

Wednesday Bible Study - Call Unto Me  
At the Republic of Singapore Yacht Club

**Psalm 103**

**1** *A Psalm of David.* Bless the LORD, O my soul: and all that is within me, *ble*ss his holy name. **2** Bless the LORD, O my soul, and forget not all his benefits: **3** Who forgiveth all thine iniquities; who healeth all thy diseases; **4** Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; **5** Who satisfieth thy mouth with good *things*; *so that* thy youth is renewed like the eagle's. **6** The LORD executeth righteousness and judgment for all that are oppressed. **7** He made known his ways unto Moses, his acts unto the children of Israel. **8** The LORD *is* merciful and gracious, slow to anger, and plenteous in mercy. **9** He will not always chide: neither will he keep *his anger* for ever. **10** He hath not dealt with us after our sins; nor rewarded us according to our iniquities. **11** For as the heaven is high above the earth, *so* great is his mercy toward them that fear him. **12** As far as the east is from the west, *so* far hath he removed our transgressions from us. **13** Like as a father pitieth *his* children, *so* the LORD pitieth them that fear him. **14** For he knoweth our frame; he remembereth that we *are* dust. **15** *As for* man, his days *are* as grass: as a flower of the field, so he flourisheth. **16** For the wind passeth over it, and it is gone; and the place thereof shall know it no more. **17** But the mercy of the LORD *is* from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; **18** To such as keep his covenant, and to those that remember his commandments to do them. **19** The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all. **20** Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. **21** Bless ye the LORD, all *ye* his hosts; *ye* ministers of his, that do his pleasure. **22** Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

**THANKS TO GOD!**

**OUTLINE**

- (1) For All He Has Done for Me (v1-7)
  - a. For Forgiveness of Sins (v3-4)
  - b. For His Provision (v5)
  - c. For Every Deliverance (v6-7)
- (2) For Who He Is (v8-10)
  - a. Compassionate (v8a)
  - b. Gracious (v8b)
  - c. Longsuffering (v8c)

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- d. Kind (8d)
- e. Controlled in Chastisement (v9)
- f. Punish Less Than Deserve (v10)
- (3) For Those Who Fear Him (v11)
  - a. Cleanses All Our Sins (v11-12)
  - b. Bestows Kindly Sympathy (v13)
  - c. Understands Our Frailty (v14-16)
  - d. Blessing Our Posterity (v17)
- (4) For Those Who Are Obedient (v18-19)
  - a. Are Secured in Him (v19)
- (5) For All Others and Me (v20-22)
  - a. Bless His Messengers (v20)
  - b. Bless His Servants (v21)
  - c. Bless even me (v22)

### INTRODUCTION

To bless the LORD is to “adore with bended knees” (BDB), it is a posture of worship with fullness of devotion. Have you experienced with blessings of God in your life? This is a psalm of thanksgiving from the depths of a grateful heart.

It stems from experiential knowledge of God’s goodness in his life. The key phrase is “*forget not His benefits*”. If you have sought the LORD, you will find that he never fails us. As Proverbs 10:22 reads, “*The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.*” He does not bless us and do us harm. Our LORD’S love for His people is very sure and most secure. Have you tasted it? For all who has, it behoves to praise Him, the least our hearts can do!

- (1) For All He Has Done for Me (v1-7)
  - a. For Forgiveness of Sins (v3-4)
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*1 A Psalm of David. 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: 3 Who forgiveth all thine iniquities; who healeth all thy diseases; 4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; 5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. 6 The LORD executeth righteousness and judgment for all that are oppressed. 7 He made known his ways unto Moses, his acts unto the children of Israel.*

The goodness of God is delineated here for us – the most important is that we are freed from the bondage of sin by the gospel of Jesus Christ.

And we experience the goodness of God as we put our lives in his care – indeed, as David says in Psalm 23:1, 5 “The LORD is my shepherd, I shall not want....my cup overfloweth.” In this world filled with depravity, we see the justice of God prevailing over our lives.

- (2) For Who He Is (v8-10)
  - a. Compassionate (v8a)
  - b. Gracious (v8b)
  - c. Longsuffering (v8c)
  - d. Kind (8d)
  - e. Controlled in Chastisement (v9)
  - f. Punish Less Than Deserve (v10)

*8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy. 9 He will not always chide: neither will he keep his anger for ever. 10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.*

The psalmist tells us of his goodness experience with his LORD. He tells us of God’s dealing with him is so much characterized by constant, consistent and comforting love!

