

Bless the LORD, O my Soul

Psalm 103: 1-5

As we think about Thanksgiving this week, there is much in these few verses concerning a heart of praise and Thanksgiving. Twice we find that David declares **Bless the LORD, O my soul**. Clearly David is focused on worship as he rehearses these words. The word **ble**ss means “*to bless, to praise, to kneel.*” He has humbled himself in praise before the Lord. This isn't just a passive praise, but it is a consuming praise. He declares that he will bless the Lord with **all that is within him**, referring to his inner man, all of his being.

I trust that we too have met with an attitude of praise this evening. I want to consider the attributes of our Lord that ought to stir praise within us toward Him.

I. Praise Him for His Presence (1) – **Bless the Lord, O my soul: and all that is within me, bless his holy name**. Apparently David had taken a moment to consider the Lord and was overcome with His presence. This brought praise to His lips. You can't ponder the majesty and glory of God long without being compelled to praise Him!

II. Praise Him for His Provision (2) – **Bless the Lord, O my soul, and forget not all his benefits**: As David pondered the Lord he was reminded of all his many benefits. Surely they were too numerous to count. I am convinced that David knew that God provided many blessings that he wasn't even aware of. **Ps.68:19 – Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.**

III. Praise Him for His Pardon (3a) – **Who forgiveth all thine iniquities**; David stood amazed of the forgiveness of God. He had pardoned all of his iniquities; not just the small, seemingly insignificant failures, but all of them. The redeemed have been forgiven of all our iniquities as well. **Iniquities** literally mean “*our depravity and guilt.*”

IV. Praise Him for His Power (3b) – **who healeth all thy diseases**; David was also aware of the power of God. Surely he had known those who faced afflictions that seemed without hope. None were able to bring healing or comfort, but God in His power brought healing. (I rejoice that God is able to meet our physical needs, but I am most thankful that He is able to heal all of my spiritual diseases as well.)

V. Praise Him for His Preservation (4a) – *Who redeemeth thy life from destruction;* He realized that God was able to redeem us from destruction. He was able to reach into the pit of sin and pull us from it dreadful grip.

- That literally means to redeem or ransom, but it also carries the idea of a “kinsman redeemer.” What hope we have in the Lord.
- It is also interesting to note that the word *destruction* speaks of “*the pit or the grave.*” We have been rescued from the pit of sin in hell and delivered from the sting of death in the grave. We can rejoice tonight that we are secure in Jesus!

VI. Praise Him for His Patience (4b) – *who crowneth thee with lovingkindness and tender mercies;* David was aware of his sinful nature. He knew that many times he had failed and come short of what the Lord desired of him. David rejoiced that even in his failures and needs God lavished upon him lovingkindness and tender mercies. Aren’t you thankful for the Lord’s lovingkindness and tender mercies? He would’ve been just to have allowed us to go to hell. He certainly doesn’t owe us anything and yet He continues to show kindness and tender mercies!

VII. Praise Him for His Peace (5) – *Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.* David was completely satisfied with the goodness of the Lord. He had never suffered want while serving Him. Life hadn’t always been easy, but it had always been blessed. God offered a peace and fulfillment that the world could not.

- I am thankful for the peace that I have in God. We all have seasons of drought and difficulty, but even then we can rejoice and be satisfied in the Lord.

I know without any doubt that God has richly blessed us all. He is worthy of our praise and thanksgiving. I am truly thankful for all He has given me.

