

# SUNDAY SERMON

**Ps 103 Praise Him**

# *Ps 103 Praise Him*

*A Psalm of David (1 of 75)*

*No Requests No Complaints*

***Just God's***

***Amazing Blessings!***



**“It is impossible to think of an occasion of *either public or private worship* when this psalm would be inappropriate.”**

**“It is one of the *Most Priceless Jewels* of the whole Psalter.”**

*Burton Coffman*





***Ps 103: 1-5***

***Bless the Lord O my Soul***

**v.1 -5 David Calls  
all that is in him  
to *Praise*  
God..**



# *Ps 103:1 Bless the Lord O my Soul*

“**Bless**” as applied to God, means to **Praise**,  
implying always a **Strong Affection** for Him  
as well as a sense of **Gratitude**. *Barnes*

(1 Cor 16:22) “If anyone  
does Not **LOVE** (*phileo*)  
the Lord, let him  
be accursed.”

[Phileo] Affection; Personal attachment. *Strongs*

Do we have **Warm love** or just the **Cool facts** ?

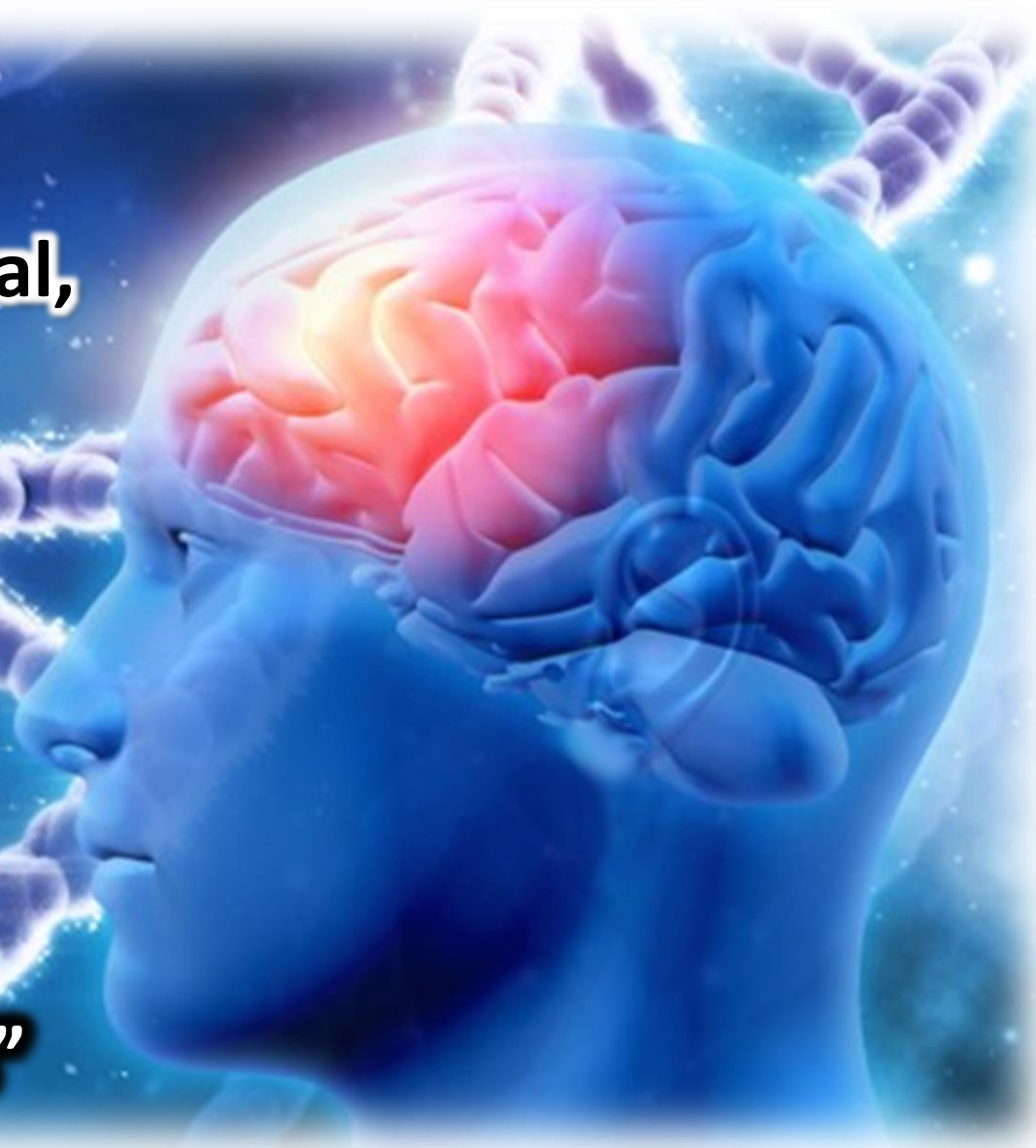


# *Ps 103:1 Bless the Lord O my Soul*

***Soul*** {Nephesh}  
Man's mental, moral,  
& emotional  
capacities.

*BDB*

“And ***ALL*** that is  
