



# Bless the LORD, O My Soul

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## Psalm 103:1-7

Alberto Restifo

**Why is worship  
worth it?**

1 Bless the Lord, O my soul,  
and all that is within me, bless his holy name!

2 Bless the Lord, O my soul,  
and forget not all his benefits,

Psalm 103:1-7 (ESV) (p.1/4)

3 who forgives all your iniquity,  
who heals all your diseases,

4 who redeems your life from the pit,  
who crowns you with steadfast love and mercy,

Psalm 103:1-7 (ESV) (p.2/4)

5 who satisfies you with good  
so that your youth is renewed like the eagle's.

Psalm 103:1-7 (ESV) (p.3/4)

6 The Lord works righteousness  
and justice for all who are oppressed.

7 He made known his ways to Moses,  
his acts to the people of Israel.

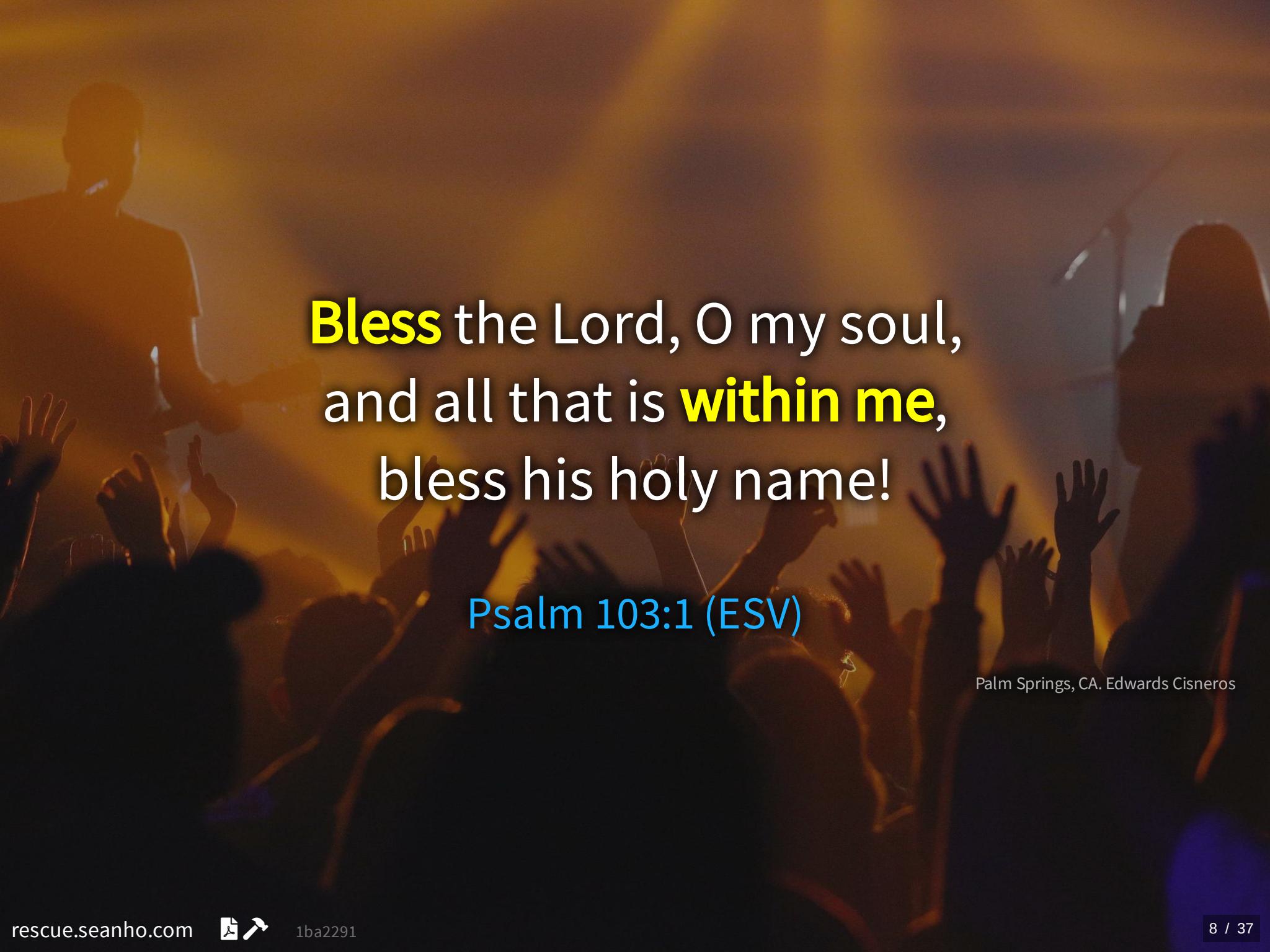
Psalm 103:1-7 (ESV) (p.4/4)

# Ps 103 Overview

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1. God's **Conduct** with Us (v1-7)
2. God's **Compassion** toward Us (v8-14)
3. God's **Constancy** in Love and Might (v15-22)

Montreal, CA. Marc-Olivier Jodoin



**Bless** the Lord, O my soul,  
and all that is **within me**,  
bless his holy name!

Psalm 103:1 (ESV)

Palm Springs, CA. Edwards Cisneros

Bless the Lord, O my soul,  
and **forget** not all his **benefits**,

Psalm 103:2 (ESV)

Claudio Testa

# Bless the LORD (Ps103)

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1. **Heals** Us in Body and Soul (v3)
2. **Lifts** Us from Pit to Glory (v4)
3. **Supplies** Us with  
Strength and Satisfaction (v5)
4. **Rescues** and Advocates for Us (v6-7)

A classical oil painting depicting a scene from the New Testament. In the center, Jesus Christ stands in a red robe, looking down at a woman who is kneeling and reaching out to touch his garment. To the left, another woman in a green and red robe looks on. To the right, a man in a brown robe stands, and further right, a woman in a yellow and white robe is kneeling in prayer. The background shows architectural elements like columns and a cloudy sky.

who **forgives** all your iniquity,  
who **heals** all your diseases,

Psalm 103:3 (ESV)

“Christ Healing the Mother of Simon Peter’s Wife”  
John Bridges, 1839



Which is easier, to say to the paralytic,  
‘Your sins are **forgiven**’;

or to say,  
‘**Get up**, and pick up your pallet and **walk**’?

Mark 2:9 (ESV)

Nikolay Svischchev-Paola, “Beggar with a Lyra”, 1900

And the prayer of **faith**  
will **save** the one who is sick,  
and the Lord will **raise** him up.  
And if he has committed **sins**,  
he will be **forgiven**.

