

JANUARY-FEBRUARY 2026

Theme: "Bless the LORD, O my soul" Psalm 103:1

JANUARY 2026

MORNING WORSHIP SERVICE

4 January 2026

Text: Psalm 103:1-5

Title: "Forget not all His benefits"

INTRODUCTION

1. "Blessing the Lord"

It is to offer heartfelt praise and appreciation to God

2. It was a common practice evidenced in the Book of Psalms

3. Various ways of blessing the Lord are possible:

- a) To give thanks to God
- b) To express love for God

4. Beginning a new year- 2026

- a) To give thanks as we reflect on 2025
- b) To bless the Lord as we commence a new year

A CALL TO THE SOUL

*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:*

Psalm 103:1-2

1. The human being is made up of two parts

- a) The outer being called "the body"
- b) The inner being called "the soul"

2. A Call to the Soul

- a) Let the blessing of God's name be deep
- b) Let it come from the soul
- c) Let "all that is within us" unite and bless the Lord whole-heartedly

THE BENEFITS THAT GOD HAS BESTOWED UPON US

*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.*

Psalm 103:3-5

1. Five Benefits were highlighted
2. These are expressions of God's blessings
3. These are not the only blessings God has conferred on His children

THE FIRST BENEFIT

“Who forgives all your iniquities” Psalm 103:3a

1. Three things that are offensive in God’s sight

- a) Sin
When we fail to do what is right
- b) Transgression
When we do what is wrong
- c) Iniquity
When we commit sin with evil intention

2. Yet God forgives us of all our iniquities
Again and again!

THE SECOND BENEFIT

“Who heals all your diseases” Psalm 103:3b

- 1. Small ailments
- 2. Chronic diseases
- 3. Healing ultimately comes from God!

THE THIRD BENEFIT

“Who redeems your life from destruction” Psalm 103:4a

- 1. When our life is in danger
- 2. When God redeems and delivers us out of destruction
- 3. God is our great Redeemer!

THE FOURTH BENEFIT

“Who crowns you with lovingkindness and tender mercies” Psalm 103:4b

1. There are crowns that God gives
 - a) To the overcomer
 - b) There is the crown of victory
2. The success we enjoy in our life is a special kind of crown
 - a) It is marked by lovingkindness
 - b) It is characterized by tender mercies

THE FIFTH BENEFIT

***Who satisfies your mouth with good things,
So that your youth is renewed like the eagle's. Psalm 103:5***

1. God has given us many good things
2. Through good things we maintain good health
3. Our youth is renewed like the eagle's strength

CONCLUSION

1. Reflection of 2025

Can we see the benefits God has bestowed upon us?

2. Responding to God's benefits

“To bless the Lord with all that is within us”

3. To make 2026

A year where we rejoice in the Lord and bless His name gratefully!