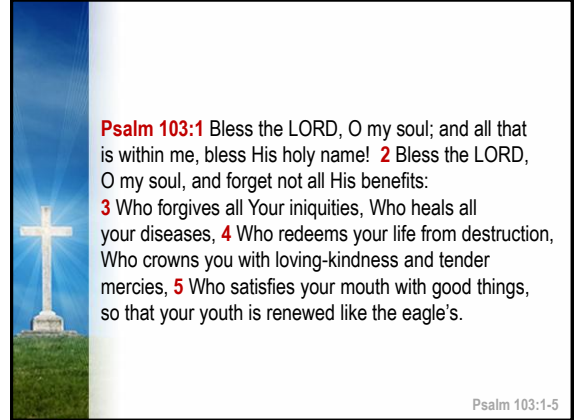


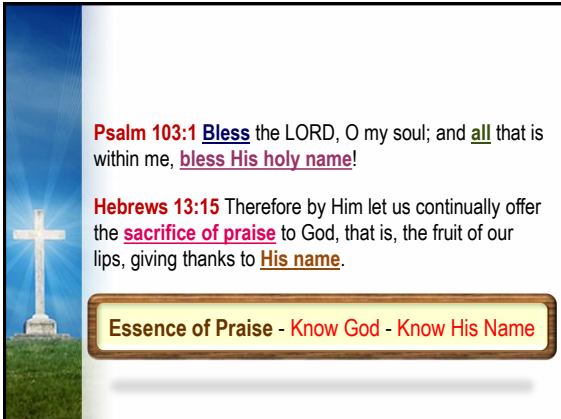
The Goodness of God

Psalm 103:1-5 Bless the LORD, O my soul; and all that is within me, bless His Holy Name! Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.



Psalm 103:1 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 iniquities, Who heals all your diseases, **4** Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, **5** Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

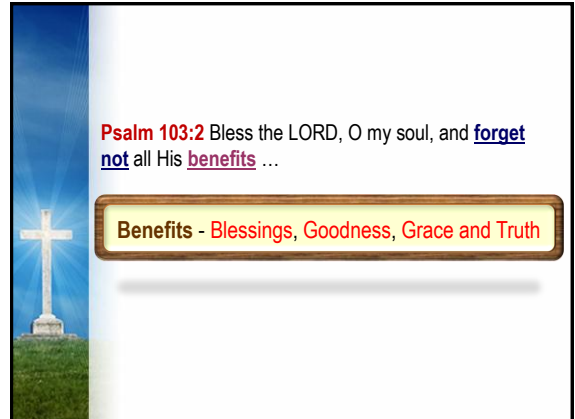
Psalm 103:1-5



Psalm 103:1 **Bless** the LORD, O my soul; and **all** that is within me, **bless His holy name!**

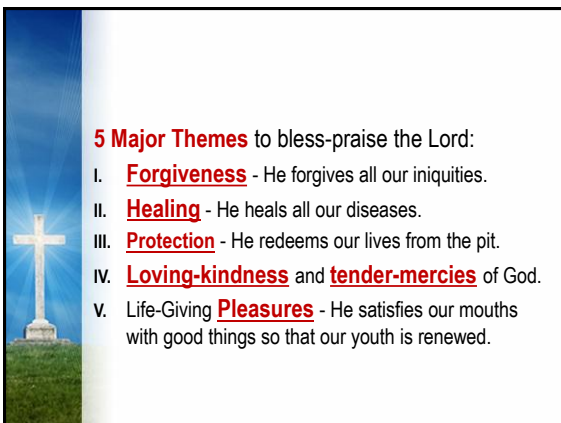
Hebrews 13:15 Therefore by Him let us continually offer the **sacrifice of praise** to God, that is, the fruit of our lips, giving thanks to **His name**.

Essence of Praise - Know God - Know His Name



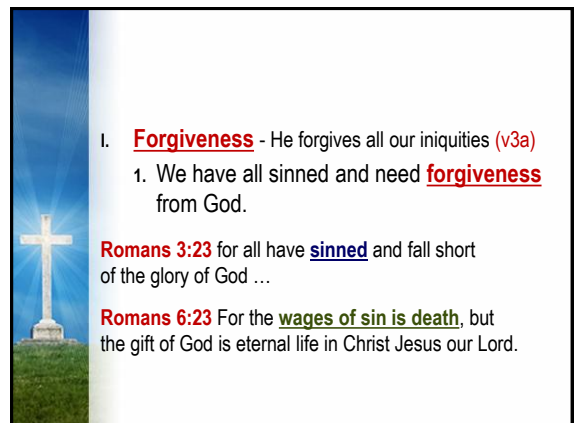
Psalm 103:2 Bless the LORD, O my soul, and **forget not** all His **benefits** ...