James 5:15 (ESV)

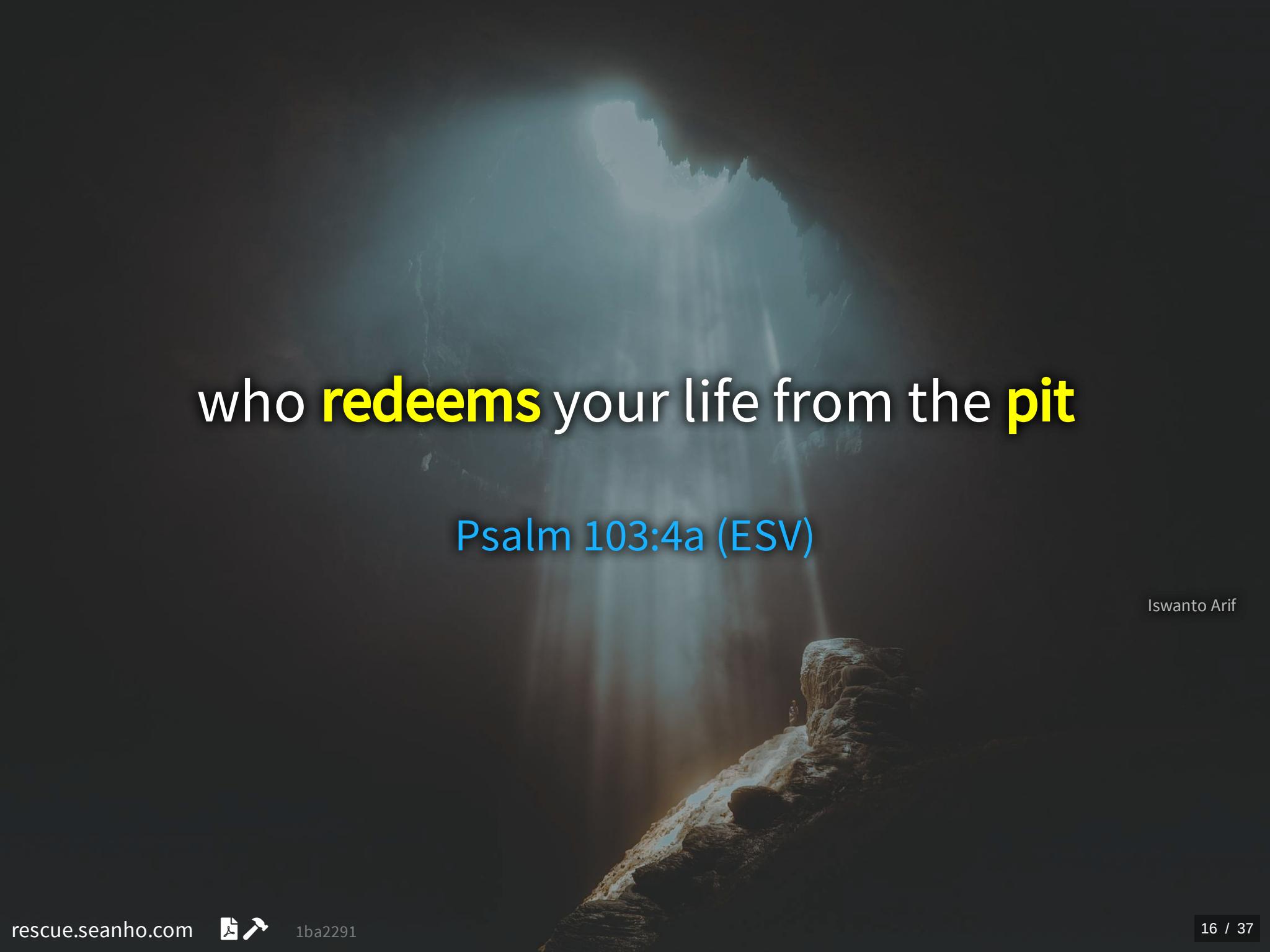
Dozen

How has God  
healed us,  
body and soul?

# Bless the LORD (Ps103)

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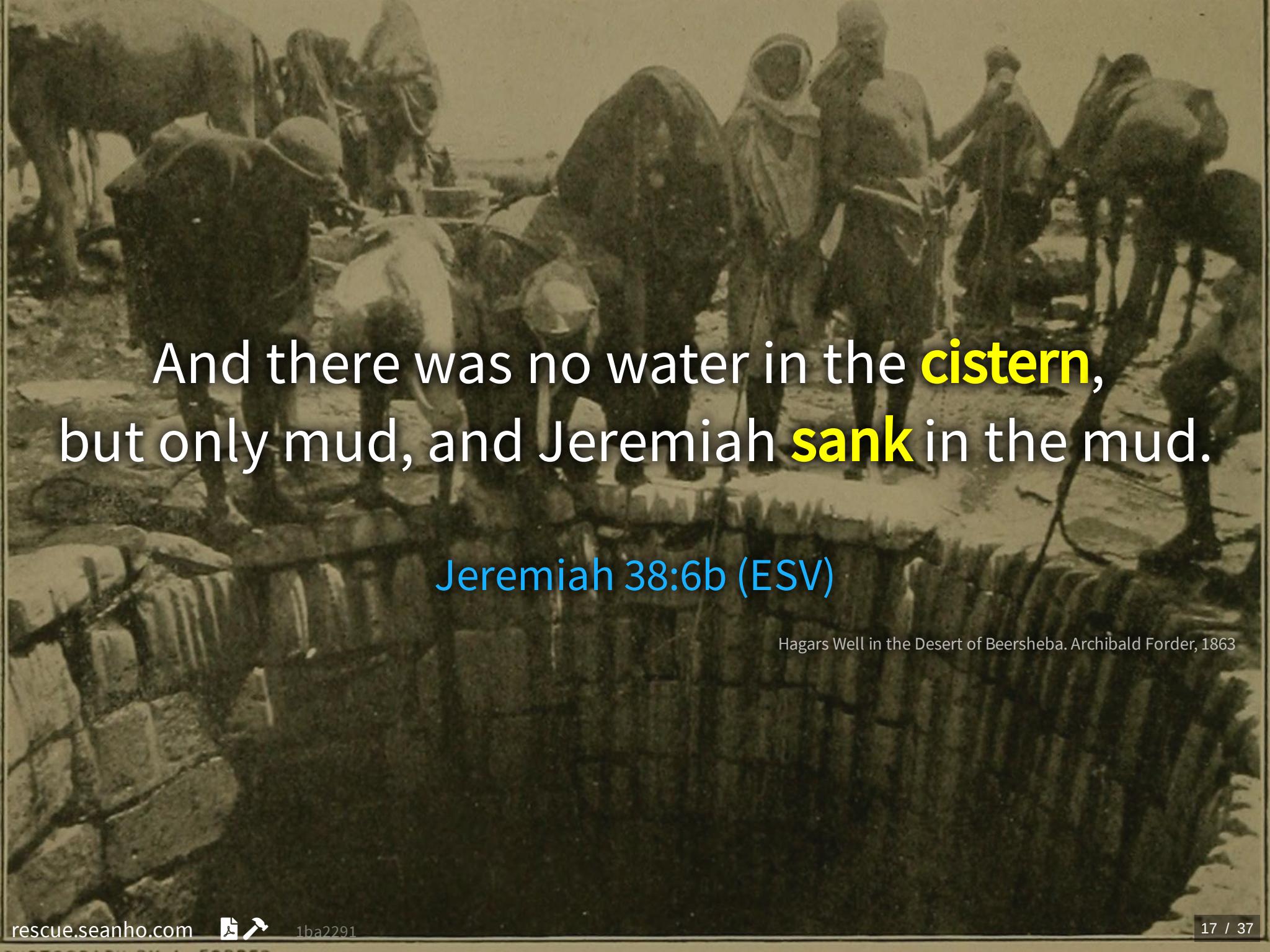
1. Heals Us in Body and Soul (v3)
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who **redeems** your life from the **pit**

