

Psalm 103

Of David.

1 Praise the LORD, my soul; all my inmost being, praise his holy name.

Sometimes you have to talk to yourself. That's not a sign of insanity; it's actually normal and can be healthy. "Preach yourself happy." Tell yourself to praise the Lord and give thanks.

2 Praise the LORD, my soul, and forget not all his benefits—

3 who **forgives** all your sins

and **heals** all your diseases,

4 who **redeems** your life from the pit

and **crowns** you with **love** and **compassion**,

5 who **satisfies** your desires with good things so that your

youth is renewed like the eagle's.

There are a variety of things God has done for which we can be grateful. He loves us and shows compassion. He's the healer and some have experienced his healing power first-hand. But especially, we can be grateful for his redemption and forgiveness, without which, we would all be doomed.

6 **The LORD works righteousness and justice for all the oppressed.**

If it seems life hasn't given you a fair shake, remember, God is right and just, and he works out justice for you. In time, he makes all things right.

7 He made known his ways to Moses, his deeds to the people of Israel:

8 **The LORD is compassionate and gracious, slow to anger, abounding in love.**

This is the primary description of God mentioned throughout the Old Testament. Because of his amazing, plentiful love, he shows mercy and grace. Mercy spares us from the punishment we deserve, and grace gives us the blessings we don't deserve.

9 He will not always accuse, nor will he harbor his anger forever;

10 **he does not treat us as our sins deserve or repay us according to our iniquities.**

11 For as high as the heavens are above the earth, so great is his love for those who fear him;

12 **as far as the east is from the west, so far has he removed our transgressions from us.**

Don't be upset you didn't get what you wanted. Be happy you didn't get what you deserve. Yes, you can make God angry by continuing in your sin and unbelief. But he doesn't get even. He restrains his anger and shows mercy to us. If we really stopped to count our sins, we'd have a better understanding of

*God's mercy and grace. When He forgives, he really forgives.
The debt is cancelled.*

13 As a father has compassion on his children, so the
LORD has compassion on those who fear him;
14 for he knows how we are formed, **he remembers that we
are dust.**

15 The life of mortals is like grass, they flourish like a flower of
the field;

16 the wind blows over it and it is gone, and its place
remembers it no more.

*Psalm 78 talks more about this. The Israelis kept on sinning
even after experiencing all of God's miracles. They willfully
sinned again and again. But God always remembered that
they were only flesh and a passing breeze. So, he was merciful
and forgiving over and over again. Now, that is not a license
to go on sinning. But it is a comfort to know that God knows
how weak we really are.*

*Somebody said, "The most comforting words I've ever heard
were, 'When God put a calling on your life, He already factored
in your stupidity.'"*

17 But from everlasting to everlasting **the LORD's love is with
those who fear him,** and his righteousness with their
children's children—
18 with those who keep his covenant and remember to obey
his precepts.

*There's a subtle promise in here that if you fear the Lord, he is
looking out for you and yours for generations.*

19 The LORD has established his throne in heaven, and his
kingdom rules over all.

*Regardless of what is happening in our world, God is
ultimately in charge.*

20 Praise the LORD, you his angels, you mighty ones who do
his bidding, who obey his word.

21 Praise the LORD, all his heavenly hosts, you his servants
who do his will.

22 Praise the LORD, all his works everywhere in his dominion.
Praise the LORD, my soul.

*Here's a simple reminder for us to be his servants who obey
his word and do his will.*

Don't forget all his benefits. Praise him!