Benefits - Blessings, Goodness, Grace and Truth



5 Major Themes to bless-praise the Lord:


- I. **Forgiveness** - He forgives all our iniquities.
- II. **Healing** - He heals all our diseases.
- III. **Protection** - He redeems our lives from the pit.
- IV. **Loving-kindness** and **tender-mercies** of God.
- V. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed.



- I. **Forgiveness** - He forgives all our iniquities (v3a)
 1. We have all sinned and need **forgiveness** from God.

Romans 3:23 for all have **sinned** and fall short of the glory of God ...


Romans 6:23 For the **wages of sin is death**, but the gift of God is eternal life in Christ Jesus our Lord.



1. **Forgiveness** - He forgives all our iniquities (v3a)

2. Jesus died and shed **His Blood** for the forgiveness of our sins.


Ephesians 1:7 In Him we have redemption through His blood, the **forgiveness of sins**, according to the riches of His grace



1. **Forgiveness** - He forgives all our iniquities (v3a)

3. We **receive** forgiveness of our sins when we **confess** them to God.


1 John 1:9 If we **confess our sins**, He is faithful and just to **forgive us our sins** and to cleanse us from all unrighteousness.



1. **Forgiveness** - He forgives all our iniquities (v3a)

4. There is **always** forgiveness available for us in our **life-time** because Jesus died once and for all for our sins.

Hebrews 9:12 Not with the blood of goats and calves, but with **His own blood** He entered the Most Holy Place **once for all**, having obtained **eternal redemption**.




1. **Forgiveness** - He forgives all our iniquities (v3a)

5. Our **struggle** with God's forgiveness is in our **conscience**.

Revelation 12:10 ... for the **accuser of our brethren**, who accused them before our God day and night, has been cast down.


Source of Guilt and Condemnation



5. Our **struggle** with God's forgiveness is in our **conscience**.

2 Corinthians 5:21 For He made Him who knew no sin to be sin for us, that we might become the **righteousness of God** in Him.


Hebrews 9:14 how much more shall the **blood of Christ**, who through the eternal Spirit offered Himself without spot to God, **cleanse your conscience** from dead works to serve the living God?



5. Our **struggle** with God's forgiveness is in our **conscience**.

Hebrews 10:19 Therefore, brethren, having **boldness to enter the Holiest by the blood of Jesus, 20** by a new and living way which He consecrated for us, through the veil, that is, His flesh, **21** and having a High Priest over the house of God, **22** let us draw near with a true heart in full assurance of faith, having **our hearts sprinkled from an evil conscience** and our bodies washed with pure water.

Hebrews 10:19-22




I. **Forgiveness** - He forgives all our iniquities (v3a)

6. We need to **forgive** others as we receive God's forgiveness.

Matthew 6:12 And forgive us our debts, as we forgive our debtors.

Matthew 18:35 So My heavenly Father also will do to you if each of you, from his heart, does not **forgive his brother his trespasses**.


Hebrews 12:15



II. **Healing** - He heals all our diseases (v3b)

1. **God** is our Healer.

Exodus 15:26 and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you."




II. **Healing** - He heals all our diseases (v3b)

2. Healing is in the **atonement**.


Matthew 8:16 When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, **17** that it might be fulfilled which was spoken by **Isaiah** the prophet, saying: "He Himself took our infirmities and bore our sicknesses."

Matthew 8:16-17



2. Healing is in the **atonement**.


1 Peter 2:24 who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.



2. Healing is in the **atonement**.

Isaiah 53:4 Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. **5** But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.


Isaiah 53:4-5



II. **Healing** - He heals all our diseases (v3b)

3. We cannot box God up as to **how** healing takes place.

e.g. **Naaman and Elisha** (2 Kings 5:1-14)




II. **Healing** - He heals all our diseases (v3b)

4. Healing is appropriated through:

A. The spoken **Rhema** word.

John 5:2 .. a pool, which is called in Hebrew, Bethesda ..
3 In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. **4** For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the **stirring of the water**, was made well of whatever disease he had.


John 5:2-4



4. Healing is appropriated through:

A. The spoken **Rhema** word.

Psalms 107:20 **He sent His word** and healed them, and delivered them from their destructions.




4. Healing is appropriated through:

A. The spoken **Rhema** word.

Luke 7:7 .. But **say the word, and my servant will be healed** .. **9** Jesus .. "I say to you, I have not found such great faith! ..." **10** And those who were sent, returning to the house, **found the servant well who had been sick**.