Psalm 103:4a (ESV)

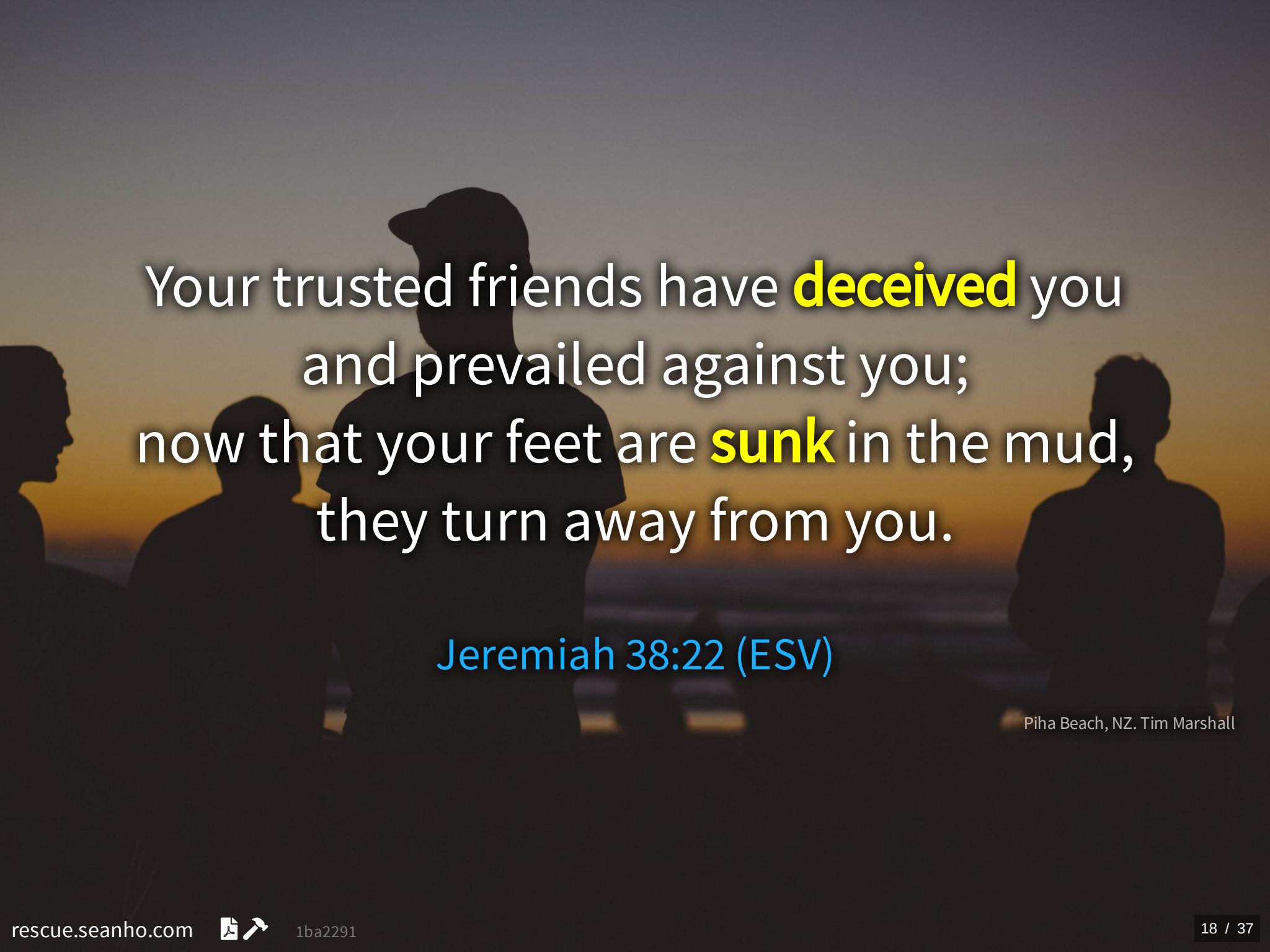
Iswanto Arif



And there was no water in the **cistern**,  
but only mud, and Jeremiah **sank** in the mud.

Jeremiah 38:6b (ESV)

