

LESSONS FROM PSALMS ONE HUNDRED-THREE

Scripture: Psalm 103:1-22

Ray O. Brooks

Introduction:

- A. This Psalm is attributed to David. It is usually referred to as a Psalm of Praise.
- B. It seems that the Holy Spirit Who attended the writing guided the placement of it. It follows the Psalm of affliction. It seems that God wanted us to know that the best way to handle afflictions is to think of all that our God has blessed us with.

I. LEARN THAT PRAISE IS A DUTY GOD'S PEOPLE MUST DEMAND OF THEMSELVES. vs. 1,2

- A. It is so easy to get so carried away with enjoying the blessings of the Lord that we forget their Source.
- B. Three times David commanded HIMSELF to bless the Lord.
 - 1. He addresses his soul and then commands, "You bless the Lord." v.1
 - 2. He then addresses ALL THAT IS WITHIN ME, "You bless His holy name." v.1
 - 3. He again addresses his SOUL and commands, "You bless the Lord." v.2
- C. He also commands himself, "Forget not all His benefits."

II. LEARN OF SOME OF THE BENEFITS WITH WHICH THE LORD HAS BLESSED HIS PEOPLE. vs. 3-5

- A. It should be noted that David was addressing his SOUL and not the flesh man.
- B. These blessings are:
 - 1. He has forgive all our iniquities. (law court)
 - 2. He has healed all our diseases. (hospital)
 - 3. He has redeemed our lives from destruction. (slave market)
 - 4. He has crowned us with loving kindnesses and tender mercies. (throne room)
 - 5. He has satisfied our blessings mouths with good things. (banquet hall)
- C. The object of all these blessings is that we may enjoy eternal YOUTH. (In the land where we'll never grow old)

III. LEARN THAT DIVINE HISTORY TESTIFIES OF GOD'S BENEFITS. vs.6,7,19

- A. God rules over all. Nothing happens to us without God's permissive or ordained will permitting. v.19
- B. God executes righteousness and judgment for all that are oppressed. v.6
- C. The Lord revealed Himself to Moses and Israel and blessed them beyond measure. Paul states that God's dealing with Israel is an example for us in His churches. v.7

IV. LEARN THAT GOD SHOWERS HIS BLESSINGS UPON THOSE WHO FEAR HIM. vs.11,13,17 "Them That Revere"

- A. God's mercy is great toward them that fear Him. v.11
- B. The Lord pitieth them that fear Him. (compassion) v.13
- C. The mercy of the Lord is from everlasting to everlasting to them that fear Him. v.17

V. LEARN THAT MAN IS WITHIN HIMSELF NOT WORTHY OF SUCH BENEFITS AND BLESSINGS. vs. 14-16

- A. In another place the question is asked, "What is man that Thou art mindful of him?" (Psa. 8:4; Heb. 2:6)
- B. These verses reveal:
 - 1. That we are but dust. v.14 (Gen. 2:7)
 - 2. That our days are like the flower of the field. v.15

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3. That we are as transitory as the grass and the flowers of the field. v.16

C. Such creatures deserve no such benefits and blessings as God bestows upon us.

VI. LEARN WHAT IS THE OVERRIDING CHARACTERISTIC OF OUR GOD THAT MAKES THESE BENEFITS AND BLESSINGS POSSIBLE. vs. 4,8-13,17,1E

A. Four times this characteristic is named. Verses.4,8 and 17. It is mercy. Were it not for God's mercy we would all be consumed.

B. Mercy and loving kindnesses are twins...they go together.

C. It was God's Love and mercy that has overlooked our sin and showered us with benefits and blessings.

VII. LEARN THAT A LIFE SATURATED WITH PRAISE FOR GOD SEEKS TO ENLIST MORE PRAISE. vs. 20-22

A. David called on the angels to bless the Lord. v. 20

B. He called on all the hosts of God to bless the Lord. Many translate this "the armies of God." v. 21

C. He commands all the ministers of God to bless the Lord...His servants, whoever they are. v.21

D. David called on all of God's works ever where to bless the Lord. v.22

E. David really calls for universal praise of the Lord God. v.22

F. Then in verse 22, lest he in his zeal for the Lord forget...He addresses his SOUL again and commands HIMSELF TO BLESS THE LORD.