within me, ***Bless***  
***His Holy Name.***”





*1. Praise God for  
His Forgiveness*





# **Ps 103:2-5** *Forget None* of His Benefits

## **v.3 Who pardons All your *inequities***

Lying

Profanity

Immorality

Impurity

Evil thoughts

Drunkenness

Unforgiving

Murmuring

Greed

Gossip

Theft

Slander

Boasting

Rebellion

Coarse joking

Unmerciful

Lust

No self

control

Laziness

Jealousy

Bitterness

Outburst

of anger

**5 Million  
Sins Forgiven**







"I AM  
GREATLY BLESSED,  
HIGHLY FAVORED,  
AND DEEPLY LOVED.



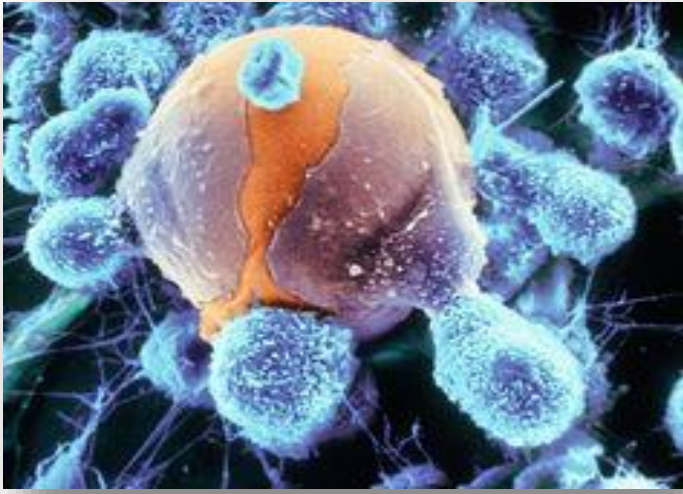
2. Praise God for  
His Healing





# **Ps 103:2** *Forget None of His Benefits*

## **v.3 Who Heals All Your *Diseases***



**Macrophages = (Large eaters) engulfing and eating an invader cell.**

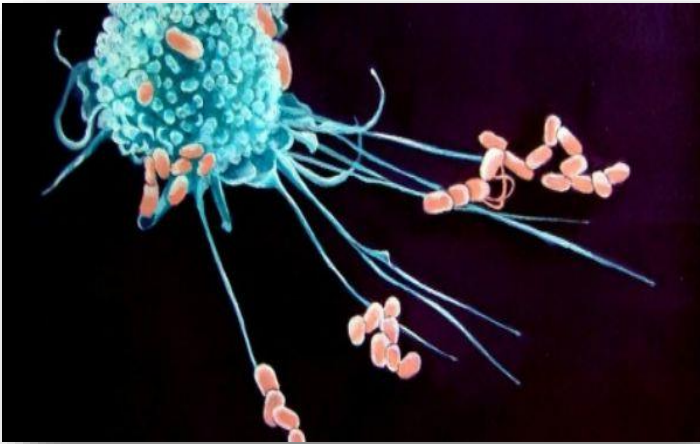
**Produced by bone marrow & lie just below the skin.**

**Sentries & janitors of the body cleaning up dead & dying cells in their normal life-cycle. But when an invader enters, it attacks and sends out signals for other macrophages to come join the fight.**