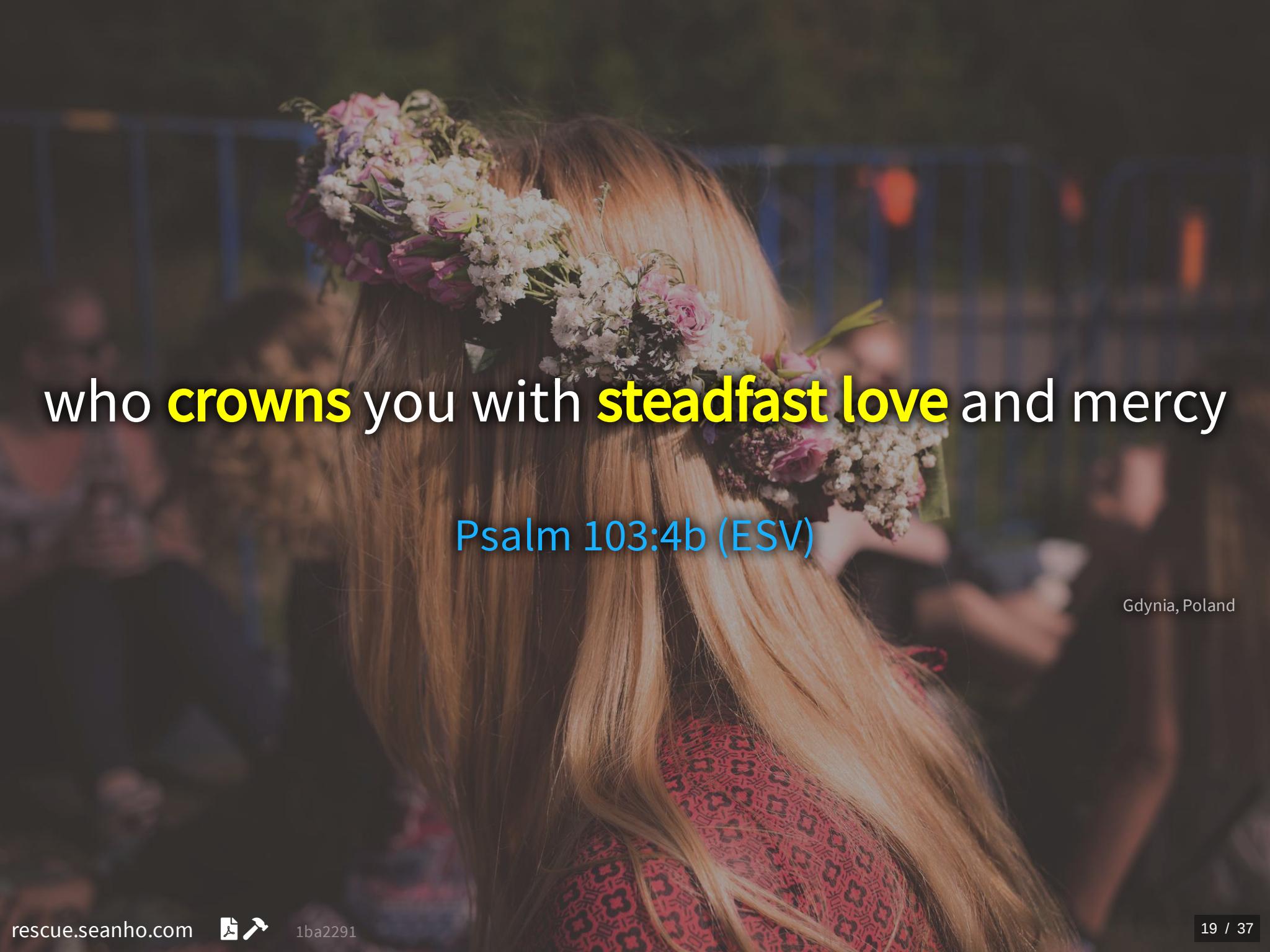
Hagars Well in the Desert of Beersheba. Archibald Forder, 1863

A photograph showing silhouettes of several people walking along a beach at sunset. The sky is a warm orange and yellow, transitioning into a darker blue. The ocean waves are visible in the background.

Your trusted friends have **deceived** you  
and prevailed against you;  
now that your feet are **sunk** in the mud,  
they turn away from you.

Jeremiah 38:22 (ESV)

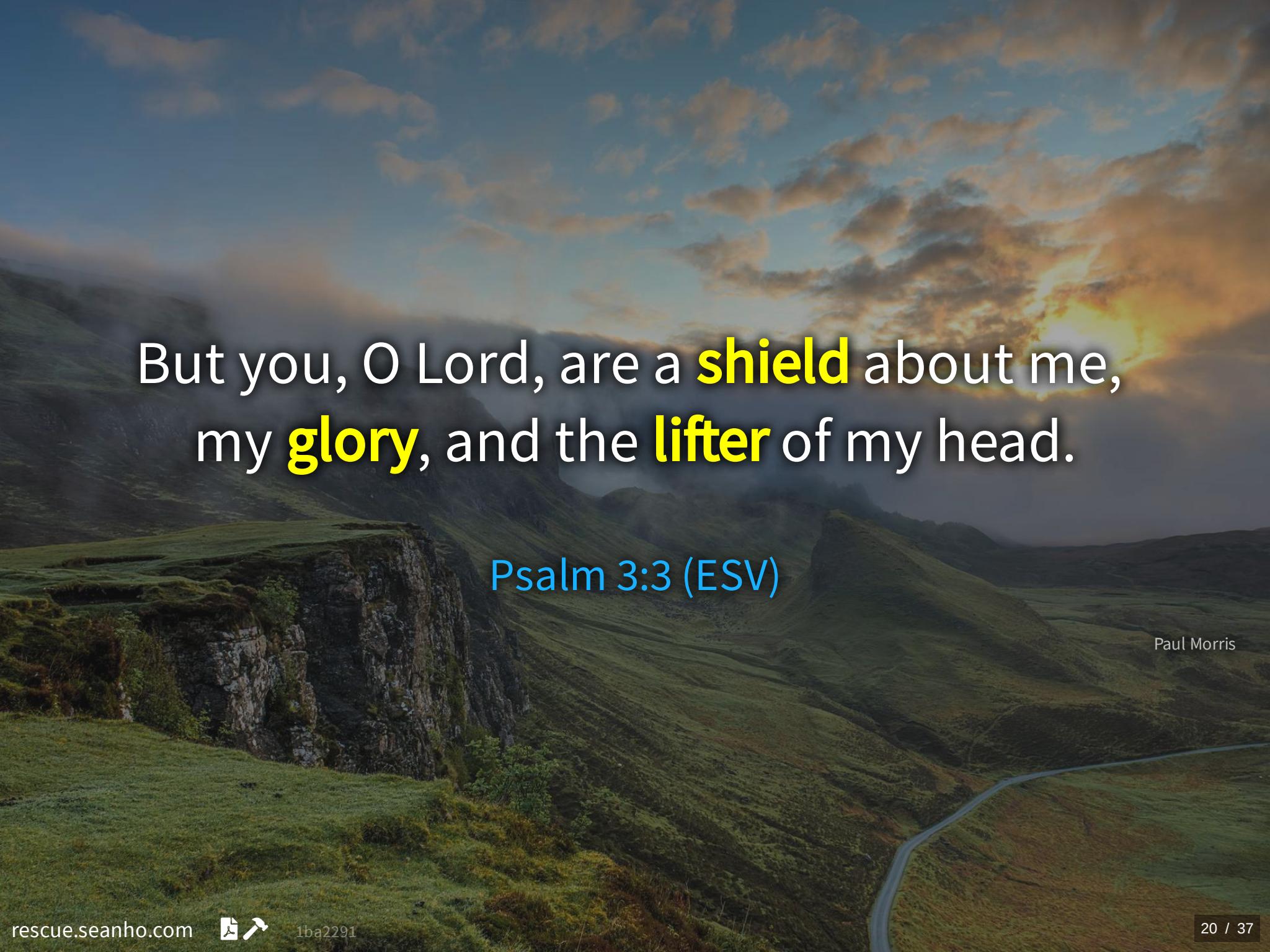
Piha Beach, NZ. Tim Marshall

A close-up photograph of a woman's long, straight blonde hair. She is holding a large, lush bouquet of flowers, including white hydrangeas and pink roses, against her shoulder. The background is dark and out of focus.

who **crowns** you with **steadfast love** and mercy

Psalm 103:4b (ESV)

Gdynia, Poland

A wide-angle photograph of a rural landscape. In the foreground, there's a grassy field with a dark, craggy rock formation on the left. A paved road curves through the middle ground. The background consists of rolling green hills under a dramatic sky filled with scattered clouds, some of which are illuminated by the low sun, creating a warm glow.

