pages to that list, but He is not here to condemn you with that list. He is here to blot out the sins and help you find strength in Him.

Matthew 11:28-30

²⁸ Come to me, all who labour and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

- The Lord has come to show us compassion.
- e. “*the steadfast love of the Lord is from everlasting to everlasting*”. We are frail and we are destined to perish but the Lord’s love is eternal and because His love is eternal, we will not perish but will have eternal life in Him.

John 3:16-17

¹⁶ “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

The Word of God

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,

¹⁸ to those who keep his covenant and remember to do his commandments.

1. The humble do not fear the Lord in order to be saved, rather they fear Him because He has saved and blessed them.
2. One key benefit of a believer is that the Lord has made a covenant with us and has revealed His word to us. We are not just hearers of the word but doers of the word for He works in us through the transformative power of His word.

All Creation Bless His Holy Name

²⁰ Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!

²¹ Bless the Lord, all his hosts, his ministers, who do his will!

²² Bless the Lord, all his works, in all places of his dominion.

Bless the Lord, O my soul!

1. The Lord created the universe by His Word, and He is restoring all things by His Word. All the heavenly host who obeys the Word of God blesses the Lord for He renews all things in the likeness of His Son. The Word of God is our Lord and Saviour. In Him the Word of God is fulfilled.

Romans 8:28-30

²⁸ And we know that for those who love God all things work together for good, for those who are called according to his purpose. ²⁹ For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. ³⁰ And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

Prayer

*²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷ And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. **Romans 8:26-27***

1. We come before the Lord in humility acknowledging our weaknesses and frailty.
2. Our hearts be opened to know that the Lord knows us and will treat us with compassion.
3. Grow in the knowledge of the Lord's covenantal love.
4. Grow in the grace and compassion of God.
5. Learn to pray.

Church

1. God's presence and grace on our Sunday Services.
2. God will bless the ministry of His word.
3. Salvation of souls.
4. God will direct us to seek the lost and help those who are in need.
5. The power and presence of the Holy Spirit.

Christmas Party:

4 Dec: Life Explorers

5 Dec: Sunday School

- The children will grow in faith and be touched by the power of God. Every child will be encouraged and blessed.
- God's protection and favour over the homes hosting the event.
- Leaders and teachers.

Nation

1. Healing and restoration
 2. Unity
 3. Freedom to preach and practice our Faith
 4. Justice and compassion especially for the poor and needy
 5. Revival in the church of Malaysia
 6. Pray for the African nations (covid, travel ban)
- Healing and restoration
 - Economy
 - Provision for the poor and those affected by the pandemic
 - The African churches