Luke 7:7-10




4. Healing is appropriated through:

A. The spoken **Rhema** word.

Proverbs 3:8 It [the Word] will be **health** to your flesh, and **strength to your bones**.


Proverbs 4:22 For they [the Word] are **life** to those who find them, and **health to all their flesh**.



4. Healing is appropriated through:

B. The **Lord's Supper**.

1 Corinthians 11:27-34




4. Healing is appropriated through:

c. Calling for **spiritual leaders** and anointing with **oil**.

James 5:14 Is anyone among you sick? Let him call for the **elders** of the church, and let them **pray over him, anointing him with oil in the name of the Lord**.
15 And the **prayer of faith will save the sick**, and **the Lord will raise him up**. And if he has committed sins, he will be forgiven.

James 5:14-16




4. Healing is appropriated through:

c. Calling for **spiritual leaders** and anointing with **oil**.

James 5:16 Confess your trespasses to one another, and pray for one another, **that you may be healed**. The effective, fervent prayer of a righteous man avails much.

James 5:14-16




4. Healing is appropriated through:

d. Laying on of **hands** and prayer by believers in God.

Mark 16:17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; **18** they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they **will lay hands on the sick, and they will recover**."

Mark 16:17-18




4. Healing is appropriated through:

e. Ministry by those with spiritual **gifts** of healings and miracles.

1 Corinthians 12:8 for to one is given the word of wisdom through the Spirit, to another the **word of knowledge** through the same Spirit. **9** to another faith by the same Spirit, to another **gifts of healings by the same Spirit**, **10** to another the **working of miracles**

..

1 Corinthians 12:8-10




ii. **Healing** - He heals all our diseases (v3b)

5. Understand and **do** the Ministry of Healing:

A. It **is** God's will to heal.

B. We do **not** always know why some are **not** healed.




5. Understand and **do** the Ministry of Healing:

c. We **do** not always know why some are healed **progressively** whilst others are **instant**.

d. We must desire for some people to be healed rather than **none** at all.

e. **More** people will be healed when **more** believers pray for the sick.




5. Understand and **do** the Ministry of Healing:

f. We must get out of our **comfort zones** to soil our hands and wet our feet to do so.

g. It is the same principle with **evangelism**.


h. We must persevere to **share** the Gospel and **heal** the sick.

i. Testimonies - Atmosphere of **Faith**



III. **Protection** - He redeems our lives from destruction (v4a)


Psalm 103:4a ... Who redeems your life from destruction ...



III. **Protection** - He redeems our lives from destruction (v4a)


1. Other than **persecution** and **martyrdom**, there is Protection for all God's people who **intentionally** come under the **Blood**.

Exodus 12:13 Now **the blood** shall be a sign for you on the houses where you are. And when I see **the blood**, I will pass over you; and **the plague shall not be on you to destroy you** when I strike the land of Egypt.




1. Other than **persecution** and **martyrdom**, there is Protection for all God's people who **intentionally** come under the **Blood**.

Exodus 12:23 For the LORD **will pass through to strike the Egyptians; and when He sees** the blood on the lintel and on the two doorposts, the LORD will **pass over** the door and not allow the destroyer to come into your houses to strike you.



1. Other than **persecution** and **martyrdom**, there is Protection for all God's people who **intentionally** come under the **Blood**.


1 John 5:18 We know that **whoever is born of God** does not sin; but he who has been born of God keeps himself, and the **wicked one does not touch him**.



1. Other than **persecution** and **martyrdom**, there is Protection for all God's people who **intentionally** come under the **Blood**.

1 Peter 1:18 knowing that you were not **redeemed** with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, **19** but **with the precious blood of Christ**, as of a lamb without blemish and without spot.

1 Peter 1:18-19



1. Other than **persecution** and **martyrdom**, there is Protection for all God's people who **intentionally** come under the **Blood**.

Revelation 12:11 And they **overcame him by the blood of the Lamb** and by the word of their testimony, and they did not love their lives to the death.




III. **Protection** - He redeems our lives from destruction (v4a)

2. Protection is also accessed as we stand upon God's **promises**.

Psalm 18:2 The LORD is my **rock** and my **fortress** and my **deliverer**; my God, my strength, in whom I will trust; my **shield** and the horn of my salvation, my **stronghold**.

3 I will call upon the LORD, who is worthy to be praised; so shall I be **saved from my enemies**.

Psalm 18:2-3




2. Protection is also accessed as we stand upon God's **promises**.

Psalm 20:1; 6


1 May the LORD answer you in the **day of trouble**; may the name of the God of Jacob **defend you** ...

6 Now I know that **the LORD saves** His anointed; He will answer him from His holy heaven with the saving strength of His right hand.