But you, O Lord, are a **shield** about me,  
my **glory**, and the **lifter** of my head.

Psalm 3:3 (ESV)

Paul Morris

When have I  
been in the **pit**?

How has God  
**lifted** me?

# Bless the LORD (Ps103)

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1. Heals Us in Body and Soul (v3)
2. Lifts Us from Pit to Glory (v4)
3. **Supplies Us with  
Strength and Satisfaction** (v5)
4. Rescues and Advocates for Us (v6-7)

A photograph of a man sitting on a rocky outcrop, looking out over a turquoise lake and snow-capped mountains under a dramatic sunset sky.

who **satisfies** you with **good**

Psalm 103:5a (ESV)

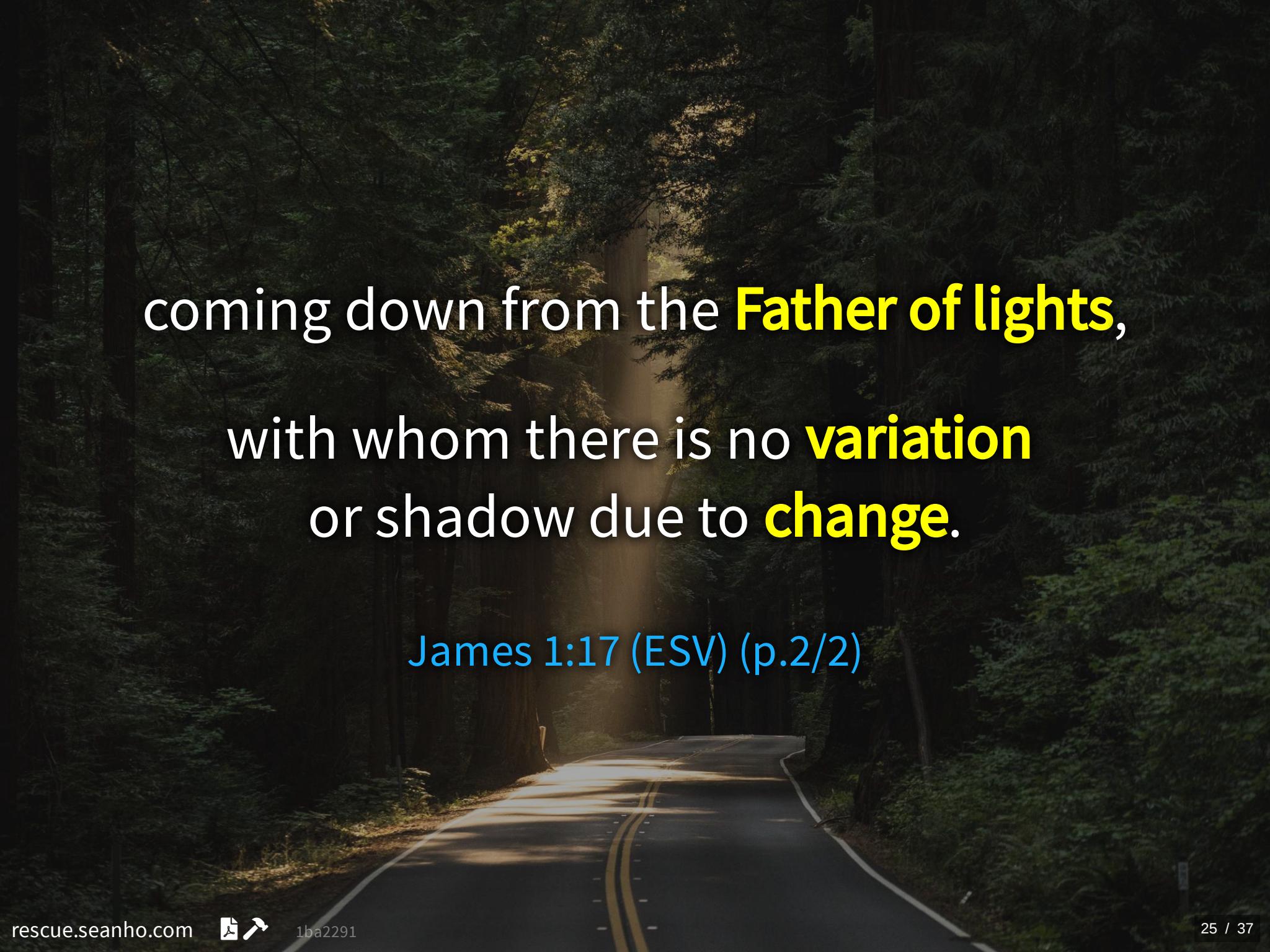
Banff, AB. Kalen Emsley



Every **good gift** and every **perfect gift**  
is from above,

James 1:17 (ESV) (p.1/2)

Avenue of the Giants, CA. John Towner

A photograph of a dark, winding road through a dense forest. Sunlight filters through the tall evergreen trees, creating bright highlights on the asphalt and the surrounding foliage. The road curves away from the viewer into the distance.

coming down from the **Father of lights**,  
with whom there is no **variation**  
or shadow due to **change**.

James 1:17 (ESV) (p.2/2)



so that your **youth** is renewed  
like the **eagle's**.



Psalm 103:5b (ESV)

Woodbine, NJ. Ray Hennessy

What good and  
perfect gifts has  
God given to me?