Even when God chastens, He does not do so with a rough hand but gently He leads us to walk with Him.

- (3) For Those Who Fear Him (v11)
  - a. Cleanses All Our Sins (v11-12)
  - b. Bestows Kindly Sympathy (v13)
  - c. Understands Our Frailty (v14-16)
  - d. Blessing Our Posterity (v17)

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*11 For as the heaven is high above the earth, so great is his mercy toward them that fear him. 12 As far as the east is from the west, so far hath he removed our transgressions from us. 13 Like as a father pitieth his children, so the LORD pitieth them that fear him. 14 For he knoweth our frame; he remembereth that we are dust. 15 As for man, his days are as grass: as a flower of the field, so he flourisheth. 16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more. 17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;*

The fear of God is the beginning of wisdom. To fear is to give reverence and deference. To the God-fearer is reserved a free conscience with sins forgiven. He has a humbleness of heart, a poverty of spirit to confess his sins, finding forgiveness.

He receives the Father's pity. This word "pity" means meaning to have compassion, to have mercy, to find mercy. The word pictures a deep, kindly sympathy and sorrow felt for another who has been struck with affliction or misfortune, accompanied with a desire to relieve the suffering.

He knows our frame. How weak we are and upholds us by His Almighty hand.

He not only bless us but also our children and even children's children.

- (4) For Those Who Are Obedient (v18-19)
  - a. Are Secured in Him (v19)

*18 To such as keep his covenant, and to those that remember his commandments to do them. 19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all.*

Obedience is the hallmark of true piety and the God-fearer is submitted to God's will for his life. He will not want to run his own life but be willing to walk in the light of God's commandments.

- (5) For All Others and Me (v20-22)
  - a. Bless His Messengers (v20)
  - b. Bless His Servants (v21)
  - c. Bless even me (v22)

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*20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. 21 Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. 22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.*

The psalmist reiterates God's blessing to all His creatures that does His goodwill.

**CONCLUSION**

May we be grateful for all the God has been to us and continue to be. May our faith in Him be increased and abounding.

**THANKS TO GOD!**

Thanks, O God, for boundless mercy  
From Thy gracious throne above;  
Thanks for every need provided  
From the fullness of Thy love!  
Thanks for daily toil and labour  
And for rest when shadows fall;  
Thanks for love of friend and neighbour  
And Thy goodness unto all!

Thanks for thorns as well as roses,  
Thanks for weakness and for health;  
Thanks for clouds as well as sunshine,  
Thanks for poverty and wealth!  
Thanks for pain as well as pleasure  
All Thou sendest day by day;  
And Thy Word, our dearest treasure,  
Shedding light upon our way.

Thanks, O God, for home and fireside,  
Where we share our daily bread;  
Thanks for hours of sweet communion,

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When by Thee our souls are fed!  
Thanks for grace in time of sorrow  
And for joy and peace in Thee;  
Thanks for hope today, tomorrow,  
And for all eternity!

"His Eye Is On The Sparrow"

Why should I feel discouraged  
Why should the shadows come  
Why should my heart feel lonely  
And long for heaven and home

When Jesus is my portion  
A constant friend is he  
His eye is on the sparrow  
And I know he watches over me  
His eye is on the sparrow  
And I know he watches me

I sing because I'm happy  
I sing because I'm free  
His eye is on the sparrow

And I know he watches  
He watches me  
His eye is on the sparrow  
And I know he watches  
I know he watches  
I know he watches me

I sing because I'm happy  
I sing because I'm free  
His eye is on the sparrow

And I know he watches me  
He watches me  
His eye is on the sparrow  
And I know he watches me  
He watches me

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**Now Thank We All Our God**

Now thank we all our God, With heart and hands and voices,  
Who wondrous things has done, In whom this world rejoices;  
Who from our mothers' arms, Hath blessed us on our way  
With countless gifts of love, And still is ours today.

O may this bounteous God, Thru all our life be near us,  
With ever joyful hearts, And blessèd peace to cheer us;  
And keep us in His grace, And guide us when perplexed,  
And free us from all ills, In this world and the next.

All praise and thanks to God the Father now be given,  
The Son and Him Who reigns, With Them in highest heaven -  
The one eternal God, Whom earth and heav'n adore -  
For thus it was, is now, And shall be evermore.