

I. Introduction.

II. Bless the LORD O my soul. v. 1-5

A. Summon yourself to praise the LORD! v. 1-2

1. We are prone to apathy.
2. We are all too prone to forget all He does for us. Ps. 13:6 Dt. 4:9 8:11-14
Hos. 2:13 Isa. 17:10 51:13 II Chr. 32:25 Js. 1:17
3. The LORD deserves praise from your entire being. v. 1b Mark 12:30 Deut. 6:5
Ps. 122:1 Heb. 10:25 Acts 2:42
4. Adore the holy Name of God.
5. How can we bless the LORD in practice?

B. Recall all of His benefits to you. v. 3-5

1. He pardons all your iniquities. v. 3a, 10,12 Ps. 32:1 51:1-2 Isa. 55:7 Dan. 9:19
Jer. 31:34
2. He heals all your diseases. v. 3b Ps. 147:3 41:4 42:5 32:1-5 Dt. 29:22 32:39
Isa. 1:6 6:10 53:5 Ex. 15:26 Jer. 30:17
3. He redeems your life from the pit (destruction). v. 4a Ps. 16:9-11 49:7-9,14-15
Job 19:25-26 Ex. 6:6 Jonah 2:6 Ruth 3:13 4:14
4. He crowns you with lovingkindness and compassion. v. 4b Ps. 5:12 8:5 51:1
5. He satisfies your years with good things. v. 5a Ps. 90:14 Js. 1:17 Isa. 53:11 55:1ff
6. He renews your strength. v. 5b Josh. 14:10-11 Ps. 90:17 17:14-15 92:14 51:10
Is. 40:30f 65:20 Ex. 19:4 Deut. 28:49

C. All of these benefits are ours through Christ!

1. He brings forgiveness of sins. v. 3a Mt. 1:21
2. He heals our diseases. v. 3b Isa. 53:5 Phil. 3:20-21 Rom. 8:23
3. Our Redeemer ransomed us from the pit. v. 4a I Co. 15:55-57 6:20 Mark 10:45

4. He crowns us as sons of the King. v. 4b I Pet. 2:9
5. From Him we receive every good thing. v. 5a Eph. 1:3
6. He gives us purpose and renews our strength. v. 5b Phil. 4:13 2 Cor. 4:16 5:17

III. Bless the LORD because He is good to His people. v. 6-18

A. The LORD reveals His lovingkindness to His people. v. 6-10

1. He delivers and vindicates the oppressed. v. 6 33:4-5 Pr. 14:31 Mal. 3:5
2. He makes His ways known to us through His prophets. v. 7 Ex. 33:13
3. He is merciful and gracious. v. 8 Ex. 34:6-7 Isa. 57:16 Neh. 9:17
4. He does not remain angry with His people. v. 9 Is. 54:7-8 Jer. 3:12 Joel 2:13
5. He has not treated us as our sins deserve. v. 10 Ps. 25:7 130:3 Isa. 53:11-12,5-6

B. The LORD has compassion on His people. v. 11-14

1. His lovingkindness is beyond measure. v. 11 108:4 Eph. 3:18f Isa. 55:6-9
2. Our transgressions have been completely removed. v. 12 Ps. 32:1,5 Is. 55:7
Jer. 31:34 II Sa. 12:13 Heb. 8:12 10:17 9:26 1 Jo. 1:8-2:2
3. He tenderly pities us as the children we are. v. 13 Isa. 49:13-16 Ex. 4:22 Dt. 30:3
4. He understands our frailty. v. 14 I Cor. 10:13 Heb. 2:18 4:15 Gen. 2:7 3:19
Ecc. 3:20 Isa. 64:8 Jer. 18:4-6 Ps. 139:16 Job 4:19
5. We too should care for the weak. 1 Th. 5:14 Heb. 12:13 Rom. 15:7

C. The LORD elevates transitory temporal man to share His eternity. v. 15-18

1. Your life fades like the grass. v. 15-16 Ps. 37:2 90:5-6 Isa. 40:6-8 Job 7:10 14:1-2
2. The LORD shows eternal lovingkindness to us. v. 17a Ps. 90:2 89:28 1 Pe. 1:23
3. The LORD's lovingkindness extends to those who keep His covenant. v. 18,11 Ro. 8:28
4. What is God's promise to our children? v. 17b Ex. 20:6 Acts 2:39 Mark 3:7-9

D. The LORD has been gracious and merciful to you in Christ.

1. He delivers you from oppression. v. 6 Heb. 2:14-15 2 Th. 1:6f
2. He has revealed Himself to you. v. 7 Heb. 1:1f John 1:1,18
3. He is gracious and patient with you. v. 8-9 1 Cor. 1:3-4
4. He removes your sin. v. 10, 12 Isa. 53:11-12,5-6 2 Cor. 5:21 1 Pet. 3:18
5. His love for you is immeasurable. v. 11 Eph. 3:18f
6. He shows compassion when you are weak and frail. v. 13-14 He. 2:18
7. He gives you eternal life. v. 15-18 John 3:16 10:27-28 11:25-27
8. He perfectly kept God's covenant precepts for you. v. 18 Phil. 3:9 2 Co. 5:21
We are blessed because we are in Him.

IV. Bless the LORD you His angels. v. 19-22

- A. The LORD sovereignly rules over heaven and on earth. v. 19 Ps. 115:3 1 Chr. 29:12
- B. Everyone and everything should praise Him. v. 20-22a Ps. 89:8 104:4 148:2
- C. Bless the LORD O my soul. v. 22b

Discussion Questions

1. Why must we sometimes talk ourselves into worship? v. 1-2
2. What benefits does David remember? v. 3-5
3. How are these benefits ours in Christ?
4. How did God shown His compassion, grace and patience to Israel? v. 6-8
How have you experienced God's compassion, grace, and patience?
5. How does our place in the New Covenant make David's description of God's grace more meaningful? v. 9-12
6. How can our understanding of God's compassion towards us help us deal with those who are weak? v. 13-14 Rom. 13:7
7. How does this Psalm speak to those who struggle with fearing what people think of them or with low self-esteem?
8. How will your study of this Psalm affect your worship?