

**SSS 4**  
**Book 4**  
**Psalms 90-106**

**14 January 2024**

**PSALM 103**

*A Psalm of David.*

<sup>1</sup>Bless the LORD, O my soul;  
And all that is within me, *bless* His holy name!

<sup>2</sup> Bless the LORD, O my soul,  
And forget not all His benefits:

<sup>3</sup> Who forgives all your iniquities,  
Who heals all your diseases,

<sup>4</sup> Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,

<sup>5</sup> Who satisfies your mouth with good *things*,  
So *that* your youth is renewed like the eagle's.

<sup>6</sup> The LORD executes righteousness  
And justice for all who are oppressed.

<sup>7</sup> He made known His ways to Moses,  
His acts to the children of Israel.

<sup>8</sup> The LORD *is* merciful and gracious,  
Slow to anger, and abounding in mercy.

<sup>9</sup> He will not always strive *with us*,  
Nor will He keep *His anger* forever.

<sup>10</sup> He has not dealt with us according to our sins,  
Nor punished us according to our iniquities.

Psalms 103:1-10

## **BLESSING THE LORD**

<sup>1</sup>*Bless the LORD, O my soul;  
And all that is within me, bless His holy name!*

<sup>2</sup>*Bless the LORD, O my soul,  
And forget not all His benefits:*

*Psalm 103:1-2*

1. To give thanks
2. To offer great praise to the LORD
3. To praise the LORD from the depths of the soul

## **REASONS FOR BLESSING THE LORD**

<sup>2</sup>*Bless the LORD, O my soul,  
And forget not all His benefits:*

<sup>3</sup>*Who forgives all your iniquities,  
Who heals all your diseases,*

<sup>4</sup>*Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,*

<sup>5</sup>*Who satisfies your mouth with good things,  
So that your youth is renewed like the eagle's.*

*Psalm 103:2-5*

1. The Benefits God bestows
2. Enumeration:
  - a) Forgiveness of iniquities
  - b) Healing of diseases
  - c) Redemption from destruction

- d) Crowning with lovingkindness and tender mercies
- e) Provision of good things that result in health (youthfulness)

### **VITAL KNOWLEDGE ABOUT THE LORD**

<sup>6</sup> *The LORD executes righteousness  
And justice for all who are oppressed.*

<sup>7</sup> *He made known His ways to Moses,  
His acts to the children of Israel.*

<sup>8</sup> *The LORD is merciful and gracious,  
Slow to anger, and abounding in mercy.*

<sup>9</sup> *He will not always strive with us,  
Nor will He keep His anger forever.*

<sup>10</sup> *He has not dealt with us according to our sins,  
Nor punished us according to our iniquities.*

*Psalms 103:6-10*

1. He executes righteousness
2. He upholds justice for the oppressed
3. He makes known His ways to Moses
4. He performs wondrous acts to the children of Israel
5. Glorious Attributes of the LORD highlighted
  - a) Mercifulness
  - b) Graciousness
  - c) Slow to anger
  - d) Abounding in mercy
  - e) He will not strive with us all the time

- f) He will not keep His anger forever
- g) He has not dealt with us according to our sins
- h) He has not punished us according to our iniquities