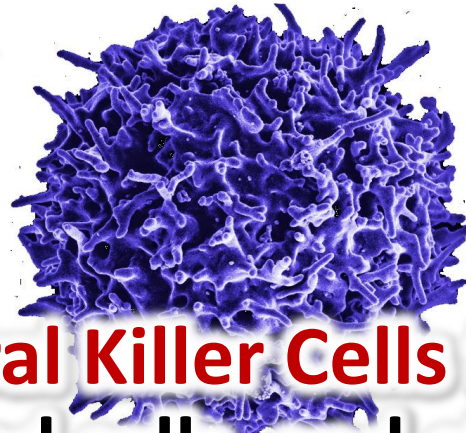


# Ps 103:2-5 *Forget None of His Benefits*

## v.3 Who Heals All Your *Diseases*



**Neutrophils:**  
Here reaching out,  
attacking *and*  
*eating invader*  
*staph cells.*



**Natural Killer Cells** find  
infected cells, and either  
inject them with enzymes  
that cause it to *self-destruct*,  
or they signal the cell to  
*commit suicide*, destroying  
the viruses inside.

**Ps 103:2-5** *Forget None of His Benefits*

**Ps 139:14** **“I am fearfully  
and wonderfully made.”**



**We have 37 Trillion cells.  
60,000 miles of blood vessels.  
Body create 25 million cells a second.  
We create more cells in 13 sec than entire US pop.  
Humans completely replace their skin every month.**



*3. Praise God for  
His Protection*



# Ps 103:2-5 *Forget None of His Benefits*

## v4. Redeems your life from *The Pit*

**Strong's:** "A pit, especially as a trap."

**Keil:** "It is more natural to render the "pit" (shuwach) as a name of *Hades*, as in (Ps 16:10).

**SHEOL:** [Heb] "Unseen world, the state or abode of the dead, and is the equivalent of the Greek *Hades*, by which it is translated in Septuagint." *ISBE*



How often had David and You faced *life-threatening things* and *God Protected you?*



4. Praise God for  
His Love

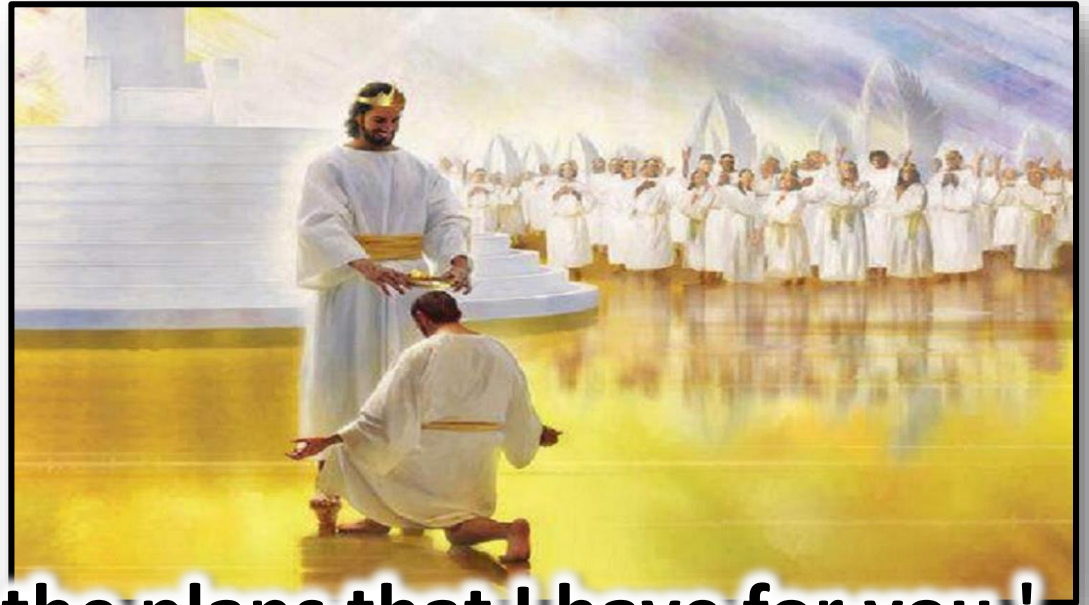


# **Ps 103:2-5** *Forget None of His Benefits*

**v4. Crowns Your Life with**

***Love and compassion.*** (also v8, 13)

**Jer 31:3** “I have loved you with an ***Everlasting love;*** Therefore I have drawn you with lovingkindness.”



**Jer 29:11** “I know the plans that I have for you,' declares the Lord,' plans for welfare ... ***to give you a future and a hope.***”



