

**SBC – March 8, 2026**  
**Psalm 103:1-22 (NKJV)**  
**“Bless the LORD”**

**Psalm 103 (NKJV)**  
**A Psalm of David.**

There are no requests in this Psalm! It is almost pure praise extolling the goodness of God.

**Slide # 1**

**Psalm 103**

***“Bless the LORD”***

- vv. 1-5 Praise God for His many Benefits
- vv. 6-7 Praise God for Righteousness and Justice
- vv. 8-10 Praise God for His Graciousness
- vv. 11-12 Praise God for His forgiveness
- vv. 13-14 Praise God for His Sympathy
- vv. 15-18 Praise God for His Everlasting Mercy
- v. 19 Praise God for His Sovereign Rule
- vv. 20-21 A Call on Angelic Hosts to Praise God
- v. 22 A Call on ALL to Praise the LORD

**1 Bless the LORD, O my soul; And all that is within me, bless His holy name!**

To BLESS the LORD (YHWH) means to actively praise, adore, and worship God for all He is and all He does. The word “bless” is rooted in the Hebrew word *barak*, which signifies kneeling in humble reverence and honoring God for Who He is as the absolute HOLY One.

David wants to bless God with his whole being – with all that is within him. He wants to praise God as much as is humanly possible. It’s like he can’t express it strongly enough. His whole being is in this! There is no holding back – he wants to give God his all in worship! David wants out of himself whole-hearted worship!

What can we give to God Who has everything – Who owns everything? We can give Him our unreserved WORSHIP!

God’s HOLY name emphasizes His absolute uniqueness as being set apart from all others.

## **2 Bless the LORD, O my soul, And forget not all His benefits:**

Worship is not just an emotional or a feelings thing! Rather, it involves the mind. It involves NOT FORGETTING all the benefits God brings into our lives.

### **Slide # 2**

**James 1:17 (NKJV)**

**17 Every good gift and every perfect gift is from above**, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

It is so easy to lose sight of the benefits – the blessings God constantly bestows on us. It's easy to start taking these things for granted. We constantly need to remind ourselves to bless the LORD for all His benefits.

There are a lot of good things in our lives as God's children and we should remember to bless God for them ALL! No wonder the Bible says...

**1 Thessalonians 5:18 (NKJV)**

**18** in everything give thanks; for this is the will of God in Christ Jesus for you.

David now recounts some of these key benefits.

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

David appropriately starts with forgiveness. This is the greatest of all blessings. One man felt so strongly about this that he had just ONE word inscribed on his tombstone. It simply said, "FORGIVEN!" That really says it all!

Another man said, "The Lord Jesus has forgiven me all my sins, and He's never going to hear the end of it." Amen!

Note the little HUGE word "all" – Who forgives ALL your iniquities. Not just some of them but ALL of them. This is why we as believers know we are going to heaven. We have been forgiven of all sin! This is the glory of the gospel – we have a full pardon in Jesus.

The word “forgives” is a unique word used in Scripture only of God’s forgiveness of sinners. No one forgives like God. He forgives totally, completely, and forever on a level that is simply divine.

The word “iniquities” means that which is morally twisted or perverted. God forgive all our moral perverseness!

He also heals all your diseases. We live in broken down bodies that are constantly dealing with some form of sickness or disease. And yet most of the time we recover. Constantly we have this or that affliction and we get better. We have a headache – it goes away. We have the flu and we recover. ON and on! Whenever we get better ultimately this is God’s doing and we should bless Him for it.

However, in the ultimate sense this verse will only know full and complete fulfillment in the resurrection.

### **Slide # 3**

#### **Revelation 21:4 (NKJV)**

**4** And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the **former things** have passed away.”

God has made provision for our ultimate healing, but that will take place in the resurrection. In the eternal state, all our diseases will be former things and they will all be behind us. But I would remind us that that which will be former is still yet present. We are not in the eternal state yet.

