

Psalm 103

A. Read Ps. 103

1. Vs. 1 Abundantly Bless, with Adoration, affectionately & gratefully praise Lord
 - a. O My soul - Heb. def. means breath, life, life force, seat of emotion & desires
 - a. "Inmost being" is the very Breath of life with all Deepest depth spirit, soul, body, heart & mind we will praise His Holy name with all our strength.
2. Vs. 2 - 3 Again Bless, Praise, Adore Lord
 - a. Remember, we must not forget even one God's benefits
 1. Forgives, pardons, releases all your sins
 2. Heals all diseases & sicknesses applies today
3. Vs. 4 Redeems or delivers life from slimy, miry, decaying pit like dungeon
Like I was delivered from dungeon of depression other dungeons are those who deal with fears, anxiety, doubts, anger, jealousy, envy, pornography, all sorts of sexual and material lusts, pride, arrogance, etc.
 - a. Vs. 4b Who beautifies, dignifies, & crowns you with loving-kindness & tender mercy
4. Vs. 5 Satisfies - Heb. def. Having enough, content, overflowing of appetites & desires, been filled, have abundance, gets plenty, etc.
 - a. Lord abundantly meets your desires with good things so you are content
 - b. Youth renewed & restored like soaring eagle with it's strength & overcoming storms as we overcome Storms,

- c. Have seen eagle soaring high above the earth? They are strong and overcome the strong winds & storms. I have seen eagles close up when fishing. We kill a fish put lily pad then row 10 to 15 feet away. Eagle swoop down, take fish talons & fly away. They are magnificent & majestic birds!
- 5. Vs. 6-7 Lord executes righteousness & justice not only for us but all who are tormented & downcast
 - a. God had deep intimacy w/ Moses & gave him revelation & made himself known into the character God through 10 commandments & see backside of God. God also revealed himself through deeds, actions, & showed favor toward people Israel through miracles Mana, water out rocks, fiery pillar night & cloud day
- 6. Vs. 8 Lord is, merciful & gracious
 - a. Ex 34:6-7
 - c. Num. 14:18 Slow anger, venting wrath
- 7. Vs. 9- 10 Rebuke, accuse or harbor His anger. Vs. 30:5a
 - a. Ps. 32:1-2 Doesn't deal fully w/ our sins.
 - b. Shows God's great mercy & vastness love
- 8. Vs. 11 Eph. 3:17 -19 We need grasp how wide, long, high & deep love Father, Son & Holy Spirit are for us. Love Surpasses knowledge & immeasurable.
 - a. But receive love must have reverence & awe God
- 9. Vs. 12 Circle around Globe forever that removed sins
 - a. Ish 1:18 Sins cleansed white snow
 - b. Jer. 31:34d Forgive weakness; Remember sins no more
 - c. Mic. 7:18-19 Pardons sin: forgives transgression
- 10. Vs 13-14 God shows us his compassion, mercy, take pity on
 - a. Quote Spurgeon: "He has a tender heart: he never strikes without regret, but his love always flows freely. No mother or father is half so mild and loving as the Lord of hosts."
 - b. God's compassion & love are far beyond our understanding.

- a. Gen 2:7 Made dust
- 11 Vs. 15-16 Life is short, like grass and flower flourish
 - a. Hot winds from Africa called Sirocco burn up the meadows immediately. Lives are like puffs winds & we gone. Info Spurgeon
- 12. Vs. 17-18 Everlasting unfailing love, deep devotion & covenant promise of God's Savior Jesus Christ great love gift for those who revere God.
 - a. Must keep covenant & obey them
 - b. Righteousness means prosperity, deliverance & well being. Passed down from generation to generation because the Israelites parents & our parents walked God's love & righteousness
- 13. Vs. 20 Can't praise Lord well enough. We need help angels who excel strength & know how worship Lord because presence. We need praise Lord all our strength, mind, heart & soul. (Spurgeon's & my insights) We must do His (bidding) commandments and (obey) listen God's words.

"Your actions are your praise" quote Spurgeon In other words your worship are your actions. Your faith must put into action.
- 14. Vs. 21-22
 - a. Vs. 21 "All living things, and all forces and powers of nature, are calling on men to praise the Lord; and the hosts of God, the organs of Omnipotence, ring out the grand chorus, "Bless ye the Lord" Quoting Spurgeon
 - i. All angels Lord praise, with God's power (Organs) in His inmost being.
 - b. Vs. 22 Read NIV "Bless the Lord, all his works, in the places of his dominion: bless the Lord, O my soul" KJV
 - I. Remember "soul" means breath, life, life force, seat of emotion and desires
 - li In other words we are praise Lord very depth emotions & desires, with every breath we breath & every place we go. Bless the Lord, Amen