

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.

Essence of Praise - Know God and know His name.

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 sinned and need forgiveness from God (Romans 3:23 and 6:23).
2. Jesus died and shed His blood for the forgiveness of our sins (Ephesians 1:7).
3. We receive forgiveness of our sins when we confess them to God (1 John 1:9).
4. There is always forgiveness available for us in our lifetime because Jesus died once and for all for our sins (Hebrews 9:12).
5. Our struggle with God's forgiveness is in our conscience (Revelation 12:10; 2 Corinthians 5:21; Hebrews 9:14 and 10:19).
6. We need to forgive others as we receive God's forgiveness (Matthew 6:12 and 18:35).

II. Healing – He heals all our diseases (v3b).

1. God is our Healer (Exodus 15:26).
2. Healing is in the atonement (Matthew 8:16; 1 Peter 2:24 and Isaiah 53:4).

3. We cannot box God up as to how healing takes place, e.g. Naaman and Elisha (2 Kings 5:1-14).
4. Healing is appropriated through:
 - A. The spoken Rhema word (John 5:2; Psalm 107:20; Luke 7:7; Proverbs 3:8 and 4:22).
 - B. The Lord's Supper (1 Corinthians 11:27-34).
 - C. Calling for spiritual leaders and anointing with oil (James 5:14, 16).
 - D. Laying on of hands and prayer by believers in God (Mark 16:17).
 - E. Ministry by those with spiritual gifts of healings and miracles (1 Corinthians 12:8).
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.
 - 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.
 - 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).

1. Other than persecution and those destined for martyrdom, there is Protection for all God's people who intentionally come under the Blood (Exodus 12:13, 23; 1 John 5:18; 1 Peter 1:18; Revelation 12:11).
2. Protection is also accessed as we stand upon God's promises (Psalm 18:2; 20:1, 6; 23:5 and 27:1).
3. The evil one has access to us when we give him a ground-foothold (Ephesians 2:1 and 4:27).
4. We must exercise vigilance against the schemes of the evil one (1 Peter 5:8).

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

Psalm 103:4b; Lamentation 3:22; Hebrews 4:16; Exodus 33:18-19; 34:6, Galatians 3:13 and Jeremiah 9:24.

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

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

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

Psalm 103:5 (NIV) - Who satisfies your desires with good things so that your youth is renewed like the eagle's.

Genesis 1:28 - We are always Blessed to be a Blessing to others.

Psalm 84:11; James 1:17; Proverbs 10:22; 1 Timothy 6:17b; Isaiah 48:17; Deuteronomy 8:18 and 2 Corinthians 9:10.

BOTTOM LINE

Luke 11:11-13 – 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!**

QUESTIONS FOR DISCUSSION

1. Do you believe that God is good? Give reasons for your answer.
2. Share 1 or 2 experiences of the goodness of God in your life?
3. What do you think are some hindrances to experiencing the goodness of God in your life?
4. What other lessons have you gathered from the sermon and what are some of the applications you can draw from it?