For now, we still have tears, death, sorrow, crying, and pain. That is the part of the experience in the here and now. There are false teachers who claim if we just have enough faith, we can have it on earth exactly as it is in heaven in the here and now. They don’t live in reality, and their teaching is not consistent with either the Bible or reality.

But it is true that God heals and all our healing is at the good hand of God!

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

Redeems is the idea of deliverance. Many translate “destruction” as “the pit”. God is constantly delivering us from one disaster or another.

Often we don't even realize how God has worked to preserve us. There is "pits" we can fall into all over the place but God guides our steps and preserves us all along the way in keeping with His sovereign plan.

And then God CROWNS you with lovingkindness. On top of all the blessing is this crowning blessing of lovingkindness, which is the Hebrew word "hesed" which refers to God's faithful covenant love. God never fails! His love never quits!

And lovingkindness is combined here with "tender mercies." Tender mercies is often translated as "compassion." God crowns the believers life with His faithful and tender care! He cares about everything we are about or are going through.

### **1 Peter 5:7 (NKJV)**

**7** casting all your care upon Him, for He cares for you.

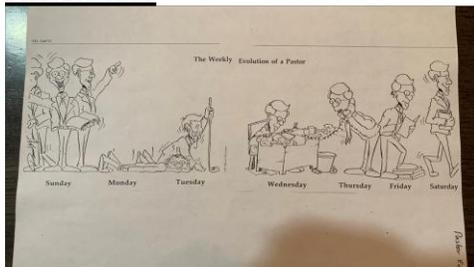
### **5 Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.**

He is satisfied with good things – the things of God. Only God can give true satisfaction.

"No man is ever filled to satisfaction but a believer, and only God himself can satisfy even him. Many a worldling is satiated, but not one is satisfied." – **Charles Spurgeon**

God's satisfaction becomes the means of strengthening us so that (so to speak) your youth is renewed like the eagle's. The eagle symbolizes abounding strength as they can go for a long time without being weary. The sense is that God reenergizes us. We often get weary but then find our satisfaction in God and out of that God renews us so that we can keep going (cf. Isa. 40:29-31; 2 Cor. 4:16).

### **Slide # 4**



**Slide # 5****Isaiah 40:29–31 (NKJV)****29 He gives power to the weak, And to those who have no might He increases strength.****30** Even the youths shall faint and be weary, And the young men shall utterly fall,**31** But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.**6 The LORD executes righteousness And justice for all who are oppressed.**

God does do this, but again, ultimate fulfillment awaits the kingdom; but in the end God will execute perfect righteousness and justice for all His people who are oppressed in this world.

**7 He made known His ways to Moses, His acts to the children of Israel.**

He made His ways known to Moses by way of Revelation, but His acts were known to the children of Israel by observation. They witnessed the workings of God and how He acts as He interacted with them. And what did they see?

**8 The LORD is merciful and gracious, Slow to anger, and abounding in mercy.**

This is the kind of God He is. He is merciful (compassionate) and gracious, slow to anger. God does not fly off the handle. He gives lots of space. How very patient He was with unfaithful people year after year for hundreds of years before they finally went into captivity.

God is abounding in mercy – which again is HESED – God’s loyal or steadfast love – His covenant faithfulness (cf. Ex. 34:6).

**9 He will not always strive with us, Nor will He keep His anger forever.**

Yes, God does discipline, but it is measured. He does not keep His anger forever.

## **10 He has not dealt with us according to our sins, Nor punished us according to our iniquities.**

Can't we all just say, "THANK YOU, LORD" right here? If God dealt with us according to our sins, we would have no hope. If He punished us according to our moral perversions, we would have to hope. But as already noted in verse 3, He is a God of forgiveness – a God Who "forgives all your iniquities."

## **11 For as the heavens are high above the earth, So great is His mercy toward those who fear Him;**

How far are the heavens high above the earth? Immeasurable! So great is His mercy (Hesed – Faithfulness) toward those who fear Him.

Note God is gracious but He does demand that we respond to Him with reverence. Yes, we often get off track, but down deep there is still a proper fear (reverence) for Him.

