



November 18, 2018
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Praise the Lord—It's Good for the Soul

Lesson One • Psalm 103:1-5

The Blessings of God the Soul Forgets

Most of Us Have to Admit

We are better at COMPLAINING 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.

The Secret to Praising the Lord

Like David, we must plead with our soul to praise the Lord by not FORGETTING His many benefits or blessings.

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

The Blessings of God the Soul Forgets

1. Praise God for the Blessing of His PARDON!

Who forgives all your iniquities, who heals all your diseases. Psalm 103:3

- Our pardon means we are FORGIVEN.

- Our pardon means we are HEALED.

2. Praise God for the Blessing of His PRESERVATION!

Who redeems your life from destruction, who crowns you with lovingkindness and tender mercies. Psalm 103:4

- Our preservation begins in our REDEMPTION.

- Our preservation is completed in our CORONATION.

3. Praise God for the Blessing of His PROVISION!

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

- Our provision satisfies our NEEDS.

- Our provision renews our LIVES.

What Happens When You Remember God's Blessings?

It produces GRATITUDE in your heart and PRAISE in your mouth.