# Bless the LORD (Ps103)

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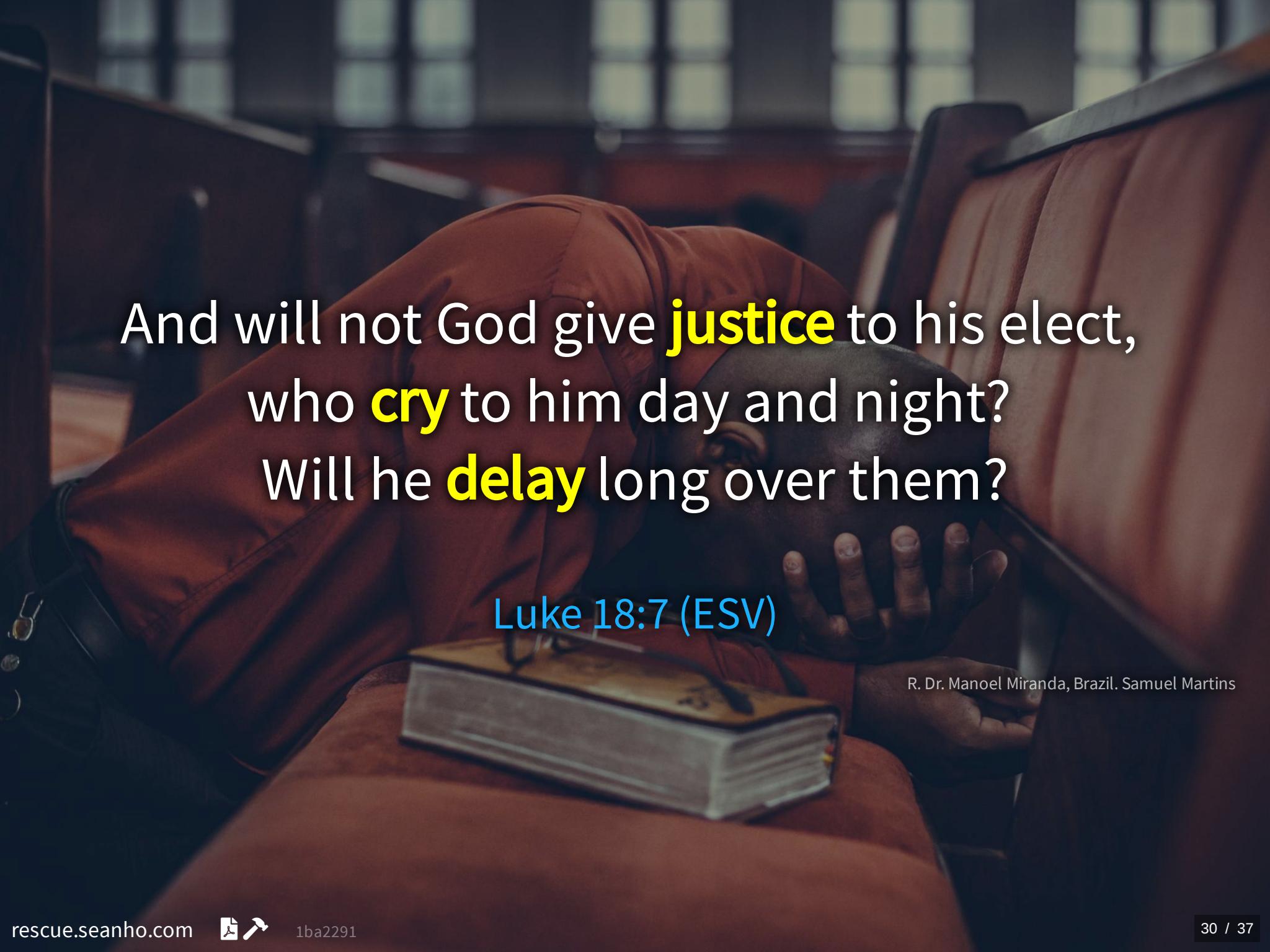
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4. **Rescues and Advocates for Us** (v6-7)

A photograph of a forest floor covered in green grass and low-lying plants. Sunlight filters through the tall, thin trunks of coniferous trees, creating bright highlights and deep shadows. The overall atmosphere is serene and natural.

The Lord works **righteousness**  
and **justice** for all who are **oppressed**.

Psalm 103:6 (ESV)

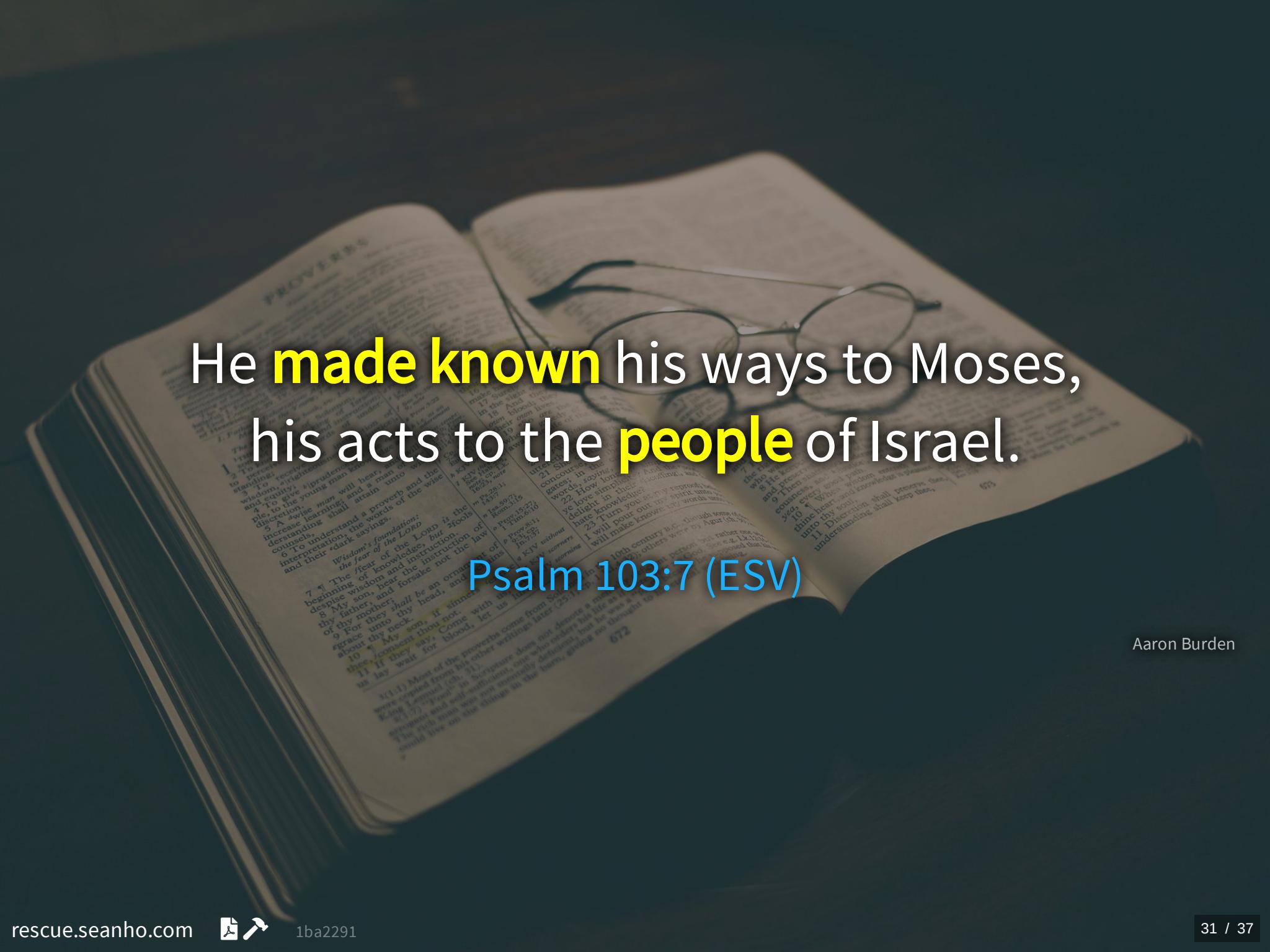
Bad Pyrmont, Germany. Sebastian Unrau



And will not God give **justice** to his elect,  
who **cry** to him day and night?  
Will he **delay** long over them?