A true saving faith is often described in terms of FEAR.

### **Slide # 6**

**Acts 10:34–35 (NKJV)**  
**34** Then Peter opened his mouth and said: "In truth I perceive that God shows **no partiality**.  
**35** But in every nation whoever **fears** Him and works righteousness is accepted by Him.  
 [The Nature of Saving Faith]

**Acts 10:43 (NKJV)**  
**43** To Him all the prophets witness that, through His name, **whoever believes** in Him will receive remission of sins."

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Fearing God means having deep reverence and awe for His holiness, power, and authority. In saving faith, we reverently recognize God's sovereign authority over us and bow before Him. It involves a complete change of mind regarding self, sin, and God. We now recognize Him as Lord and Savior, and that changes everything. Still, we often struggle and stumble. We ever need His hesed – steadfast love and faithfulness.

As John MacArthur used to say: "If you could lose your salvation, you would."

### **Slide # 7**



But it is important to note that God's great mercy (Hesed) is extended toward those who FEAR Him.

Those who don't fear Him should not claim this promise. But for those who struggle with sin in our weakness and yet fear Him, we have this promise.

**12 As far as the east is from the west, So far has He removed our transgressions from us.**

If you travel north on a globe, you begin to travel south as soon as you go over the North Pole. But if you travel east, you will continue east forever. Given the true shape of the earth, **east** and **west** never meet – and this is how far God has removed our sins from us!

**-David Guzik**

Transgressions are times when we cross the line with God and are disobedient. It refers to defying His authority, His rules, His ways, in an act of rebellion. But gracious as God is, God has totally forgiven those who are repentant.

East never meets west, and if God has forgiven our transgressions, we will never meet up with them again! They are permanently removed so far from us that we will never see them again. Oh, they show up in our heads as the accuser of the brethren doesn't want to let go or let us let it go, but before God, they are gone, never to be seen again.

**13 As a father pities his children, So the LORD pities those who fear Him.**

A pitying God! What can be added to that?" - Alexander Maclaren

I have known fathers who didn't show much pity, but I don't think they are very good fathers. Normal good fathers pity their children, yes they also discipline them, but there is a lot of pity in the mix.

Spurgeon considered the many ways God may pity His children:

- He pities our childish ignorance.
- He pities our childish weakness.
- He pities our childish foolishness.
- He pities our childish naughtiness.
- He pities our childish stumbles and falls.
- He pities the pain of His children.
- He pities the child when another has wronged him.
- He pities the fears of His children. (Source David Guzik)

Pity is also translated as "showing compassion." Pity is a very tender word. It means God acts with tender compassion, mercy, and loving understanding toward those who fear Him. God's pity involves forgiving his children, comforting them in affliction, and acknowledging human frailty.

I don't know about you, but I like this about God! Pity the person who does not have a father who pities them. But praise God that all believers do have such a Father in God the Father.

#### **14 For He knows our frame; He remembers that we are dust.**

God remembers that we are dust. We forget it, and when dust gets stuck on itself, it is mud. – *Dr. George Gill*

We are frail, and God is very sympathetic to this reality. He knows our weakness!

**15 As for man, his days are like grass; As a flower of the field, so he flourishes.**

**16 For the wind passes over it, and it is gone, And its place remembers it no more.**

Our time here is very short! We are like grass or flowers, that for a very short season are in place, but then the wind passes over it and it is gone. Our lives here are very brief and temporary (cf. Isa. 40:6-8).

So what can we cling to? Where do we find the satisfaction mentioned in verse 5.

**17 But the mercy of the LORD is from everlasting to everlasting On those who fear Him, And His righteousness to children's children,**

Our time here is very temporary, BUT (contrast word) the mercy (hesed – faithfulness of the LORD/YHWH) is from everlasting to everlasting.

This is what we cling to! We cling to God's faithfulness and what He has promised us beyond this life.

