

A man in profile, looking upwards with his hands raised in a gesture of praise or prayer. In the background, a large wooden cross stands against a warm, golden, hazy sky. The overall mood is one of devotion and worship.

Exalting Christ in the Psalms

Psalm 103

Remember God and Bless Him





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 iniquity, who heals your diseases, ⁴ who redeems your life from
the pit, who crowns you with steadfast love and mercy, ⁵ who satisfies you
with good so that your youth is renewed like the eagle's. ⁶ The Lord
works righteousness and justice for all who are oppressed. ⁷ He made
known his ways to Moses, his acts to the people of Israel. ⁸ The Lord is
merciful and gracious, slow to anger and abounding in steadfast love. ⁹ He
will not always chide, nor will he keep his anger forever. ¹⁰ He does not
deal with us according to our sins, nor repay us according to our
iniquities. ¹¹ For as high as the heavens are above the earth, so great is his
steadfast love toward those who fear him; ¹² as far as the east is from the
west, so far does he remove our transgressions from us.

¹³ As a father shows compassion to his children, so the Lord shows compassion to those who fear him. ¹⁴ For he knows our frame; he remembers that we are dust. ¹⁵ As for man, his days are like grass; he flourishes like a flower of the field; ¹⁶ for the wind passes over it, and it is gone, and its place knows it no more. ¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, ¹⁸ to those who keep his covenant and remember to do his commandments. ¹⁹ The Lord has established his throne in the heavens, and his kingdom rules over all. ²⁰ Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word! ²¹ Bless the Lord, all his hosts, his ministers, who do his will! ²² Bless the Lord, all his works, in all places of his dominion! Bless the Lord, O my soul!

- Psalm 103: 1-22

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

1. Call to Worship and Remember (Vss. 1-2)
2. Remember God's Works (Vss. 2-5)
3. Remember God's Character (Vss. 6-14)
4. Remember Our Own Frailty (Vss. 15-19)
5. Call to Worship (Vss. 20-22)

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

I. Call to Worship and Remember (1-2)

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.

- Psalm 103: 1-2

And all that generation also were gathered to their fathers. And there arose a generation after them who did not know the Lord or the work that he had done for Israel.

- Judges 2:10

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

1. Call to Worship and Remember (vv. 1-2)
- 2. Remember God's Works (vv. 2-5)**

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

- Psalm 103:2-5

David recalls 5 things:

1. God forgives iniquity (Vs. 3)
2. God heals diseases (Vs. 3)
3. God redeems life (Vs. 4)
4. God crowns with steadfast love (Vs. 4)
5. God satisfies with good (Vs. 5)

And you were dead in the trespasses and sins in which you once walked.

- Ephesians 2:1

I say to the Lord, 'You are my Lord: I have no good apart from you...'
- Psalm 16:2

You make known to me the path of life, in your presence there is fullness of
joy; at your right hand are pleasures forevermore.
- Psalm 16:11

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

- Isaiah 53:4-5

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

1. Call to Worship and Remember (Vss. 1-2)
2. Remember God's Works (Vss. 2-5)
- 3. Remember God's Character (Vss. 6-14)**

The Lord works righteousness and justice for all who are oppressed. He made known his ways to Moses, his acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.

- Psalm 103: 6-14

We read that God is:

1. Merciful and gracious
2. Slow to anger
3. Abounding in steadfast love

Philip said to him, 'Lord, show us the Father, and it is enough for us.' Jesus said to him, 'Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father?' Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works.'

- John 14:8-10

In the beginning was the Word, and the Word, and the Word was with God,
and the Word was God. He was in the beginning with God.

- John 1:1-2

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

1. Call to Worship and Remember (Vss. 1-2)
2. Remember God's Works (Vss. 2-5)
3. Remember God's Character (Vss. 6-14)
- 4. Remember Our Own Frailty (Vss. 15-19)**

As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more.

- Psalm 103:15-16

But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments.

- Psalm 103:17-19

Main Idea:

**Remember what God has done and who He is and come
worship Him.**

1. Call to Worship and Remember (Vss. 1-2)
2. Remember God's Works (Vss. 2-5)
3. Remember God's Character (Vss. 6-14)
4. Remember Our Own Frailty (Vss. 15-19)
- 5. Call to Worship (Vss. 20-22)**

Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the Lord, all his hosts, his ministers, who do his will! Bless the Lord, all his works, in all places of his dominion! Bless the Lord, O my soul!

- Psalm 103:20-22