

Count Your Blessings: The Song of the Redeemed Psalm 103

INTRODUCTION

A spirit of joyous, continual thankfulness ought to characterize us as Christians. In fact, **giving thanks to our gracious God should not be seasonal, but perpetual:** *“Always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father”* (Eph. 5:20).

We often talk about wanting God to bless us, but today I want to talk to you about blessing God. Open your Bibles please to **Psalm 103**. As you read **Psalm 103** you will find that there is not a word of complaint in the entire Psalm. You will find that there is no selfishness expressed anywhere in this **Psalm** - the Psalmist fills his lips with these words: *“Bless [praise] the Lord, o my soul...”* **Two times** in the **first two verses** he does this. **Four times** in the **last three verses** he says, *“Bless [praise] the Lord, o my soul.”* It begins by expressing thanksgiving to God. It also closes by expressing thanksgiving to God. Commenting on this Psalm, **John Stott** writes: *“We have here the authentic utterance of a redeemed child of God, who piles up words to express his gratitude to the God of grace.”* (Stott, **Favorite Psalms**, p. 95) In short, this is a song of the redeemed. Maybe you have had a difficult week. Maybe things haven't gone really well with you this week. Maybe you have had some reversals and some problems and some hardships this week. I want to say to you that in spite of all those things there are many things for which you can thank God!

We can be thankful to God, we can bless (praise) Him for...

I. _____ He is (103:1)

Read v. 1...then...The psalmist begins by talking to himself. **Do you ever talk to yourself?** Talking to yourself may be the sign of a mental problem, especially if you start answering yourself! But sometimes we need to talk to ourselves. King David, the author of **Psalm 103** is talking to himself. **He is giving himself a pep talk.** Most **Psalms** are addressed to God or other people, but in this one the psalmist is speaking to himself. He is saying, *“Soul, I want you to be thankful and grateful unto God.”* *“My soul be thankful, bless (praise) the LORD.”* The word **“LORD” (small caps)** translates the Hebrew word Yahweh, the self-Existent or Eternal Jehovah, Jewish national name of God. **This is the basis (source, starting point, foundation) for our thanksgiving—The LORD!!!** Thanksgiving is truly sponsored by the letters G-O-D.

WHY IS THIS IMPORTANT? We need to understand that without God, we would be in big problems. We tend to underestimate God's role in our lives. In fact, **we tend to take things for granted and forget that it is the LORD who is behind the scenes working everything out for our good and for His glory.** Remember that the name **LORD** is God's personal name. It means **“I am.”** When God sent Moses to the Israelites he told him, **“I AM WHO I AM.”** This is what you are to say to the Israelites: *‘I AM has sent me to you.’* It never runs out. When the **“I am”** God says something it doesn't change. When the **“I am”** God makes a promise it will happen.

So, we bless the Lord, today, for Who God is - His person.

We also praise the Lord for...

II. _____ He does (103:2-18)

We need to be thankful for what God does. For all of the wonderful things God does for us. We have a tendency to forget sometimes. What are His benefits?

Let's see...

A. _____ (103:3a)

B. Healing (103:3b)

Here are two truths about healing you need to remember.

**1. Healing is often _____ but
not always _____ in this life.**

God can heal immediately using medical means or miraculous means. When you take an aspirin for your headache and the headache goes away, give thanks to God. He is the one who heals. When you pray and God miraculously answers and brings healing that confounds the doctors, give thanks to God. He is the one who heals. God can heal using medical means, natural means, or miraculous means, but in all cases, the healing comes from God. Let me add, God is not opposed to medicine and doctors. The Gospel writer Luke was a physician. Paul told Timothy to drink a little wine for his stomach ailment. Utilizing doctors and medicine is not a lack of

But remember...

**2. Healing is always _____ in the
next life.**

C. _____ (103:4)

D. _____ (103:5)

E. _____ and _____ (103:6-7)

God doesn't hide Himself from us. He is a God that reveals who He is and His plans for us if we seek Him. God has revealed Himself in nature, conscience; He has revealed Himself through the written Word & the Living Word.

F. _____ (103:8-18)

What follows in vv. 11-18 is remarkable. *The psalmist starts trying to measure God's favor.*

1. How _____ is His mercy and grace?

2. How _____ is His mercy and grace?

3. How can we _____ His mercy and grace?

4. How _____ is His mercy and grace?

Praise the Lord for who He is; praise the Lord for what He does; and praise the Lord for...

III. _____ He dwells (103:19)

CONCLUSION

What can we take this morning? *Two questions that we need to consider:*

1. Is there any real _____ in your heart to God?

2. Do you have any real _____ in these blessings?

I want to remind you that **the truth of the gospel is that though we deserve God's wrath, we have been extended mercy and grace through Jesus Christ.**

Child of God don't forget that a thankful heart focuses on God.