### **Slide # 8**

**Isaiah 40:6–8 (NKJV)**

**6** The voice said, "Cry out!" And he said, "What shall I cry?" "**All flesh is grass**, And all its loveliness is like the flower of the field.

**7** The grass **withers**, the flower **fades**, Because the breath of the LORD blows upon it; Surely the people are **grass**.

**8** The grass withers, the flower fades, **But the word of our God stands forever.**"

God's Word stands forever, God's mercy (hesed) stands forever – from everlasting to everlasting. It is this that satisfies our spiritual hunger – that renews our strength in the inner man.

And again, this applies to those who FEAR Him and as we pass it down to our children to them as well, assuming they too come to have a FEAR of God.

Note the strong emphasis throughout this section that God's benefits apply to those who FEAR Him.

### **Slide # 9**

v. 11 So great is His mercy [hesed] toward those who **fear Him**.

v. 13 So the LORD pities those who **fear Him**.

v. 17 But the mercy [hesed] of the LORD... on those who **fear Him**...

Fear is not cowering in abject fear, but a holy reverence for God. This defines the true believer, not perfectly, not always consistently, but down deep, there is a reverence for God, even if we struggle with the flesh.

And to show you all the more this is true, look at the verse in context that follows here.

**18 To such as keep His covenant, And to those who remember His commandments to do them.**

Those that truly know God want to obey Him. Yes, we all stumble, yes we all struggle, but that is the point. We struggle because we want to obey. In his struggle with sin Paul in Romans 7:15 said, “what I hate, that I do.” The point is he hated it. If you don’t hate the sin you struggle with you really need to check yourself. The Bible is clear: God’s children fear Him and they desire to obey Him.

**Slide # 10**

**1 John 2:3–4 (NKJV)**

**3** Now by this we know that we know Him, if we keep His commandments.

**4** He who says, “I know Him,” and does not keep His commandments, is a liar, and the truth is not in him.

**19 The LORD has established His throne in heaven, And His kingdom rules over all.**

Here is the bedrock truth for the believer. God has established His throne in heaven, and He is still on the throne of the universe. No matter what, this is always true. God ever sovereignly rules over all.

- **Footnote:** God’s universal kingdom should not be confused with what is called the mediatorial kingdom on earth. As sovereign God, He universally always rules over all, but one day God will mediate His kingdom rule on earth through a human mediator (actually a human-divine mediator) as found in Jesus the Messiah. Originally, Adam had this position, but he lost it in the fall. However, Jesus, as the second Adam, will one day come and rule the world for God.

But as sovereign ruler over all, God is on His throne in heaven and ever and always sovereignly rules over all. We can rest in this. It is one more reason to bless the LORD!

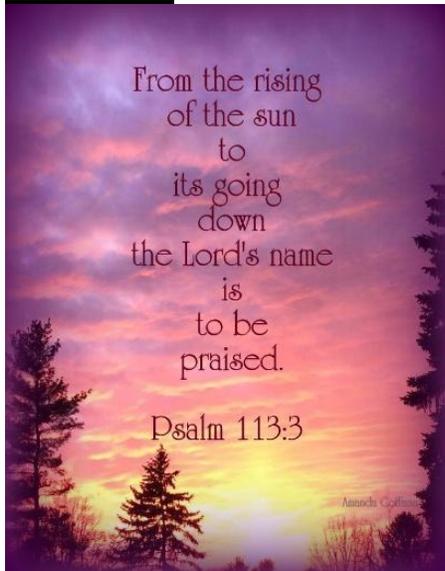
David now calls on the angels and the whole of creation to join him in blessing the LORD!

**20 Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word.**

**21 Bless the LORD, all you His hosts, You ministers of His, who do His pleasure.**

**22 Bless the LORD, all His works, In all places of His dominion. Bless the LORD, O my soul!**

***Slide # 11***



David began the Psalm and ended it the same way with “Bless the LORD, O my soul!”

As true worshipers, may our hearts say with David...

**Psalm 103:1 (NKJV)**

**1 Bless the LORD, O my soul; And all that is within me, bless His holy name!**