2. Protection is also accessed as we stand upon God's **promises**.


Psalm 23:5 You prepare a table before me in the presence of my **enemies**; you anoint my head with oil; my cup runs over.



2. Protection is also accessed as we stand upon God's **promises**.

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? **2** When the wicked came against me to eat up my flesh, my **enemies and foes**, they stumbled and fell. **3** Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident.


Psalm 27:1-3



III. **Protection** - He redeems our lives from destruction (v4a)

3. The evil one has access to us when we give him a **ground-foothold**.


Ephesians 4:27 nor give **place-ground-foothold** to the devil.



3. The evil one has access to us when we give him a **ground-foothold**.

Ephesians 2:1 And you He made alive, who were dead in **trespasses and sins**, **2** in which you once walked according to the course of this world, according to the **prince of the power of the air**, the spirit who now **works in the sons of disobedience** ...


Ephesians 2:1-2



III. **Protection** - He redeems our lives from destruction (v4a)


4. We must exercise **vigilance** against the schemes of the evil one.

1 Peter 5:8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.



IV. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Psalms 103:4b ... Who **CROWNS** you with **loving-kindness and tender mercies** ...



IV. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Lamentations 3:22 Through the LORD's mercies we are not consumed, because His compassions fail not. **23** They are **new every morning; great is Your faithfulness.** **24** "The LORD is my portion," says my soul, "Therefore I hope in Him!" **25** The LORD is good to those who wait for Him, to the soul who seeks Him. **26** It is good that one should hope and wait quietly for the salvation of the LORD.

Lamentation 3:22-26



IV. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Hebrews 4:16 Let us therefore come boldly to the **throne of grace**, that we may **obtain mercy** and **find grace** to help in time of need.



IV. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Exodus 33:18 And he [Moses] said, "Please, show me **Your glory.**" **19** Then He said, "I will make **all My goodness** pass before you, and I will proclaim the name of the LORD before you. I will be **gracious** to whom I will be gracious, and I will have **compassion** on whom I will have compassion."

Exodus 33:18-19



IV. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Exodus 34:6 And the LORD passed before him and proclaimed, "The LORD, the **LORD God, merciful and gracious, longsuffering,** and **abounding in goodness and truth** ...



iv. **Loving-kindness** and **tender-mercies** of God toward us (v4b)


Galatians 3:13 Christ has redeemed us from the **curse of the law**, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), **14** that the **blessing of Abraham** might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

Galatians 3:13-14



iv. **Loving-kindness** and **tender-mercies** of God toward us (v4b)

Jeremiah 9:24 But let him who glories glory in this, that he understands and knows Me, that **I am the LORD, exercising loving-kindness, judgment, and righteousness** in the earth. For in these I **delight**," says the LORD.




v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)

Psalms 103:5 (NKJV) Who satisfies your **mouth** with good things, so that your youth is renewed like the eagle's.

Psalms 103:5 (NASB) Who satisfies your **years** with good things, so that your youth is renewed like the eagle.


Psalms 103:5 (NIV) who satisfies your **desires** with good things so that your youth is renewed like the eagle's.



v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)


Genesis 1:28 Then God **blessed** them, and God said to them, "Be **fruitful and multiply; fill** the earth and **subdue** it; have **dominion** over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

We are always Blessed to be a Blessing to others!




v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)

Psalms 84:11 For the LORD God is a sun and shield; the LORD will give grace and glory; **no good thing will He withhold from those who walk uprightly.**



v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)


James 1:17 **Every good gift and every perfect gift** is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.



v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)


Proverbs 10:22 The **blessing of the LORD makes one rich, and He adds no sorrow with it.**

1 Timothy 6:17b ... nor to trust in uncertain riches but in the living God, who **gives us richly all things to enjoy.**




v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)

Isaiah 48:17 Thus says the LORD, your Redeemer, the Holy One of Israel: "I am the LORD your God, who **teaches you to profit, who leads you by the way you should go.**




v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)

Deuteronomy 8:18 And you shall remember the LORD your God, for it is He who gives you **power to get wealth,** that He may establish His covenant which He swore to your fathers, as it is this day.




v. Life-Giving **Pleasures** - He satisfies our mouths with good things so that our youth is renewed (v5)

2 Corinthians 9:10 Now may He who supplies seed to the sower, and bread for food, **supply and multiply the seed you have sown and increase the fruits of your righteousness ...**



5 Major Themes to bless-praise the Lord:

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Bottom Line

Luke 11:11 If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish?
12 Or if he asks for an egg, will he offer him a scorpion?
13 If you then, being evil, know how to give good gifts to your children, **how much more will your heavenly Father give the Holy Spirit to those who ask Him!"**

Luke 11:11-13