

From Grumbling to Praising

Lesson One • Psalm 103:1-5

Remember God's Benefits

If We're Honest, We Must Admit:

We are better at GRUMBLING than PRAISING, therefore we need a good dose of Psalm 103!

¹Bless the LORD, O my soul; and all that is within me, bless His holy name! ²Bless the LORD, O my soul, and forget not all His benefits:

³Who forgives all your iniquities, Who heals all your diseases,

⁴Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,

⁵Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

Moving from Grumbling to Praising:

We must learn to PLEAD with our soul to BLESS the Lord by not forgetting His many benefits.

I will bless the LORD at all times; His praise shall continually be in my mouth. Psalm 34:1 ESV

Does a young woman forget her jewelry, a bride her wedding ornaments?

Yet My people have forgotten Me, days without number. Jeremiah 2:32 NIV

When you have eaten and are satisfied, praise the LORD your God for the good land He has given you.

Be careful that you do not forget the LORD your God, failing to observe His commands, His laws and His decrees that I am giving you this day. Deuteronomy 8:10-11 NIV

Remember God's Benefits:

Benefit #1 God FORGIVES Me!

Who forgives all your iniquities, Psalm 103:3

Benefit #2 God HEALS Me!

Who heals all your diseases, Psalm 103:3

Benefit #3 God REDEEMS Me!

Who redeems your life from destruction [or the pit], Psalm 103:4

Benefit #4 God CROWNS Me!

Who crowns you with lovingkindness and tender mercies, Psalm 103:4

Benefit #5 God SATISFIES Me!

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

What Happens When You Remember God's Benefits?

It MOVES YOU from grumbling to praising; it produces gratitude in your heart and praise in your mouth.