# Ps 103:2-5 *Forget None of His Benefits*



**“No one can dictate what attitude you will wear today. If you meet someone whose intent is to put you down, remember it is **YOU** who wears the **CROWN.**”**

**By Dodinsky.**

5. Praise God for  
His Material  
Blessings





# *Ps 103:2-5* **Forget None** of His Benefits

**v.5a Who satisfies your years  
with good things. (1 Tim 6:17c)**



6. Praise God for  
Strength





**Ps 103:2** *Forget None* of His Benefits

**v.5b** So that Your **Youth is Renewed**  
Like the eagle.

***Renewal***



**Isa 40:31** “Yet those who wait for the ***Lord will gain new strength***; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.”

7. Praise God for  
His Compassion





# Ps 103:6-14 God's *Amazing Compassion!*

**Ps 103:8 “The Lord is .. slow to anger  
and abounding in lovingkindness.**

**v9 He will not always strive with us;  
Nor will He keep His anger forever.”**

*He will **not** hold grudges,  
He will **not** keep on rebuking,  
He will **not** stay angry at His  
people for ever. UBS*



# Ps 103:6-14 God's *Amazing Compassion!*

Ps 103:10 “He has **NOT** dealt with us according to our sins.. **Nor** rewarded us according to our iniquities.”

**What if the  
penalty was  
One Bullet  
For Each  
Sin?**





# Ps 103:6-14 God's *Amazing Compassion!*

Ps 103:11 *For as high as the heavens* are above the earth...

*So GREAT is HIS lovingkindness* toward those who fear HIM.

You are Here



Traveling at 186,000 mi sec it would take 100,000 years just to cross our Milky Way



# Ps 103:6-14 God's *Amazing Compassion!*

Ps 103:11 *For as high as the heavens are above the earth... So GREAT is HIS lovingkindness toward those who fear HIM.*

Andromeda

Traveling *at 186,000 mi sec*  
it would take **2 million years** just to reach our  
nearest neighbor—the Andromeda Galaxy.



# *Ps 103:6-14 God's Amazing Compassion!*

*Ps 103:12 "As far as the east is from the west,  
So far has He removed our transgressions  
from us."*

**As far as possible  
on earth!**

# Ps 103:6-14 God's *Amazing Compassion!*

**Ps 103:13**

**“Just as a father  
has compassion  
on his children,  
*so the Lord has  
compassion on  
those who  
fear Him.***





# Ps 103:6-14 God's *Amazing Compassion!*

Ps 103:14 “**FOR** He Himself knows our frame;  
He is mindful that  
*we are but*  
**DUST.**”

We're Not Omniscient.

We're Not Omnipotent.

We're Not Omnipresent.

And Not Flawless (Rom 3:23; Ecc 7:20; Jas 3:2)

God is compassionate because HE knows  
how truly *frail* we actually are.



8. Praise God for  
His Eternal  
Faithfulness



# Ps 103:15-18 God's *Eternal Faithfulness* !

**Ps 103:15** “As for man, his days are like grass;  
As a flower of the field, so he *flourishes*.”



**v16** When the wind has *passed over*..

it is no more; and its place  
acknowledges it no longer.



**Indians, settlers, frontiersmen are buried where?**

# Ps 103:15-18 God's *Eternal Faithfulness!*

Ps 103:17

“But the

*Loving-  
kindness*

of the Lord is

*from Everlasting*

*to Everlasting..*

And His  
*Righteousness*  
to *children's  
children.*





# **Ps 103:19-22 Praise God All Creation!**

**Ps 103:19 His sovereignty *Rules* over all.**

**v20 -21 Bless the Lord, you His *Angels*.**

**v.22 Bless the Lord, all you *Works* of His.**

**Bless the Lord, O my *Soul*!**

**1. Forgiveness**

**2. Healing**

**3. Protection**

**4. Love**

**5. Material gifts**

**6. Strength**

**7. Compassion**

**8. Faithfulness**



# # 200 Hallelujah, Praise Jehovah

HALLELUJAH  
[praisethelord]

**Ps 146:1-2 Praise the Lord! Praise the Lord, O my soul!**  
**2 *I will praise the Lord as long as I live*; I will sing  
praises to my God while I have my being.**