Luke 18:7 (ESV)

R. Dr. Manoel Miranda, Brazil. Samuel Martins



He **made known** his ways to Moses,  
his acts to the **people** of Israel.

Psalm 103:7 (ESV)

Aaron Burden

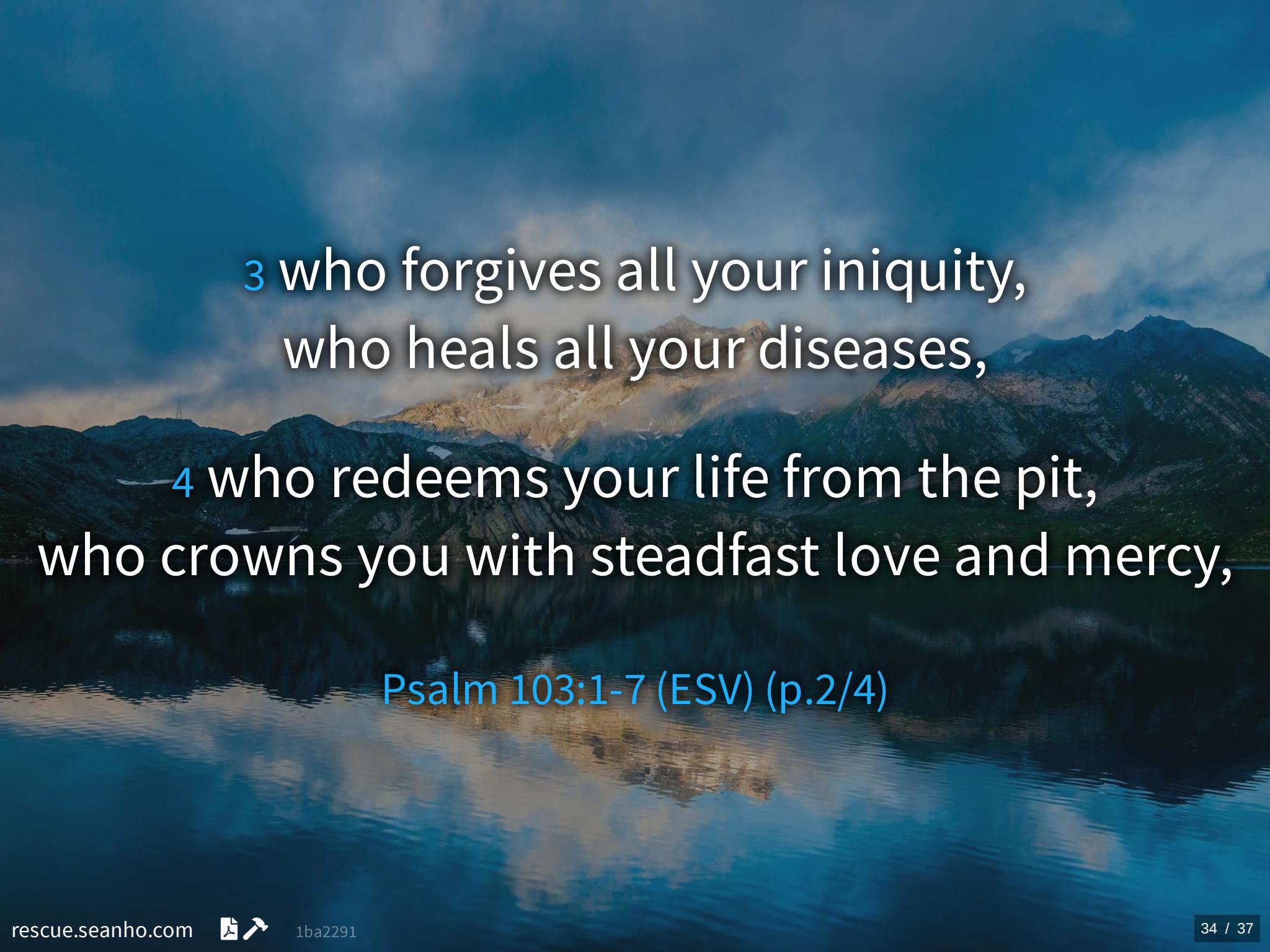
Do I believe God  
works justice  
for His people?



**1** Bless the Lord, O my soul,  
and all that is within me, bless his holy name!

**2** Bless the Lord, O my soul,  
and forget not all his benefits,

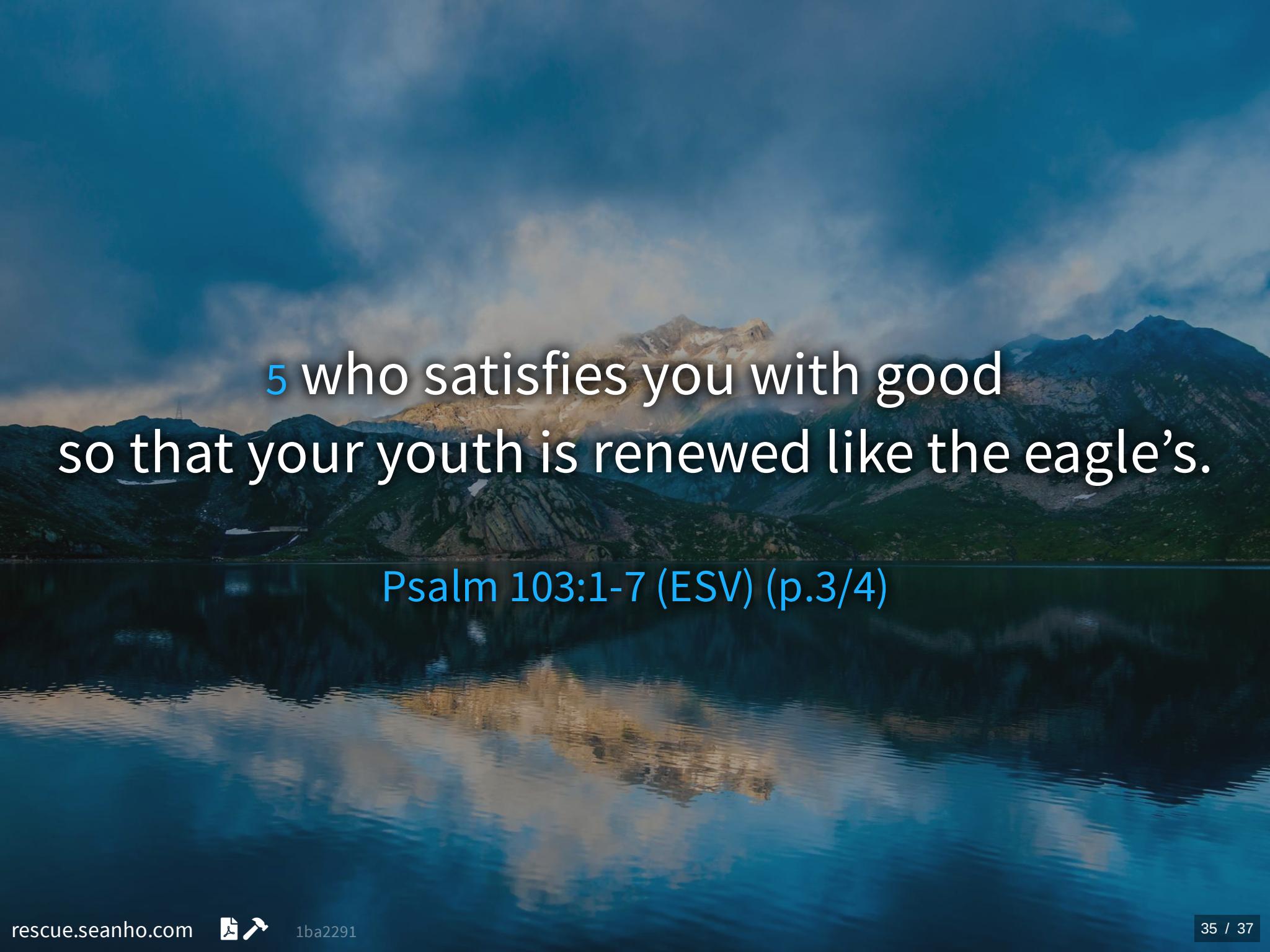
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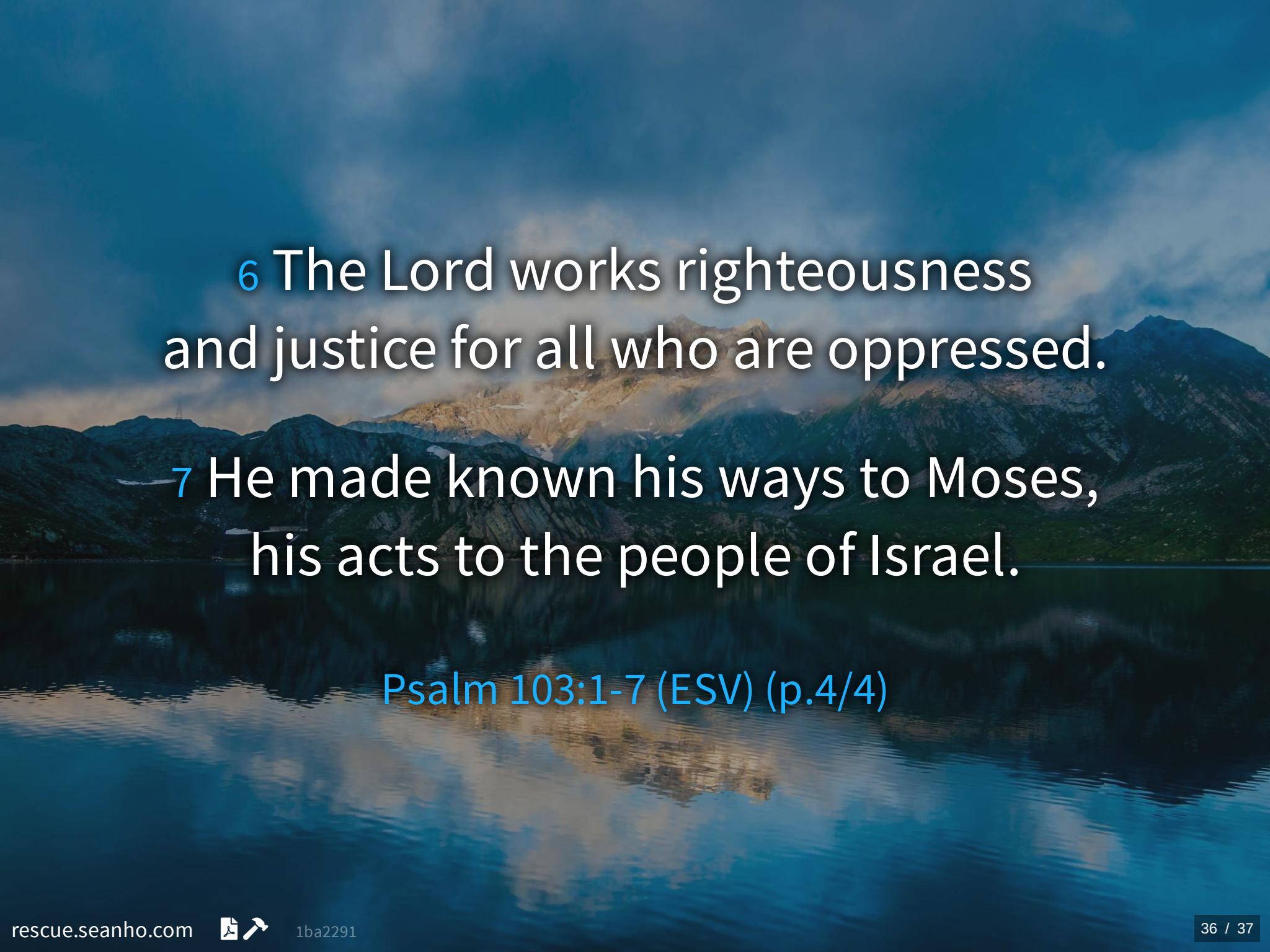
4 who redeems your life from the pit,  
who crowns you with steadfast love and mercy,

Psalm 103:1-7 (ESV) (p.2/4)

A wide-angle photograph of a mountainous landscape. In the foreground, a dark blue lake reflects the surrounding peaks. The middle ground features several mountain ridges with rocky slopes and patches of green vegetation. The background consists of towering, rugged mountains, some with snow-capped peaks. The sky is filled with dramatic, light-colored clouds.

5 who satisfies you with good  
so that your youth is renewed like the eagle's.

Psalm 103:1-7 (ESV) (p.3/4)

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